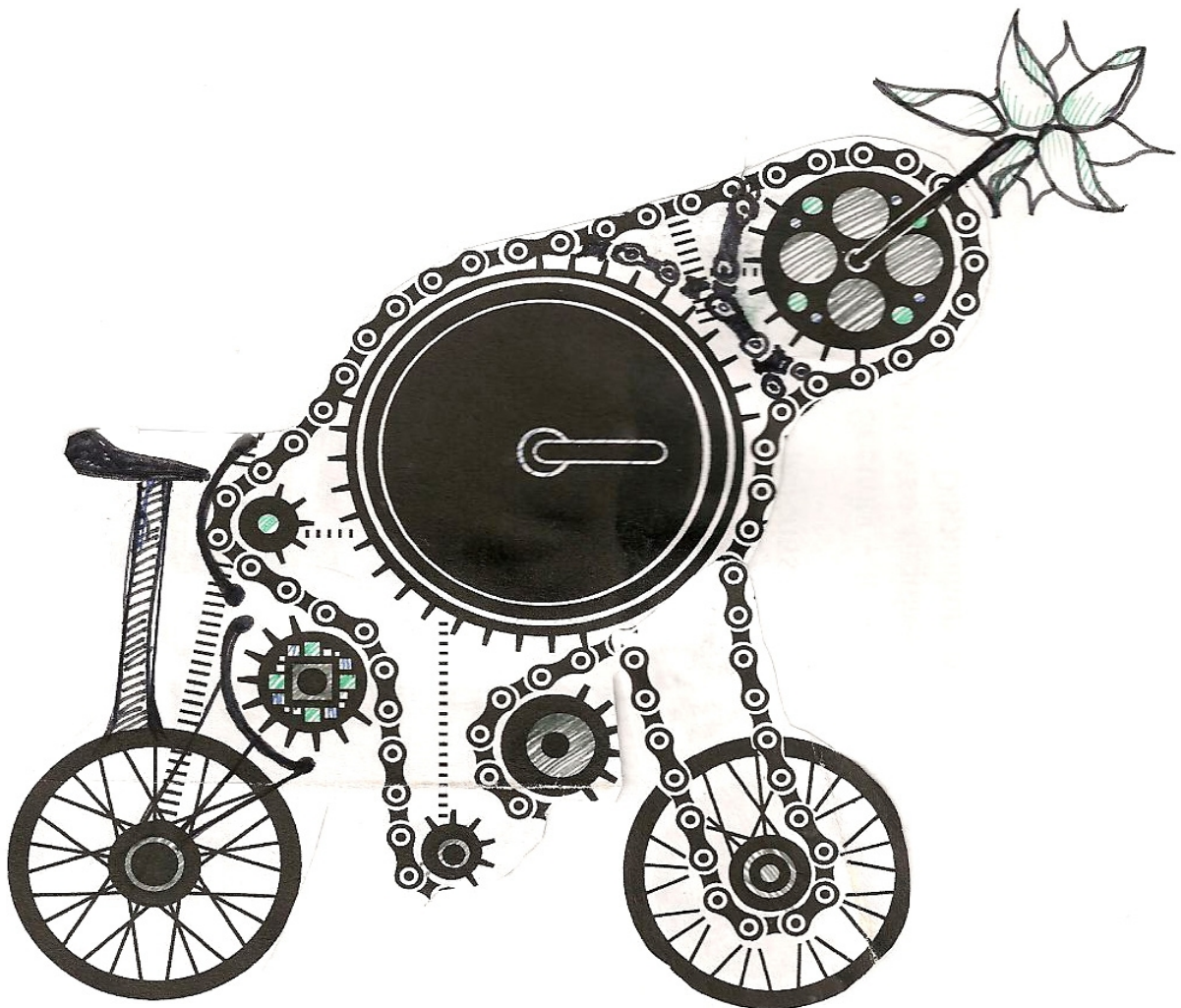


BIKE PATH ART
SPOKES SUMMER 2010 COMPETITION

WHAT :

- Six pieces of resistance training equipment
- Designed for upper body strength (push ups, pull ups, tricep dips, abdominal crunch, bicep curls, shoulder press)
- Fashioned out of recycled bike parts



For example, sit on the bike seat, using arms, rotate the wheel, work out the shoulders, make the windmill spin!

WHERE : Equedistant, along the stretch of the John Muir Way north of the Musselburgh Lagoons, adjacent to the sea wall.

WHY : Remember when your folks used to tell you to get outside and play when they finally got sick of us running around the house, eating, fighting with siblings and watching too much Dr. Who? Well childlike activities like chasey and curby might not seem an appropriate way to keep as fit when you're a grown up, but there is still some *fun* and *fitness* to be had outdoors, cycling.

- Little specialist equipment or clothing required to get a good cardiovascular workout
- No crowded gyms (nor, therefore, make up)
- No driving time to the nearest sports' centre
- Free Vitamin D
- An anytime, anywhere workout even on holiday, even with the kids
- Two words : fresh air

WHO : As a natural born adventurer, I cycle because the destination is never the goal, the journey is. As a frugal adventurer, an ideal day out features bike, kite and bite (to eat). As a childish adventurer, an opportunity to park n'play should never be missed.

<http://www.edinburghcyclechallenge.org.uk/people/view/44895-jane-b>