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All Terrain Cycles

Yorkshire lasses take to two wheels



One of the region’s only all-female cycling clubs has been launched in Wetherby by three Yorkshire lasses with 68 women signing up to join in just a week!

Kate Horsfall of Wetherby, Judith Worrall of Thirsk and Sarah Cave of Harrogate decided to form their own club, supported by All Terrain Cycles, in response to the growing popularity of women’s cycling.

“Judith, Sarah and I are all keen cyclists but we’re not hugely competitive, while we have our own personal goals, ultimately we cycle for our own enjoyment and we just want to ride with like-minded women who enjoy the sport,” explains Kate. “Having been members of a few other local cycling clubs which had ladies’ groups, we found that it was not always possible to ride in a ladies-only group and when the groups become mixed, the level of cycling tends to become more advanced. Unfortunately, this more serious approach puts off many less experienced female cyclists and inevitably women end up cycling alone, in small groups or not at all.

“I’ve enjoyed mountain biking with my family over the last three years or so. I only got a road bike last September, but I have been hooked by the sport and have achieved far more than I ever could have imagined I would this time last year. Like many women, I want the fun of cycling with other people without feeling under pressure to ride further or faster or to have the latest bike or gear.”

Kate continues: “Our new club, Yorkshire Lass CC, aims to offer something a bit different and be an all-inclusive women-only club whose main objective is to encourage female riders of all abilities to enjoy



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cycling. We'll meet at the All Terrain Cycles Wetherby store most Sunday mornings and ride at a steady pace. The routes will change in distance and type, anything from 10 to 15 miles mountain biking to 20 miles plus road cycling. There will be plenty of time for a chat along the way and we'll even have a cafe stop to refuel with tea and cakes!"

Wetherby's newest cycle group is being supported by the region's oldest cycling business, All Terrain Cycles, which has superstores in Wetherby and Saltaire and is committed to promoting cycling in Yorkshire. The company has funded the new club's affiliation to the British Cycling association, it's also having exclusive club kit manufactured and members will be able to enjoy a discount in-store.

"One of the legacy's of last year's Tour is the emergence of more women in Yorkshire taking to two wheels," comments Tony Booth, managing director of All Terrain Cycles. "Since last summer, we've further extended our range of ladies cycling gear in response to the marked increase in the number of female enthusiasts visiting our stores.

"We're happy to support this new ladies club which we hope will inspire even more women to give the sport a try –it's great exercise and if you join a friendly group like this, it's also sociable and fun."

Co-founder of Yorkshire Lass CC Judith Worrall adds: "Since taking up cycling four years ago, I've really been bitten by the bug; I've taken part in charity cycle rides in India and Cuba, so far raising £8,000 for Women V Cancer. In October, I'm doing a 400k ride in Tanzania and next year I'll be doing a ride in Vietnam and Cambodia. Kate and I will also be taking part in this year's Ride the Night in London, cycling 100k through the night to raise money for charity. All this after struggling to ride just 5k when I started cycling in 2011! It really is a great sport, whatever level you're at, so give it a go and come and join us."

The club embarked on its first ride on 1 March with 20 ladies taking part, despite the windy conditions. If you'd like to join, just sign up on the Yorkshire Lass Cycle Club Facebook page where you can find details of scheduled rides. The rides will start at All Terrain Cycles on Audby Lane at 10am on a Sunday morning.



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Dating back to 1907, All Terrain Cycles is the oldest cycling business in Yorkshire. Having supported the sport of cycling since 1997 with its shop team, All Terrain Cycles is committed to playing an active part in the region's cycling fraternity, sponsoring a number of cycling and charity events in the region every year such as the Bronte Sportive, the Lord Mayor's Cycle Ride and the Ripley Castle Cyclocross.

Building on the success of its 10,000sq ft retail outlet at Salts Mill, Saltaire in Shipley, and its thriving online business <http://www.allterraincycles.co.uk> it opened a second 10,000sq ft cycling superstore last year in Wetherby. Selling many of the leading brands such as Trek and Cannondale, both stores stock over 1,000 mountain, road and BMX bikes, plus clothing and accessories as well as offering repairs and servicing.

- ENDS -

Yorkshire Lass 3

Picture shows (L to R): The inaugural ride of Yorkshire Lass CC with founders Kate Horsfall and Judith Worrall (foreground) with Tony Booth of All Terrain Cycles

For further press information, please contact:

Susan Reid on (01423) 56 99 99 or susan@appealpr.com