

## **HOWARD LOWE PROFILE**

'I live in Longhope and have lived in the area for over 25 years and I am a strong believer in the benefit of spending time in the outdoors be it walking, running or cycling. I very much enjoy both road and off road cycling, making the most of what our beautiful area has to offer.

I am a strong advocate for trying new cafes and rides rather than constantly recycling the same places and rides repeatedly. I firmly believe that the emphasis of the group should be riding and enjoying each others company though shared experiences. As Ride Coordinator I hope to be able to continue the good work of Martin Roper whilst growing the range of activities that we can all enjoy together. '