

Women's Bike Clinic- 3 Part Series

Bike Maintenance 101

Back by popular demand, all you wanted to know about bike maintenance but were AFRAID to ask!

Enjoy a relaxed, knowledgeable, basic, hands on bike maintenance clinic and feel more confident about you and your bike!

Join us for a 3 part series on bicycle maintenance, shifting gears and road riding. Held at Colonial Ridge (off East Hardscrabble Rd. in Auburn).

Mark your calendars for:

Wednesday April 13th-Bicycle Maintenance

Tuesday April 19th- Shifting Gears

Tuesday April 26th- Road Riding

Time: 6:00 pm

Hors D'oeuvres and Wine will be served!

Cost: \$40.00 for the series or \$20.00 for each.

PLEASE RSVP: rufit@megalink.net or call Barbara at 240-9139 to reserve your spot!

Register early...space is limited!

- Checking Tire Pressure
- Checking seat adjustment
- Shifting Gears
- Repairing a flat tire
- Body Mechanics/ Posture
- Road Riding Safety
- And MORE!

