



CYCLING SATURDAY

BROUGHT TO YOU BY:



APRIL 2nd, 9am - 3pm

AT THE NEW VILLAGE RECREATION CENTER IN CENTEREACH

**A FULL DAY OF BICYCLING AND RELATED TOPICS FOR
THE BEGINNER TO THE MOST EXPERIENCED RIDER**

OPEN TO THE PUBLIC

FREE BREAKFAST AND LUNCH SERVED

**IF YOU OWN A BIKE AND WANT TO FULLY ENJOY RIDING IT THIS
IS THE ONE EVENT YOU DO NOT WANT TO MISS!**

RIDE LEADER TRAINING

BASIC BICYCLING SKILLS

BICYCLE REPAIR

KIDS BICYCLING

FIRST AID

WHERE TO RIDE

GROUP RIDING

LEARN THE TEN THINGS YOU MUST KNOW ABOUT BIKE RIDING

***CERTIFIED INSTRUCTORS ON HAND ALL DAY TO ANSWER
ANY BICYCLING QUESTION YOU MIGHT HAVE***

ADVANCED RIDING TECHNIQUES

PACE LINE RIDING

HILL CLIMBING TECHNIQUES

TRIATHALON TRAINING

WELLNESS SESSIONS

ACUPUNTURE

MASSAGE

NUTRITION

BICYCLE MAINTAINENCE

BIKE SHOPS ON SITE FOR HANDS ON INSTRUCTION

CHANGE A FLAT

REPAIR A BROKEN CHAIN

TRUE A WHEEL

BRAKE ADJUSTMENT

FREE Gift with SBRA Membership

VISIT: WWW.SBRAWEB.ORG

for Schedule of Events and More Information.