

My Bike **BASICS**



Learn how to save money by looking after your bike and your body...

For road bike riders wanting to learn more about their bike and prepare for events like the Tour of the Bay funride and the Lake Taupo Cycle Challenge
All you need to know - before you get on your bike and ride.

7pm Tuesday 7 Sept: Bike Basics - wheels & brakes

Hot tips on tire pressure, disconnecting your back wheel, fixing a flat tire, keeping your brakes in good working order, and more.

7pm Thursday 9 Sept: Bike Basics - drive chain & gears

What other bike mechanics don't want you to know...
The secrets of fine tuning your gears, what parts to lube (or not),
Looking after the drive chain

7pm Tuesday 14 Sept: Position, preventing injuries, race nutrition and bunch etiquette

Correct your position to avoid injuries and get maximum pedaling power.
Learn what to eat & drink before and during a race. How to ride in a bunch.
Guest speakers on training and recovery include a cycling specialist physio.

10am Sunday 19 September: Practical ride & café finish

Learn new skills and build confidence on your bike on a group ride. Basics like drinking while riding, best-practice cornering, gear changing, drafting, and riding in a bunch. Followed by a social café stop to celebrate success!

WHEN: 7pm - 8.30pm approx depending on question times.
WHERE: Revolution Bikes, 8 Donnelly St, Havelock North
Cost: Come along to any session for **only \$15**
Bring a friend (or a family member) for **only \$5**
OR book now for all four evenings for **only \$40 per person** (save \$20)

Places are limited so please book now!

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