

# *My Bike* **BASICS**



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

A short series of 'the basics' learning evenings for ALL BIKE RIDERS  
All you need to know - before you get on your bike and ride.

## **22 June: 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.

## **6 July: 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

## **20 July: Positioning and preventing injuries**

Correct your position to avoid injuries and get maximum pedaling power.  
Covering saddle height & position, fitting cleats, selecting shoes & clothing.  
Guest speakers on training and recovery include a cycling specialist physio.

## **3 August: Pipi's Pizza night + \$100 QUIZ**

A little bit of fun and an opportunity to put your new skills to the test in a fun quiz,  
while enjoying some food along the way at Pipi restaurant in Joll Road.  
The quiz winner will receive \$100 voucher to spend at Revolution Bikes.

**WHEN:** 7pm - 8pm every second Tuesday starting on 22 June 2010  
**WHERE:** Sessions 1,2 and 3 at Revolution Bikes, 8 Donnelly St, Hvlk Nth  
Session 4 at Pipi's at 16 Joll Rd, Hvlk Nth  
**Cost:** Come along to any evening 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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<http://www.revolutionbikes.co.nz>