

Cabin Fever University presents:
**EVERYDAY BICYCLING BASICS:
FIX A FLAT & MORE**
with Bethany Fleishman (from Vital Communities)

Monday, April 22nd, 6:30 to 8:30 pm

Newton School, South Strafford

Cost: This class is free, as funding comes through Local Motion and the State of Vermont. However, you MUST pre-register!

This easy welcoming workshop for beginners gives you the skills to manage common problems encountered on a bike ride. While learning how to change a tire, you'll become familiar with brakes, chain/gears, and how to remove a wheel. Participants will leave with free tire levers, chain lube, and patch kit!

Bring: A bike to practice on, if you have one. We'll be doing hands-on practice in pairs, so it's NOT essential for each participant to bring a bike.

Please Note: Most entry-level bikes aren't designed for much adjustment and can be frustrating to work on. Questions about whether your bike is right for this workshop? (802) 291-9100 x111 or UVTMA@VitalCommunities.org

To register for this class: info@cabinfever.org or (802) 299-1583

The brochure is online at www.cabinfever.org
