

AN ADDISCOMBE CYCLING CLUB LEISURE RIDES PRESENTATION

**FREE**



# BICYCLE MAINTENANCE WORKSHOP

Bike Maintenance made easy! Everything you need you need to know to look after your bike.

## NEW CYCLISTS

**GET THE SKILLS & BUILD CONFIDENCE  
TO MAINTAIN YOUR BIKE**

- Bike anatomy
- Riding position
- Puncture repair
- Brake & gear maintenance
- Oiling
- Cleaning
- Component care



## EXPERIENCED CYCLISTS

**LEARN MORE TECHNICAL TIPS AND TECHNIQUES  
FOR KEEPING THE BIKE RUNNING SMOOTHLY**

**PLEASE BRING YOUR OWN BIKE AS THIS IS A HANDS ON WORKSHOP**

**SATURDAY, 26<sup>TH</sup> JULY, 2014, 2-4PM**

**NEW LIFE CENTRE, CAIRO NEW ROAD, CROYDON, CR0 1XP**

**FOR FURTHER DETAILS CONTACT MONTY: 0794 1261774**