

# BIKE WEEK

Fort Richmond - University Heights - University of Manitoba

## June 18<sup>th</sup> – 23<sup>rd</sup>



### Tuesday, June 18<sup>th</sup> SKILLS WORKSHOP

1:00 - 3:00pm **FREE EVENT**

Richmond Kings Community Centre

- Improve your skills and confidence in riding on Winnipeg streets and trails
- Learn correct helmet use, checking bicycles for mechanical problems, preventing bicycle theft and receive a comprehensive overview of cycling on city streets

• **LIMITED SPACE – BRING YOUR BIKE - REGISTRATION REQUIRED:**

Call Adam (204) 925-3774 or email: [adam@greenactioncentre.ca](mailto:adam@greenactioncentre.ca)

### Friday, June 21<sup>st</sup> BIKE TO WORK DAY



Bike to Work, Bike to School, Bike ANYWHERE Today! [www.BikeToWorkDay.ca](http://www.BikeToWorkDay.ca)

Bike to Work Day is a celebration of the bicycle as everyday transportation. Stop in at your neighbourhood 'Pit Stop' on your way to work for **FREE** refreshments and a copy of the new City of Winnipeg Cycling map:

- **University of Manitoba** – Welcome Centre, 423 University Crescent 6:30 am – 9:00 am
- **Canad Inns Parking Lot** – Pembina Hwy & Plaza Drive 6:30 am – 9:00 am

### Sunday, June 23<sup>rd</sup> LEARNING ABOUT YOUR BIKE

12:00 - 3:00pm **FREE EVENT**

Richmond Kings Community Centre  
666 Silverstone Ave.

An event for all ages! Great for kids! BRING YOUR BIKE - learn basic care and maintenance!  
If it rains we will be INSIDE the Richmond Kings Arena ! Check out the drop in stations:



- Learn chain maintenance
- Learn how to change a tire
- Learn brake maintenance
- Learn how to 'fit your bike to your body'
- Transform a small child's bike into a strider bike for easy learning - early skills development

**REFRESHMENTS - PRIZES & the most fun possible on two wheels!**

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