



# T.L.C. for your Bike

## Getting your bike ready for the road!

Spring is here and it's time to get your bike out of winter storage. But, before you hit the road, make sure that your bike is safe and ready to go!

Join bike expert Scot Miller from Olympia Cycle and Ski to learn the basics of tuning up your bike. Scot will show you how to inspect and maintain your tires, chains, cables and brakepads and keep your bike in tip-top shape!

Admission is free of charge and registration is not required!



 **in motion**<sup>™</sup>  
*Physical Activity - do it for life!*  
[www.winnipeginmotion.ca](http://www.winnipeginmotion.ca)

**When:**

**Friday, April 18th, 2008  
12:10 pm to 12:50 pm**

**Where:**

**Millennium Library  
Carol Shields Auditorium**

