

ACTIVE IS CYCLING4FUN

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Fun, Free Bike Rides for Everyone

Every Wednesday from April 7 – May 26 at 7:00-8:20 pm

Check www.acag-bc.ca for more details about the rides

HELMETS MANDATORY

The first 20 minutes include cycling tips and education.

The last hour is a fun instructor-led bike ride.

Wednesday April 7, 2010
Lesson: How to Fix a Flat Tire
Name of Ride: Upper Sumas
Start/End: Upper Sumas Elementary

Wednesday May 5, 2010
Lesson: Bicycle Fit and Comfort
Name of Ride: The Ups and Downs of Clayburn
Starting/End: Lot Across from Old Clayburn Store

Wednesday April 14, 2010
Lesson: How to Choose the Right Gear
Name of Ride: Gearing Around UFV
Start/End: UFV (U House, off of McKenzie Rd)

Wednesday May 12, 2010
Lesson: Harv's Story Time
Name of Ride: Upper Sumas Part 2
Start/End: Upper Sumas Elementary School

Wednesday April 21, 2010
Lesson: Cycling in Traffic
Name of Ride: NO FEAR Cycling in Traffic
Start/End: Bevan Park

Wednesday May 19, 2010
Lesson: Riding on Non-Asphalt
Name of Ride: Riding Bumpy Places
Start/End: Matsqui Village Elementary

Wednesday April 28, 2010
Lesson: 'Stuff' for your Bike Commute
Name of Ride: Women Only Discovery Ride
Start/End: Exhibition Park by Twisters Gymnastics

Wednesday May 26, 2010
Lesson: Speed and Turns
Name of Ride: The Need for Speed
Start/End: Mission Raceway Track

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