

Merry Christmas to _____

From _____ **Validation Code** _____



You've been given the gift of Bike Maintenance

Winter 2016 – Hour-long sessions will begin at Noon or 4:15 at the VGH Cycling Centre.

Dates will be determined via online poll of participants.

1. Adjust/Replace Gear Cables	Winter and wet riding take a lot out of your cables. Learn how to inspect, lubricate & change gear cables to smoothen your winter ride. <i>Bonus: Learn how to set derailleurs properly so that your gears shift smoothly without jumping or skipping.</i>
2. Flat Tire CSI - Diagnostics & repair of bike flats	Was it glass, a nail, jumping a curb, a pesky spoke head? Being able to identify the cause of a flat tire is key to preventing the next one! This interactive workshop will challenge you to diagnose the most common causes – then repair them.
3. Fit Your Bike to Your Body	'You'll get used to it!' is no way to deal with minor back, neck or shoulder pain or numbness from straining to reach ill-fitted handlebars & seat posts. Don't let nagging pain reduce your cycling enjoyment and endurance. Learn how to adjust your bike to suit your own body proportions.
4. Chain & Spoke Repair - Truing a wheel	A chain is only as strong as its weakest link! Learn how to care for your chain, when it is worn out, and how to identify and remove a bad link. Learn how to size and install a new spoke, and the basics of straightening your wheel.
5. Maintain/Replace Disk Brake Pads	Learn how to replace and set disk brake pads properly so that your bike stops whenever you need it to!

Passes ARE transferable so your friends can become good mechanics if you can't make any of the dates.

Contact: Arthur Orsini, Active Transportation Facilitator arthur.orsini@vch.ca 778-869-6461

Happy Winter Solstice to _____

From _____ **Validation Code** _____

Cut here if your Winter Solstice gift-giving is not connected to Christmas celebrations.

If you choose to give Christmas gifts at the end of the year, cut here.

To validate this gift certificate, contact Arthur.Orsini@vch.ca for payment options and Validation Code.

Give the Gift of BIKE MAINTENANCE this December! ...and get a friend or loved one more skilled so that they can help fix your bike!!