

University of Minnesota Duluth - Recreational Sports Outdoor Program

Bike Maintenance Clinic

Monday, April 21, 2008 5-7pm

Make sure your bike is running in tip-top shape to avoid any breakdowns and improve your efficiency at biking during the coming season.

HERE'S WHAT TO EXPECT:

Here is your chance to learn techniques for maintaining your bike and actually doing the work on your bike.

YOU WILL LEARN:

- How to adjust brakes and derailleurs
- Proper lubrication.
- Adjusting your bike to fit you properly
- Tire/tube repair
- And many other skills

WHERE: Meet in the Lobby of the Sports and Health Center

WHAT TO BRING:

- Your bike and any tools that you may have (if you bring tools, make sure they are labeled)

WE PROVIDE:

- Bike tools and stands

COST: \$4 UMD students/ \$9 Others

REGISTER BY: Noon, April 18



GOALS:

1. Develop skills for maintaining a bicycle.
2. Have fun
3. Learn something new

EXPLORE MORE WITH THE OUTDOOR PROGRAM:

- Earth day Color and Cloth April 24th 4-7pm
- Edible Plants May 1st 3-5pm
- Rollerblade the Munger May 8th 4-7pm

GENERAL INFO:

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The Real Classroom is outside...Get into It!