



# BERKSHIRE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

## Bicycling Committee Presents Bike Repair & Information Workshop

**Saturday, May 5, 2018, 10:30 AM – 3 PM**

**Elks Lodge #997, 17 Spring Street, Florence MA 01062**

### Concepts to be discussed:

- Basic Bike Session - helmet fitting, types of bikes, maximizing gears, various pedal systems, clothing
- General Maintenance Session – bicycle fit, common road problems, pre-ride checklist, maintenance schedule
- Flat Tire Station – dealing with on road emergencies, fixing a flat tire

Lunch is provided, plus a bike repair manual to take home! Arrive by 10:15 AM to sign in. Bring the front wheel from your bike, tire irons, and a pump to practice fixing flats. **DO NOT** bring the whole bike (space is limited).

**Advance registration recommended**  
**Register here: [bit.ly/amc-bk-bicycling-workshop](http://bit.ly/amc-bk-bicycling-workshop)**

### Prices are:

Adults: \$30 for AMC Members/\$40 for Non-Members  
Youth (12-17): \$20 for AMC Members/\$30 for Non-Members  
\$45 at the door for ALL (if space is available)

Instructors include: Sean Condon and Liz Budd, Speed & Sprocket Cycle Works



**SPEED & SPROCKET  
CYCLE WORKS**  
Pioneer Valley's Mobile Bike Shop

Questions? Contact [bicycling@amcberkshire.org](mailto:bicycling@amcberkshire.org)