



# MEC BIKEFEST

Burlington, Saturday, June 25, 2011

**FREE Courses and Clinics. Registration is required. Register at MEC Burlington or call us at 905-333-8559.**

	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00		2:00 – 3:00	3:00 – 4:00
<b>Maintenance and Repair Clinics</b>	Basic Repair and Maintenance	Brake Adjustment – Rim Brakes	Brake Adjustment – Disc Brakes		Derailleur Adjustments	Regular Maintenance and Safety Checks
		Regular Maintenance and Safety Checks	Wheel Truing		Basic Repair and Maintenance	
<b>Bicycle Interest</b>	Safe cycling in the city – Bicycle Commuting	Tips and tricks for cycle touring	Intro to Spinning	Intro to Spinning	Introduction to Mountain Biking	Spinsanity – Beyond the Basics

**FREE Group Rides. Pre-registration required. All rides start and end at MEC Bikefest.**

9:00 – 11:00	11:00 – 1:00	2:00 – 4:00
<b>Pastry Ride:</b> For the novice to the expert, come join us on a challenging ride through north Burlington and enjoy fresh baked goods when we stop at a local bakery part way through the approximately 50 km ride.	<b>Family Ride:</b> Both young and old will enjoy this scenic ride along the Burlington beach trail with views of Lake Ontario. The entire loop is approximately 5 km.	<b>Treasure Hunt Ride:</b> This all ages ride allows you to get your passport stamped at various locations in Spencer Smith Park for your chance to win a prize!

**All day Activities. No pre-registration required. Come down and join us for some bicycle fun.**

<b>All Day (11:00 – 4:00)</b>	<b>Bike Demos:</b> Test ride and check out the latest bikes and gear.
	<b>Safety:</b> Free helmet and safety checks.
	<b>Kids:</b> Get your face painted and decorate your bike.
	<b>Repairs:</b> Free minor bike repairs and safety checks. First come, first serve.
	<b>Bike Donations:</b> Donate your used bike or bike parts through Recycle Cycles.
	<b>Bike Swap:</b> Used bikes, components and cycling gear for sale.
<b>Live Bands and Gear Giveaways:</b> Win gear and enjoy some great local music. Giant will also be giving away a Giant bike to one lucky winner!	



waterfront Trail Leisure Company Inc.

