

INTRODUCTION TO BIKE MAINTENANCE CLINIC

Whether you're riding on the trail or on the road, there will be times when you will need to fix something other than the common flat tire. This clinic is designed to provide you with a better understanding surrounding your drivetrain and bicycle cockpit to ensure you have the ability to continue your ride when these unwanted situations happen.

This hands-on clinic is designed for cyclists of all skill levels and will provide a comprehensive look at the following:

- Chain maintenance
- Brake and gear adjustments
- Saddle adjustments
- Stem / handlebar adjustments
- Headset adjustment

What to Bring:

- Your bike; free of dirt
- Clothes you don't mind getting dirty

What is Included:

- Tools
- Bike stand
- Rags

Cost: Free

Seats available: 8

Please sign up in-store or contact the store directly to guarantee your spot at the clinic.

**Please Note* This clinic requires pre-registration and seating is available upon a first come first serve basis.*

FLAT TIRE CLINIC

Unfortunately, flat tires can occur on the road or on the trail at any time. This clinic is designed to provide you with the skills and confidence to fix the situation as soon as it happens so that you can continue your ride successfully.

This hands-on clinic is designed for cyclists of all skill levels and will provide a comprehensive look at the following:

- Wheel removal and install
- Tire inspection
- Tube inspection
- Rim inspection
- Patch application vs. tube replacement

What to Bring:

- Your bike; free of dirt
- Clothes you don't mind getting dirty
- Tire levers*
- Bike Pump*

* Please note that if you do not have these tools they will be provided to you at the clinic

What is Included:

- Tire levers (if you do not have your own)
- Pump (if you do not have your own)
- Tube patch
- Bike stand

Cost: Free

Seats available: 15

Please sign up in-store or contact the store directly to guarantee your spot at the clinic.

**Please Note* This clinic requires pre-registration and seating is available upon a first come first serve basis.*

STORE DETAILS & CLINIC DATES

Please sign up in-store or contact the store directly to guarantee your spot at the clinic. Store details found below.

Sport Chek Crowfoot

48 Crowfoot Terrace NW

Calgary, AB T3G 4J8

Phone: (403) 241 4803

Contact – Kyle Brown (Head Technician)

June 28

Flat Tire Clinic (6:00pm – 6:45pm)

Introduction to Bike Maintenance (7:00pm – 8:30pm)

July 26

Flat Tire Clinic (6pm – 6:45pm)

Introduction to Bike Maintenance (7:00pm – 8:30pm)

August 23

Flat Tire Clinic (6pm – 6:45pm)

Introduction to Bike Maintenance (7:00pm – 8:30pm)

Sport Chek Sunridge Mall

Unit #250A, 2525 – 36th Street N.E.

Calgary, AB T1Y 5T4

Phone: (403) 285-2435

Contact – Mike Zatylny (Head Technician)

July 12

Flat Tire Clinic (6pm – 6:45pm)

Introduction to Bike Maintenance (7:00pm – 8:30pm)

August 9

Flat Tire Clinic (6pm – 6:45pm)

Introduction to Bike Maintenance (7:00pm – 8:30pm)

September 6

Flat Tire Clinic (6pm – 6:45pm)

Introduction to Bike Maintenance (7:00pm – 8:30pm)