

General Bike Maintenance Clinic

Sometimes while riding on the trail or road more can go wrong than just the common flat tire. This clinic is designed to provide you with a better understanding surrounding your drivetrain and bicycle cockpit to ensure when these unwanted situations happen, you have the ability to still ride away. 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
- Cockpit adjustments

What to Bring:

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

What is Included:

- Tools
- Bike stand & chair
- Rags

Cost: Free

Seats available: 8

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

Flat Tire Clinic

Unfortunately, flat tires may occur on the road or on the trail at any time. This clinic is designed to provide you with the confidence needed so when that time comes you are more than prepared to fix your flat to continue on your ride. This hands-on clinic is designed for cyclist 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 & Chair

Cost: Free

Seats available: 15

**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 seat at the clinic. Store details found below.

Sport Chek Crowfoot

48 Crowfoot Terrace NW

Calgary, AB T3G 4J8

Phone: (403) 241 4803

June 28

Flat Tire Clinic (6 – 6:45pm)

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

July 26

Flat Tire Clinic (6pm – 6:45pm)

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

August 23

Flat Tire Clinic (6pm – 6:45pm)

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

Sport Chek Sunridge Mall

Unit #250A, 2525 – 36th Street N.E.

Calgary, AB T1Y 5T4

Phone: (403) 285-2435

July 12

Flat Tire Clinic (6 – 6:45pm)

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

August 9

Flat Tire Clinic (6pm – 6:45pm)

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

September 6

Flat Tire Clinic (6pm – 6:45pm)

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