



Bike Maintenance Workshops 2009

Can't change that flat tyre?

Need to adjust the brakes or gears?

Looking for some tips on how to best look after your bike?

During November, bike maintenance workshops are taking place in Noosa, Kawana and Caloundra, with the main aim being to give participants a general understanding of basic bike maintenance. The details of each event are outlined below:

- **Caloundra**
Date Thurs Nov 12th, 2009 **Time** 5.30 – 7.30pm
Location Get Biking Bike Shop – Bowman Rd Caloundra
- **Noosa**
Date Sat Nov 14th, 2009 **Time** 2.30 – 4.30pm
Location Cognition Bike Shop - Noosa Outlook Shopping Centre - St Andrews Drv, Tewantin.
- **Noosa**
Date Thurs Nov 19th, 2009 **Time** 5.30 – 7.30pm
Location Venture Cycles Bike Shop - 2 Venture Drv, Noosaville.
- **Kawana**
Date Thurs Nov 26th, 2009 **Time** 5.30 – 7.30pm
Location Lake Kawana Community Centre – Sportsman Parade, Bokarina.

Workshop Content!

It is hoped that we will be able to cover most if not all of the content outlined below. The final content of the workshop may even be determined by the interest of participants and decided on the night. Emphasis for the workshops would be towards 'basic' bike maintenance (not major overhauls), with the focus on learning basic maintenance techniques. Topics to be presented on at this stage include: **Basic Tool Kit; Cleaning Bike; Basic Safety Check; Basic Bike Lube Routine; Tyre & Wheel Care (tubes - repairing a flat, removing & replacing tyres); Brakes – adjustments; Gears – adjustments.**

The workshop is **FREE** and will include light snacks and refreshments! A TravelSmart gift pack will also be presented to participants! Places are limited and will fill quickly, so book your place now!!

You can register via email travelsmart@sunshinecoast.qld.gov.au or phone 5449 5200 and ask for TravelSmart!!

The Sunshine Coast Regional Council would like to acknowledge the support of the following Bicycle Retailers and Service Providers.....

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