



## Bike Maintenance 101 – October 28, 2009

### Registration Deadline

- Monday – October 26, 2009

### Information Meeting

None

### Dates/Times

- Wednesday – October 28, 2009 @ 6:00pm – 8:00pm
- Meet in the UConn Adventure Center

### Trip Cost

Free

### Experience Level

- Beginner – No previous experience needed
- All UConn Outdoors Trips require varying degrees of physical fitness. We are not qualified to evaluate your fitness level so you must do so on our own. If you are unsure about your physical condition consult with a physician before participating on any one of our trips.

### Trip Overview

Bring your bike or just yourself to the UConn Adventure Center and learn the basics of proper bicycle care from our own experienced mechanic. Topics for the night include: fixing a flat, proper cleaning and lubricating as well as how to make adjustments to your brakes, chain, and derailleur. The techniques you will learn from us will extend the life of your bike letting you have more time on the road or trails and less time seeing the inside of a bike shop.

### What UConn Outdoors Will Provide

- Equipment – including all necessary tools
- Instruction

### What To Bring

- Notepad and pencil
- Your own bike (not required, but highly recommended)

### Contact Information

- UConn Adventure Center – (860) 486-8004

### Cancellations and Refunds

If you cancel your registration for any reason it must be done before the close of business (6pm) on the registration deadline. Cancellations after the registration deadline will result in a charge of \$20 being placed on your fee bill. This charge is standard of all free programs requiring registration within UConn Recreation and is designed to ensure participation. Please plan accordingly.