



Bike Walk Ambassadors

Fall Ladies Bike Series:

Tuesday is "Ladies Night"

Clinics & Rides

and

Join the Saturday

Brunch Bike Rides

Tuesday Nights & Saturday Mornings

August 31- October 2, 2010.

Ladies Night: Tuesdays 6 – 8 pm,

Downtown Minneapolis YWCA (1130 Nicollet Mall)

The first twenty to register and attend will receive a related bike tool/accessory. Clinics include rides to build traffic skills. **Bring your bike and helmet!**

Schedule of Ladies Night Clinic&Rides:

- Fixing a flat tire (8/31)
- Bike fit and riding comfort (9/7)
- Cleaning and tuning up your bike (9/14)
- Route planning (9/21)
- Night and winter riding (9/28)

Saturday

Brunch Rides: 9:30 am – 12:30 pm,

Downtown Minneapolis YWCA

Fun social rides that explore biking for transportation to vibrant destinations, parks, and food. **Bring your bike, cash (or brunch), & helmet!**

- Minneapolis farmer's market tour (8/28)
- Minneapolis bakery tour (9/4)
- Fort Snelling and Big Rivers Trail (9/11)
- Cedar Lake and Luce Line Trails (9/18)
- Mississippi Bridge Tour (9/25)
- Grand Rounds (10/2)



Cool, free tools and bike accessories!

I am so there!

- Bike Walk Ambassadors & our lady League of American Bicyclist Certified Instructors will lead clinics & rides!
- Build your cycling confidence and skills in this supportive environment for women, by women, with women!
- Bring your friends and family members to clinics and rides. Learn how to be safe, maintain your ride, ride with traffic, and HAVE FUN!

Registration Required, Sign-up Today!
www.ci.minneapolis.mn.us/bicycles/

Contact:

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