

ICECYCLES

FREE BIKE MAINTENANCE WORKSHOP

Flat tyre, squeaky chain, worn out brakes, dodgy seat? Come along to our **free** bike maintenance day and we'll help you get your bike sorted* and show you some basic bike maintenance skills. Refreshments provided.

Delta Community House,
105 North Avon Road
Saturday 21st July 1-4pm
Phone Jenny: 379 5134, or
Jonathon 389 4227 or
Steve 021 0619296
email: steve@cycletrailers.co.nz
<http://www.cycletrailers.co.nz/icecycles.htm>



Got an unwanted bike, parts or helmet? We'll collect it, restore it, and pass it on to someone who really needs it.

Got bike maintenance skills? We'd love to have you come and help

The ICECycles (Inner City East Cycles) Group is a project of Te Whare Roimata promoting and enabling cycling - for health, enjoyment and self-sufficiency. Supported by: www.cycletrailers.co.nz, Spokes, CDHB, Delta

*Some big jobs may have to be referred to our supporting bike shop, Cycle Trading Company.