

Richmond Mountain Bike Team presents...

MTB and **Road** Bike Maintenance/ Bike Cleaning
Clinic...*come get your bike ready for the season!*

Thursday, April 18th – 6:00 pm – 7:30 pm
Forest Hill Park Shelter #2
(42nd street and New Kent Ave. parking lot)

**A suggested donation of \$10 is greatly appreciated; make payment
online at**

<http://prevention.breastcancerfund.org/goto/RichmondLUNA>

Click on “**make a donation**” and bring your receipt to the clinic
or bring cash/check. Checks should be made out to BCF

All proceeds go directly to the Breast Cancer Fund

As always impressive swag included!

Please bring –bike, any bike tools that you own and an extra tube if you have
one

The 1.5 hour clinic will include:

- LEARN TO REMOVE /REPLACE REAR WHEEL.
- BENEFITS OF DEGREASER ON CHAIN
- INS AND OUTS OF A GOOD SCRUB
- TO LUBE OR NOT TO LUBE
- TIRE CHANGE/REPAIR

***Experts will be available for questions relating to bike components,
tuning, and chain repair.***

Team LUNA Chix brings together women interested in learning new sports, staying active and inspiring others do the same. Running, riding, taking on new challenges – all are more fun with friends to motivate and cheer us on. That's how Team LUNA Chix thrives. Teams train together and support each other, while also fundraising for LUNA's non-profit partner, the Breast Cancer Fund. Brought to you by LUNA®

Join a Team Luna Chix near you. Visit teamlunachix.com