

# training wheels

A WORKSHOP SERIES FOR BIKE NEWBIES

## square one **BICYCLE BASICS**

**Saturday, April 21st 10am @The Hub, 601 W. 3rd Street Downtown Tulsa**

**For adults and kids alike! Learn basics and get comfortable with your bike.**

The Tulsa HUB will explain everything you need to know to get your gears turning: benefits of cycling, how to select a bike, and how to prepare for different kinds of rides. Followed by short fun ride - bikes provided or bring your own! Please RSVP to [kstjohn@incog.org](mailto:kstjohn@incog.org) for bike reservation info.

## square two **GEAR UP**

**Sunday, April 29th 2pm @ Tom's Bicycles on Cherry Street**

**Basic bike maintenance for everyone**

Don't let an easy fix like a flat tire keep you off your bike! Eric from Tom's Bicycles will cover basic bike tunes that will save you money and keep you on your bike.

## square three **ROAD RULES**

**Saturday, May 5th 10am @ Brookside Library - 1207 E 45th Pl**

**For riders who want to increase their confidence on the road**

All newbies are scared of the street, but that's where bikes belong! James Wagner, League Certified Bicycle Instructor will put your fears to rest with essential techniques to keep you safe and law-abiding! Followed by short road ride - bikes provided or bring your own! Please RSVP to [kstjohn@incog.org](mailto:kstjohn@incog.org) for bike reservation info.

## square four **BIKE RACKS AROUND TOWN**

**Monday, May 14th 6-8:30am @ Cherry Street Coffee House**

**For riders interested in making bikes a mode of transportation**

Kicking off Bike To Work Week, learn from City engineers where bike racks are being put in around the City of Tulsa. **Free refreshments and breakfast pastries provided!**

## bike to work day **CELEBRATION**

**Friday, May 18th 4:30-6:30pm @ Joe Momma's Pizza downtown**

**Celebrate the beginning of Bike to Work Season with other riders and commuters**

Ride a bike and reap the rewards! Half-price appetizers, \$2 Blue Moon and Boulevard Wheat, \$1 High Lifes, \$2 PBR tallboys. There will be music, drawings for prizes and a chance to sign-up for the Bike to Work Commuter Challenge!



For RSVP & Q's  
Contact Kasey St. John  
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[kstjohn@incog.org](mailto:kstjohn@incog.org)

**DON'T SPEND  
ANOTHER  
BICYCLE  
SEASON  
STUCK IN THE  
CAR**

All workshops  
are free and  
open to the  
public