

Free Fall Bike Workshops

with the City of Cambridge

January 7, 5:30pm

Bicycle Maintenance Basics

Learn about

Bicycle Anatomy, Pre-ride check, Portable tool kit, Removing wheels, Flat tire basics, Chain maintenance, Seat height, Keeping your bike healthy with preventative bike maintenance

January 7, 7pm

Beyond Maintenance Basics

This class is for people who are even **more** interested in working on their bike.

Learn about

Basic repair tools, Thoroughly cleaning and lubricating your bike, Removing both wheels, Completely changing a flat tire, Pinpointing squeaks and rattles, Removing pedals, Adjusting front and rear brakes + derailleurs, Dealing with a broken spoke



January 13, 3:30pm Winter Biking Basics

Learn about

Benefits of biking (health, money, environment), Comfort at any temperature, Staying dry and clean, Route planning, Biking to the Bus/Train/Car, Locks, Helmets, lights, reflective gear, Rules of the road, Staying safe while biking

All classes will take place at 344 Broadway. Please RSVP to jlawrence@cambridgema.gov, or call Jennifer at 617-349-4671