



You taught your kids to ride a bike.
**Did you teach
them to ride
smartly?**

Learn all about bikes and safe riding at the **Bike Adventures Workshop!**

This workshop is designed to give young cyclists the basic information and practice necessary to ride safely and take care of their bikes. The workshop is organized into five stations:

1. Bike check and fit
2. Helmet check and fit
3. Bike handling skills
4. Street and intersection skills
5. Traffic summary—Sharing the road

FREE EVENT—just show up!

Bring your kids' own bikes and helmets if you can—there will only be a limited number of loaner bikes available.

WHAT: Bike safety and maintenance, **PLUS goody bags and giveaways!**

WHEN: Saturday, January 21, 2012—arrive any time between 9:00 and 11:00 a.m.

WHERE: North Little Rock City Services parking lot, 120 Main St., NLR

CONTACT: Bernadette Rhodes, City of NLR Fit 2 Live Coordinator, 975-8777



www.bikeleague.org



www.bacar.org



www.healthy.arkansas.gov



www.northlittlerock.ar.gov



www.facebook.com/NLRisFit2Live