

Cycling Clinic

WHAT:

A chance to

- ▶ take a bike out in Genesee Valley Park & along the river
- ▶ try out a variety of bikes – hand cycles, three wheels, tandem, and recumbents
- ▶ find out what is the best bike for you
- ▶ meet other bike enthusiasts, and eat, too!

WHERE:

Genesee Waterways Center
149 Elmwood Avenue, Rochester, NY

WHEN:

Thursday June 17, 2010
4:00-7:00PM

Questionable Weather? Call 271-1894 Enter 742 to
hear a recording!



COST:

Clinic is FREE!
Food is \$2.00

Useful things to know:

*Youth sized cycles available. Staff & volunteers will
be present to assist. Helmets provided.



To register please call or email by Tuesday, June 15th
SportsNet 271-1894 ext. 742
aobrien@rochesterrehab.org