

PEDAL WITH SUPERIOR



July 2, 16 10AM
August 13, 27 10AM
Sept 10, 24 10AM

FRIDAYS!

**Don't have a bike?
Rent one!**

Bike rentals, tandem bikes and helmets available through Lakeshore Bike for a fee.

If you need a tandem bike and do not have a "pilot" or front rider, please let Sarah know so we can find volunteers.

**~HANDCYCLES available through SPAR for FREE~
Call 228-5744.**

Meet at the Pavilion in the Mattson Lower Harbor Park

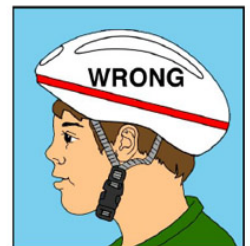


All you need is a smiling face, a bike and a helmet!

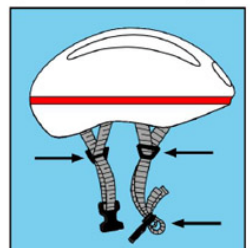


Come pedal in any way you are comfortable!

It will be an excellent adventure!



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.