

ALL CLINICS
ARE HELD AT
OUR SHOP!



NO CHARGE!
REGISTER
ONLINE!

HOMETOWN BICYCLES
Clinic Series
2018

Flat Tire Fix - Hands On

JAN 9TH, 12:15-1PM • JAN 11TH, 7-8PM

Use your wheel or borrow one of ours! **Required:** Please bring tire levers, patch kit, inner tube & hand or CO2 pump.

** Items available at discount at this clinic!*

Emergency Repair - Hands On

JAN 16TH, 12:15-1PM • JAN 18TH, 7-8PM

Learn quick, on-the-go fixes. **Required:** Please bring a saddle bag with an inner tube, quick link, zip ties & tire boot.

** Items available at discount at this clinic!*

Bike Maintenance: Before the Ride

JAN 23RD, 12:15-1PM • JAN 25TH, 7-8PM

In this 1st of a 2-part clinic, we'll cover tips to prep your bike BEFORE you ride, including what you need and how to use it.

Bike Maintenance: After the Ride

JAN 30TH, 12:15-1PM • FEB 1ST, 7-8PM

In this 2nd of a 2-part clinic, we'll cover tips to care for your bike AFTER you ride, including what you need and how to use it.

Bike Fitting

FEB 8TH ONLY, 7-8PM

Vinnie Baylerian, PT, DPT of **Pro-Motion Physical Therapy** explains how to maximize ride efficiency & minimize discomfort.

Cycling Nutrition

FEB 13TH, 12:15-1PM • FEB 15TH, 7-8PM

Learn about the types of cycling nutrition available, how to use them properly, and the benefits they provide.

** Enjoy Team pricing on all Hammer nutrition orders at this clinic!*

Cycling Gear & Wear

FEB 20TH, 12:15-1PM • FEB 22ND, 7-8PM

Learn about the types of cycling gear & wear available, how to get the most out of them, and the benefits they provide.

** Enjoy discounts on all Spring gear & wear pre-orders at this clinic!*

Where to Ride in MI Potluck Party

MAR 1ST ONLY, 7-9PM

Learn about some of the best parks, routes & groups for your MI cycling adventures, including our shop rides & Team!

** Please bring a dish to pass!*