

BIKE BLAST



**Saturday, September 14, 2013 (rain or shine) at
First Presbyterian Church, 17 N. Court Square, Harrisonburg**

2-4 pm Bike Rodeo for all ages

4-5 pm Family-Friendly City Ride*

*Riders under 18 must be accompanied by an adult.

****Activities will include:**

- Skill exercises
- Casual neighborhood ride
- Bike maintenance
- Safety and equipment tips
- Food, fun, and fellowship!



**Helmet required where applicable. Limited number of helmets available for use.

Hosted by FPC Congregational Care Committee with the generous assistance of Harrisonburg Police Dept., Harrisonburg Fire Dept., RMH Community Health, and Shenandoah Valley Bicycle Coalition. For more information, contact June Hosaflook at (540) 810-2311.