

# BikeToWork 2011

## get ready for bike to work day at tune-up time!

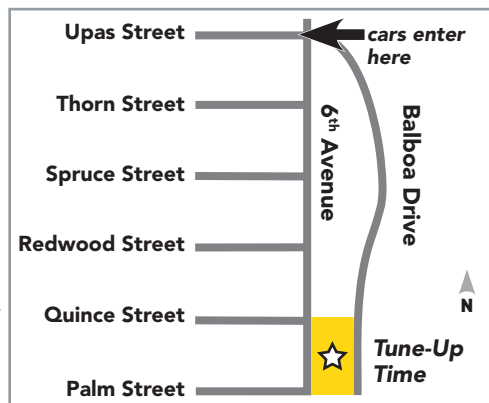
**Tune-Up Time is a bicycle event for the whole family!** Whether you are a cycling enthusiast or a novice, there is something for everyone.

- Register for Bike to Work Day to be eligible for great prizes!
- Free bike maintenance check.
- Kid's bicycle rodeo.
- Bicycle education demonstrations (*see reverse for schedule*).
- Freebies including Bike to Work Day t-shirts (*while supplies last*).
- And more!

**Sunday, May 15<sup>th</sup>  
11 a.m. to 3 p.m.**

**Balboa Park, 6<sup>th</sup> Avenue  
(Between Palm and  
Quince Streets)\***

\*Cars must enter on Upas Street.  
Bicyclists can enter on the  
Balboa Drive sidewalk.



## tune-up time! demonstration schedule

- 11:00 a.m. Welcome**
- 11:15 a.m. Maintenance** – learn how to change a tire and basic maintenance tips.
- 12 noon Safety** – learn proper helmet fit, cycling clothing, reflectors, and more.  
*Spanish-language demonstration immediately after.*
- 12:45 p.m. ABCs of biking** – before you ride, always check air pressure, brakes, and chain.  
*Spanish-language demonstration immediately after.*
- 1:30 p.m. Maintenance** (repeat of 11:15 a.m. demonstration).  
*Spanish-language demonstration immediately after.*
- 2:15 p.m. Safety** (repeat of 12 noon demonstration).

## BikeToWork 2011 Friday, May 20

A nationally recognized event, **Bike to Work Day** supports bicycling as a viable, environmentally-friendly commute choice. For more information, visit [511sd.com/iCommute](http://511sd.com/iCommute).

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