

# MISSISSIPPI MILLS BIKE TRIP

sponsored by **ALMONTE UNITED CHURCH**  
**JUNE 11, 2011**

A fun and exciting bicycle excursion to encourage participants to try new destinations. Sponsor forms are available for anyone wishing to raise extra funds to be donated to the Likulezi Project in Malawi, Africa and for the purchase of a Bicycle stand at the church. Choose the ride that best suits your abilities!

Registration and rides begin at Almonte United Church.

Route Name	Check In	Departure	Travel Type	Distance
Route 1 – This Mississippi Tour	08:00	08:30	Bicycle	80km
Route 2 – Family Fun Tour	09:30	10:00	Bicycle	30km
Route 3 – Almonte Tour	11:30	12:00	Bicycle	12km
Route 3 – Almonte Walking Tour	10:00	10:30	Walk	12km

All tours will finish at Almonte United Church at 1:00 p.m. to enjoy a BBQ lunch together!

Cost: Adults \$10 Children under 16 years \$5 Families \$25

For further information call Bill or Donna at 613-256-5181.

Further Information: [www.mmbicyclemonth.ca](http://www.mmbicyclemonth.ca)

The registration fee will be donated to the Likulezi Project in Malawi, Africa, helping local people meet local needs.



mississippi mills  
**BICYCLE  
MONTH**



**MISSISSIPPI MILLS BIKE MONTH  
BICYCLE SAFETY CLINIC  
Parking Lot of The Almonte Bicycle Works**

sponsored by ALMONTE UNITED CHURCH  
JUNE 4, 2011, 9am - 12pm

**Get you bike safety checked.**

**Wheels (remove wheels from bike)**

- check for play in wheel bearings
- check for broken spokes
- check for wheel wobble.
- Check tires for cracks, bulges and balding

**Front Steering**

- Check for play on the bearing

**Drive Train**

- check for seized links, rust and play
- check d erailleurs (free movement, dirt and alignment)
- Check d erailleur cables (free movement and full range of motion)
- Pedals (free motion and play against the bearings)

**Brakes**

- check and adjust brake calipers
- check and adjust brake cable

**Miscellaneous**

- Adjust seat if required
- Reflectors/lights/Bell

This will be an inspection and light tuning of the bike. If more work is required, the bicycle owner can make arrangements with Bill Barrie, owner of the Almonte Bicycle Works to have the bike serviced. Donations appreciated.

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