

## TAKE A KID MOUNTAIN BIKING DAY 2017



**SUNDAY, MAY 21ST - 10:00-3:00 - STRATHAM HILL PARK**



- Biking Skills Stations -
- Bike Races for kids -
- Trick Riding Demonstration -
- Dirt Pump Track -
- Group Trail Rides (Mom & Dad - bring your bikes!) -
- 'Striders & Little Riders' area for younger riders -
- Bike & Helmet Safety checks -
- Try out a Fat Bike! -



**This is a FREE event. Pre-registration is highly recommended!**

**Register today at: [SeacoastVeloKids.org](http://SeacoastVeloKids.org)**

("Same Day" registration at the event is available, but will be limited, so please pre-register online)

**Bring your appetite! Food and refreshments will be available for purchase at the event from:  
Embers Pizza Oven — Kona Ice — And More!**

Presented by:



Organized by:



Seacoast VeloKids is a non-profit 501(3)c organization. Call 978-233-8158 for event questions.



All youth participants are required to have their bike and helmet inspected for safety prior to participating in *Take a Kid Mountain Biking Day* (Sunday, May 21<sup>st</sup>, 2017). Mechanics from several local bike shops will be on hand at the event to provide these inspections.

**You can avoid standing in line** by visiting one of our participating local bike shops in advance to have these inspections done:

**Colonial Bike Shop**

775 Lafayette Rd  
Portsmouth, NH  
(603) 319-1688

**Exeter Cycles**

4 Portsmouth Ave  
Exeter, NH  
(603) 778-2831

**Wheel Power**

156 Epping Rd  
Exeter, NH  
(603) 772-6343

**Papa Wheelies**

653 Islington St  
Portsmouth, NH  
(603) 427-2060

Bike and helmet inspections will be done by the shops free of charge, however, if any repairs are needed to pass inspection the shops will be charging for parts and labor.

Please bring this sheet with you when you drop off your bike for inspection. Bring the completed, signed form with you to *Take a Kid Mountain Biking Day*.

RIDER NAME: \_\_\_\_\_

BICYCLE MAKE AND MODEL: \_\_\_\_\_

**STEERING**

- Stem bolts tight
- Levers and shifters attached
- Grips and end plugs
- Headset adjusted
- Cables and housing inspected

**WHEELS AND BRAKES**

- Wheel secure in dropout
- Bearings adjusted properly
- Tires inflated and checked for seating and wear
- Wheels true, round and tensioned
- Brakes adjusted & brakes centered

**BOTTOM BRACKET & CRANK**

- Bearings adjusted
- Crank bolt tight
- Pedals secure

**SHIFTING**

- Chain checked
- Derailleur adjusted
- Shifting okay

**OTHER**

- Frame welds checked

**Inspector Name:** \_\_\_\_\_

**Store:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Notes:** \_\_\_\_\_