



December Members' Meeting & Social

“How to Keep *ROLLING* through the Winter”

DAY/DATE: Saturday, December 9, 2017. **TIME:** 3:00 til 5:00pm

VENUE: Main Line Cycles, 919 Montgomery Ave, Narberth, near the intersection w/Old Gulph Rd. This is a few doors away from Staples & Wawa, on the same side of Montgomery Ave.

PROGRAM: **Lynne Gramberg, MSPT**, physical therapist, will present “How to Maintain/Improve Your Fitness & Conditioning during the Winter”. Main Line Cycles will present “How to Winterize Your Bike (for difficult weather & road conditions)”, as well as, “How to Dress Properly for Outdoor Exercise in the Cold”.

REFRESHMENTS will be served (including beer & wine).

PARKING is available in the lot immediately adjacent to “Fast Signs” and “Main Line Cycles”, in front of and behind what used to be the “Annie Sez” store. **PUBLIC TRANSIT:** SEPTA’s 44 Bus runs along Montgomery Ave (in front of the bike shop). The Narberth train station near Narberth & Haverford Avenues, is a few blocks from Main Line Cycles. The Narberth station is served by the R5 rail line, which runs from Paoli-Thorndale into Center City, then, north to Lansdale-Doylestown.

VOLUNTEERS NEEDED: If you are able to arrive early (~2:15-2:30) to assist with set-up, THANK YOU! Please contact Linda McGrane, at mcgrane_linda_a@yahoo.com, or, 267-251-7862

EVERYONE is warmly welcome to join us. If you plan to attend, please **RSVP** to Linda McGrane, so that we can plan the room set-up and refreshments accordingly. Here is a [pre-registration link](#), which will allow you to RSVP directly to this event. Thank you!

