



## “Gear Up for Spring” Seminar

BCP is pleased to host this event for our members, to help make our return to early spring bike rides more enjoyable, comfortable, and energy-efficient.

**WHEN: Wednesday, March 21, 6:30 to 9:00pm.** “Happy Hour” starts at 6:30, program starts at 7:00.

**WHERE: NoBA Community Workspace, 210 Bala Ave, Bala Cynwyd, PA 19004**

**WEBSITE for NoBA: <https://nobadistrict.com>**

A physical therapist (Kira Sender, DPT) will present to us “spring training” exercises, to

- maximize physical fitness and stamina, and minimize fatigue
- prevent pain and injuries

A bike mechanic will present spring cleaning & tune-up essentials for our bikes, to

- Optimize performance and energy-efficiency
- Optimize comfort for longer rides

Our bike mechanic will also explain how certain clothing accessories can be helpful during the fickle weather of early spring, when it’s cool in the morning, but warm in the afternoon.

**REFRESHMENTS** will be served. There will be time for socializing and refreshments from 6:30 to ~7:00. There will be a brief intermission for refreshments between the presentations.

**PARKING:** There is a municipal parking garage across the street from the NoBA meeting space on Bala Ave. **Parking in the garage is FREE after 6:00pm.**

**PUBLIC TRANSIT:** NoBA Community Workspace is one block from the Cynwyd train station, at Bala Ave. & Montgomery Ave. (This is the Cynwyd Line.) Septa buses 44 and 52 also run along Bala Ave.

**VOLUNTEERS** are **NEEDED** to help with set-up (5:45pm) and with clean-up at the end of the program. If you are able to volunteer, THANK YOU! Please contact Linda McGrane, at [mcgrane\\_linda\\_a@yahoo.com](mailto:mcgrane_linda_a@yahoo.com), or, 267-251-7862

**We hope to see you at “Gear Up for Spring” on March 21!**

