December Members’ Seminar & Social

“How to Keep ROLLING through the Winter”

DAY/DATE: Monday, December 19, 2022.  TIME: 6:00 til 8:00pm

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: A Physical or Occupational Therapist will present
• “How to Maintain Physical Fitness & Conditioning during the Winter”, as well as
• “How to Minimize Holiday/Winter Weight Gain”.

Main Line Cycles will present
• “How to Winterize Your Bike** (for harsh weather & road conditions)”, as well as
• “How to Dress Properly for Outdoor Exercise in the Cold”
• “How to Properly Illuminate Your Bike for Safety & Visibility”

REFRESHMENTS will be served.

PARKING lots (free) are available adjacent to and behind Fast Signs/Main Line Cycles, accessible from Montgomery Ave or Gordon Ave. 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 (~5:40pm) 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. A pre-registration link will be posted on the BCP website Ride Calendar. Thank you!