



**Downtown YMCA**  
**Wednesday, August 12, 2009**  
**5:30-7:00PM**  
**421 SW Van Buren St**

- "Rules of the Road" ...learn some basic bike safety with Topeka cycling enthusiast, Alan Apel. Alan is a native Topekan and life long cyclist. He has served as the treasurer for the Kaw Valley Bicycle Club since 1998. In 2005, Alan trained and was certified as a League Cycling Instructor by the League of American Bicyclists. He has been riding in Bike MS (formerly the MS 150) since 1994. Alan has been married to Marie for 25 years and they have three beautiful children.
- Learn how to change a flat tire with a bike mechanic from Capp's Bike Shop and Fitness
- Learn more about Bike MS and how you can become involved
- KDHE will have bike helmets available for \$7
- Meet other cycling enthusiasts



**If you are new to cycling or a recreational cyclist, then this evening is for you!**

**Wanna learn more about the National MS Society or the YMCA?**



**Jillain Foreman, Development Coordinator, 272-5292 (press 2)**



**Candy White, Health & Wellness Director, 354-8591 ext. 128**