



# Bike Clinic Schedule

Introducing the ...

## Davenport West Community Bike Project



### WHEN:

May - Sept 2011  
(dates to be announced)

Learn to  
fix your own  
bike

### WHERE:

DPNC:1900 Davenport Rd  
(in the back garden)

### INFO:

Marcelo Castro  
(mcastro@dpnc.ca)  
Gabrielle Langlois  
(glanglois@dpnc.ca)  
t. 416.656.8025  
1900 Davenport Rd.

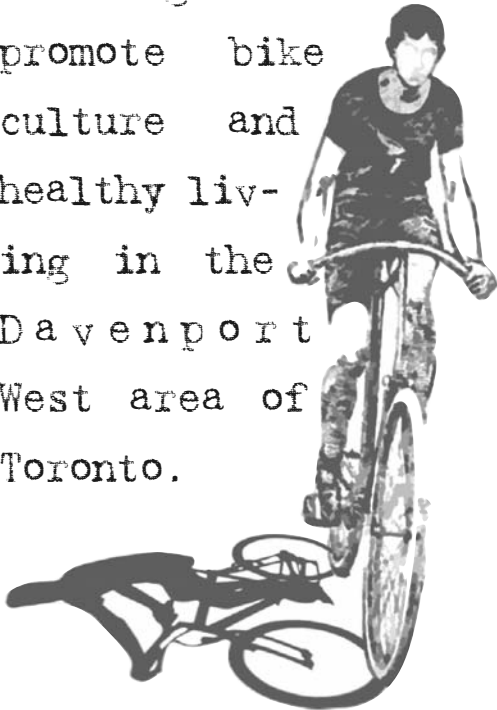


Join your neighbours  
for community  
bike rides ...



**T**he Davenport West Community Bike Project was developed in conjunction with DPNC, Bike Pirates, The Stop, and other community agencies.

Along with local residents, we have come together to promote bike culture and healthy living in the Davenport West area of Toronto.



## What's so great about cycling?

There are many benefits to cycling. Cycling keeps your body healthy, reducing the risk of serious conditions like diabetes, heart disease, high blood pressure and obesity.

Bikes can be used by almost everyone to get you where you need to go. Bikes are a pollution-free, low cost means of transportation.

Biking is an easy way to get active outdoors. Get fresh air and sunshine and spend time with your family and friends. And, of course, biking is fun!

## Why your neighbours are getting involved:

As a participant in this project, you will:

- Get free bike repair and maintenance training. The project will offer free bike repair instruction workshops so people can learn basic repair skills, using their own bicycles.
- Help create and support a new biking community in our area.
- Meet other residents interested in bike riding, discover interesting parts of the neighbourhood on a guided bicycle tour and get involved in discussions about bike culture in our neighbourhood.

## How can I get involved in the bike project?

There are many ways to get involved! If you are already interested in cycling or if you want to learn about how to repair bikes, we need your help! We are looking for volunteers of all ages to help organize the free bike clinics and community rides.

We are also looking for donations of new helmets, locks, lights, food and t-shirts for the project.

## Volunteer training to be provided

To donate or volunteer:

Contact us:

Marcelo Castro, Community Development and Health Coordinator  
(mcastro@dpnc.ca)

Gabrielle Langlois, Volunteer Coordinator  
(glanglois@dpnc.ca)

By phone: 416-656-8025  
In person: DPNC at 1900 Davenport Rd.

