

Another great *Smart Cycling* presentation from *HBC*:

Adaptive Cycling

Tools to help us cycle for LIFE!

Panel Discussion

Learn how equipment can help you ride more comfortably as our bodies age.

How do *e-bikes* work? What style of *recumbent* would help my aching back? How can our *tandem* meet both riders' needs? How can we adjust to help my joints *hurt less*? What if I have trouble with my *balance*? How can I get riding again after an *illness or surgery*?

Speakers include *Luke Breen* of Perennial Cycle, and someone from *Twin City Adaptive Cycling*, and your fellow cyclists!



Friday, Feb 8, 2019
Edina Community Ctr, Rm 351
5701 Normandale Rd.
Edina, MN 55424

Pot luck dinner.
Setup at 5:30 pm
Dinner at 6 pm
Program at 7 pm



Hiawatha Bicycling Club, a social riding club, is happy to offer this *Smart Cycling* educational session to the community. Please see our website: <https://hiawathabike.org>