

BIKE MAINTENANCE WORKSHOP



This practical workshop will allow you to carry out work on your own bike under the close eye of experienced, professional bike mechanics.

After this class, you will have confidence to carry out basic repairs and replacements to your bike. Class takes place in the Watershed on **Thursday June 14th from 7.30pm - 9.30pm.**

All attendees must bring basic tools and a sheet/

cover to protect the floor where they will work in their bike.

Because this is a practical class, numbers will be **STRICTLY** limited. Early, non-refundable booking of €10 per person on www.eventbrite.ie

For all Bike Week events in Kilkenny see www.krsp.ie and nationwide www.bikeweek.ie



smartertravel >>>



Bike Buffet

This is an opportunity for you to enjoy a taste of Kilkenny on bicycle on **Friday 15th June.**

Guided gentle cycle trip around Kilkenny city with food and drink (non-alcoholic!) Easy 10k cycle with a different venue for each course. Magical Mocktails and meet up. Sumptuous Starter and Marvellous Main Course with music.

- **Meet at the Parade at 7.00pm**
- **Numbers limited - €20 per person**
- **NO LYCRA! Helmet wearing is mandatory**
- **Open to all over 18 years**
- **Suitable for all levels of cyclist – no racing allowed!**
- **Call 056 7794957 or 087-3567884 for details**
- **Register on www.eventbrite.ie**

Thanks to Westport Smarter Travel for the idea.
<https://www.youtube.com/watch?v=wemtpoFSQuc>





Saturday Slow Roll Cycle to celebrate International Men's Health Week

Saturday, June 16th 2018

Kilkenny Recreation & Sports Partnership invite men of all ages in Kilkenny to join us in a Slow Roll Cycle featuring health check and healthy brunch.

9-10.00 am **FREE** Health Check for all men. Meet at Langton's Conservatory (car park side).

10-10.30am **FREE** Health talk for men by Dr. Noel Richardson.

10.45am **FREE** group cycle around Kilkenny, bridges and rivers. 10K and 30K options available.

12.00 noon **FREE** Brunch in Langton's.

The cycle is an easy spin around Kilkenny's streets and six bridges preceded by a Healthy Breakfast and brief talk on men's health given by Dr Noel Richardson. Healthy Brunch will follow the cycle.

The aims of International Men's Health Week are to:

- 1. Heighten awareness of preventable health problems for males of all ages**
- 2. Support men and boys to engage in healthier lifestyle choices / activities**
- 3. Encourage the early detection and treatment of health difficulties in males.**

The event is **FREE** but to help us with planning, please register on www.eventbrite.ie

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