



SHIFTING GEARS CYCLING
presents
**THE CANNONDALE DEMO RIDE
& HELEN'S CYCLES PARKING LOT SALE**
SUNDAY, JANUARY 11th 2009

FEEL IT FOR YOURSELF. Check out the new CANNONDALE BIKES first hand! Join SHIFTING GEARS for a flat spin through the Marina Peninsula before we head to Playa del Rey for a lap up Westchester Parkway. This is a 30 mile ride.
* there is one small hill on the way to Playa del Rey.

HELEN'S CYCLES PARKING LOT SALE 🚲 **11:00 am - 4:00 pm**

Get great deals on clothing and cycling accessories - up to **50% off!**

Helen's Cycles is offering **20% off** merchandise in the store just for the day.

* discount does not apply to sale items, bikes, components and service

Informative **CYCLING CLINICS** will be offered through out the day...

how to fix a flat tire, basic bike maintenance, anatomy of the bike, hydration, nutrition, cross training, stretching and more!

meet: LA Art Exchange parking lot
2451 Broadway - next door to Helen's Cycles

demo sign up: 7:30 am

Be sure to bring a HELMET, bike shoes, your bike and ID. Your pedals will be used on the demo bike.

safety: 8:30 am

ride out: 8:45 am

THANK YOU to Helen's Cycles, Cannondale, Clif Bar, Tri Fit, Ultima Replenisher, Chamois Butt'r, Function Drinks, Hammer Nutrition, Spinal Health Center of Santa Monica, Tony Poland, Peet's Coffee and to the LA Art Exchange for their participation



For questions & more information please contact Shifting Gears Cycling at info@shiftinggearsycling.com or call 310. 401-3051