

**Free “Dr Bike” Health Check
Tesco Car Park, Catterick Garrison
10am – 3pm 24th October 2020**

The
BIG BIKE
Revival

we are
cycling
The cyclists' champion UK



Department
for Transport



Free health checks on your bike to keep you cycling safely
BigBikeRevival.org.uk #BigBikeRevival

Stage 1 Cycles are providing free “Dr Bike” sessions in Tesco Car Park, Catterick Garrison on Saturday October 24th. These are available for both adult and children’s bikes and include up to 30 minutes work checking the cycle is safe to ride and making minor repairs if necessary.

The health check will include checks of the brakes, gears, chain, tyres, nuts, bolts and headset.

North Yorkshire Fire and Rescue Service and North Yorkshire Police will also be there offering cycling safety advice to cyclists and other road users.

To find out more and book a free “Dr Bike” health check please contact Stage 1 Cycles on 01969 666873 or email ride@stage1cycles.co.uk



**NORTH YORKSHIRE
FIRE & RESCUE SERVICE**



we are
cycling
UK