

# Adaptive Bike Clinic in Salem

Try your hand at biking on one of the many different types of adaptive bikes that will be available to ride. Gain skills on how to ride these two, three, and four-wheel cycles right in downtown Salem on the riverfront. Helmets will be required. Bring your own or use one of ours.

**WHEN:** Aug 22, 2010, 9AM-11 AM clinic, 11-12 PM bike ride

**COST:** Free

**WHERE:** Riverfront Park, Pavilion - See map below  
101 Front St. NE, Salem, OR

**WHO:** Anyone with or without a disability who would enjoy trying a handcycle, tandem, 3-wheeler, or some of our other recumbent bikes.



For more information and to pre-register for the bike ride contact Trisha Suhr with Oregon Disability Sports at [trisha@oregondisabilitysports.net](mailto:trisha@oregondisabilitysports.net) or call 503-241-0850.



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