



## COMHAIRLE CONTAE MHAIGH EO MAYO COUNTY COUNCIL

# FREE BIKE CHECK WEEK

**Saturday, February 18 to Saturday, February 25**

A bike check consists of an examination of the bicycle by a bicycle mechanic to test it's roadworthiness. The mechanic will outline any problems that need addressing.

**The FREE Bike Check is available in the following towns:**

Ballina - Hopkins & Sons

Castlebar - The Bike Clinic and Bike World

Ballinrobe: Marrey Cycles

**The ABC's of Bicycle Maintenance:** A proper fitting helmet and a properly fitted bicycle help keep you safe while navigating the streets and roads on your bike. A well-maintained bicycle will extend the life of your bicycle and help keep you and your child from unnecessary pitfalls on the road.

Road Safety Officer, Noel Gibbons.