

Join us Sunday, August 7

outside at the New Liskeard Pool and Fitness Centre

# BIKE, WALK 'N ROLL

**FREE** Family-friendly event.

All ages welcome 0-80.

Learn the basics of biking, and go for a bike ride, walk, or scoot on the STATO trail.

Where: 77 Wellington St. S.

When: 10 a.m. - 12 p.m.

- Registration and bike safety checks
- Bicycle skills training area
- Helmets available for those who need one
- Practice your skills and bike, walk or roll on the STATO trail
- Trivia questions will be posted along the trail



Please bring your own water bottle, bike, and helmet.



Contact [walknroll@timiskaminghu.com](mailto:walknroll@timiskaminghu.com)  
or call 705-647-4305, Ext. 2265  
for more information.

