



2016 Crystal Lake Public Library Bicycle Series
Sponsored by the McHenry County Bicycle Advocates
All sessions start at 7:00 PM

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Tuesday, January 26, 2016 at 7:00 PM - CL-Library
**** Healthy Weight with Bicycling – Achieve & Maintain.**

Join Scott Offord from Country Donuts and others to hear their personal stories on how they brought their weight down and keep it stable by using their bicycle for everyday transportation and recreation.

Ask questions and see what is in it for you and your level of health with a minimal time investment, but lots of fun.



This is Randy, not Scott.
Randy lost 104 lbs.



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Tuesday, February 23, 2016 at 7:00 PM - CL-Library
**** Mayor Shepley Rides Crystal Lake**
– A Great Way to Experience the Area

Join Mayor Shepley and city staff for stories about bicycling in Crystal Lake and its surrounding areas. Learn about what Crystal Lake is planning to enhance bicycling and walking in the city.

Ask question and bring forward your own suggestions for improvements in Crystal Lake.

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Tuesday, March 22, 2016 at 7:00 PM - CL-Library
**** Local Mountain Biking Hot Spots**

Mike Mrachek, owner of Epic Cycle and Fitness, has lived in McHenry County for most of his life. He is an avid mountain biker and knows the best places to ride in the local area.

Come join us for an evening full of mountain bike tales, photos, videos, the best local places to ride, equipment suggestions, and more! Bring your own questions and stories as well!

