



GroupHealth®

Kids Bike Races

Helmets required.

FREE for kids 12 years old and under

Register on site, no pre-registration required!

For more information: call 509-326-6983



Thanks to Wheel Sport for the FREE Specialized bicycles & FREE helmets that will be drawn and given away at the races... WOW!



GroupHealth®

Race days and locations:

Sunday, Sept. 18: Shadle Park

Belt and Wellesley, Spokane (north)

Sunday, Oct. 2: Mirabeau Park Meadows

13500 E. Mirabeau Pkwy, Spokane Valley

(final race at Mirabeau Park Meadows features David's Pizza for all participants!)

Sponsored by Group Health Cooperative Eastern Washington/North Idaho District Advisory Council.

Race start times: arrive 30 min. early to check in

5 yrs. & under.....noon	8 yrs.....1:30 p.m.
6 yrs.....12:30 p.m.	9 yrs.....2:00 p.m.
7 yrs.....1:00 p.m.	10-12 yrs.....2:30 p.m.

Activities on race days: (11:30 am until 3:00 pm)

- Do warm-up exercises with Group Health physical therapists.
- Participate in the Group Health bike rodeo.
- Receive bike & helmet safety checks from Wheel Sport Bicycles
- Mobius Kids will provide a fun, hands-on activity.
- Participants have a chance to win bikes and helmets at each race!

Community partners:



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