



# LEBANON BICYCLE RECYCLE

**DONATE. REPAIR. GIVE-AWAY.**

August Newsletter | 2022

**Come visit us!**  
**Open Every Monday Night, 6-8pm!**



53 Chestnut Street, Lebanon, PA

Our shop's goal is to increase the number of individuals and families cycling in Lebanon. Need a ride to work or school? Try cycling! Need something fun for the kids or the family to do together? Come get bikes from us!

- For teens and adults, give two hours of your time and receive a free bike!
- Every bike comes with safety training, and a helmet!
- We have mechanics at the shop to help repair any bike that is brought in so that it works like new.

## 275

BIKES  
COLLECTED

## 86

BIKES  
GIVEN AWAY

## 280

VOLUNTEER  
HOURS

## HOW TO FIT YOUR HELMET PROPERLY

*From Wired magazine*

- **Make sure the helmet is not backwards**

(The back of the helmet will be bulkier, have more material and descend lower to cover the back of your head)

- **Wear the helmet low on your forehead**

(The front of the helmet should sit above your eyebrows)

- **Chin Strap buckle should hang just below your lower jaw**

(You should be able to fit a finger between the strap and your chin)

## Did you Know?

**One of the common mistakes of properly fitting a helmet to your head is putting on the helmet backwards.**

Click the helmet to read the full article!



Click the icons to stay updated on all our events and rides!



# UPCOMING EVENTS

**Mondays, 6-8pm:**

**LBR Workshop is open!**

**August 29th:** Back to school event at Northwest Elementary School

**September 26th:** Bike give-away at Northwest Elementary School

**October 30th:** Bike and Food Truck Event

*Save the Date*

**December 2nd:** Christmas Slow Ride

## Need help with your Helmet?



LBR gives every bike away with a brand new helmet to ensure safe riding. We will also fit the helmet to your head for you and teach you how to do the same!

## MEET THE TEAM!

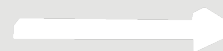


### Our Volunteer, Maria!

Maria is currently a junior in high school. She first heard about LBR when one of her teachers recommended that she use her ability to speak Spanish to help translate for LBR. She has translated for much of her childhood, at home and at school.

She loves the inviting environment which quickly calmed her nerves when she first started at LBR. In the future, she hopes to see more Spanish speakers at the workshop to increase diversity, even with "one language at a time!"

**Do you live in the city and ride a bike?  
Take our public health bike survey!**



[Bike Survey](#)

Spanish [Bike Survey](#)

**Let's Keep Riding!**

