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Free bike ride, safety tips

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Bike Miami is organizing a **free ride** through Miami's MiMo District on the Upper East Side starting at 8:30 a.m. Sunday, July 19, at Legion Park., on 64th Street just east of Biscayne Boulevard.

The day will start with the "A-B-C Quick Check," when you'll learn how to quickly check your Air, Brakes and Chain, plus lessons in helmet fitting and the rules of the road.

The ride will be about two hours, with stops for water and bathroom breaks, through Miami's Historic MiMo district, Little Haiti and Buena Vista neighborhoods, the Design District and Edgewater. Riders are invited to join City of Miami Bicycle Coordinator Collin Worth and other volunteers for lunch.

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