



5	6	11:00	“Velodancis”									
10:00	12:00		63622422									
	-	8.6	2.1	10:00-10:10	10:15	10:15.						
2.1	-	-	-	-	-	-						
	10:30-10:55	11:00	11:00.									
8.6	-	-	-	-	-	-	-	-	-	-	-	-

Safety comes first!

Please keep in mind that all participants are required to wear a helmet to prevent severe injuries during the ride. No cyclist is immune to making accidental mistakes. Between a scratched and cracked helmet and a head injury, choose the former one! In addition, the law requires all children under the age 12 to wear a helmet.

The event is organised within the European Union project No. 9.2.4.2/16/I/103 ‘Measures for the Promotion of Public Health and Disease Prevention in Ventspils’. The project aims at encouraging the individuals to change their health habits and to improve the availability of health promotion and disease prevention services to the residents. The project activities include the promotion of physical activities, healthy diet, and mental health.

For more information, visit the website of the State City of Ventspils: [www.ventspils.lv](http://www.ventspils.lv).