

Street Skills For Cyclists



In just a few hours, learn how to safely and confidently use your bicycle for transportation

Whether you bicycle commute or want to, ride for recreation, are a touring or club cyclist, a parent who bikes with your family, or just want to get around town, this class will give you the knowledge and confidence you need to enjoy bicycling more.

Discover...

- How to read the road and position yourself for safety and visibility
- Easy methods for crossing any intersection without car conflicts.
- Direct and pleasant routes for commuting and utility trips
- How to take your bike on buses, trains, regional transit and more.
- How to outfit yourself and your bike for practical transportation.

See...

- An entertaining presentation, including images and video clips that illustrate street cycling principles and techniques.

Take Home...

- Helpful handouts, tip sheets and more.

Also...

- Special section on how to teach these and other developmentally specific skills to children. You will receive concrete tips and some of the best information available about how to help children ride safely and with confidence.

You won't need a bicycle unless you plan to ride to class.

Next Class:

Saturday, May 5, 2007, 9 a.m. to Noon

Superintendent of Schools
1300 17th Street
Conference Room 1B
Bakersfield
Suggested donation: \$10

For more information or to register, please contact:

Bike Bakersfield
1708 Chester Ave., Bakersfield, CA
(661) 321-9247
www.bikebakersfield.org
info@bikebakersfield.org

About the Instructor

John Lotze is a certified League of American Bicyclists Cycling Instructor (LCI #702-CK) who has taught hundreds of adults and children, and ridden tens of thousands of miles in all conditions, including commuting by bicycle for more than 15 years. He can be contacted at lotze4@sbcglobal.net

You already know how to ride a bike. Now learn to drive one!