

Confident City Cycling

Presented by: Sustainable Streets

Hosted by: Transition Culver City & CC Bicycle Coalition



Course Overview

Confident City Cycling is designed to help cyclist's age 16 and up gain confidence and skill to ride a bike safely and legally in city traffic. League of American Bicyclists certified Cycling Instructors give students practical guidance through both classroom and hands-on instruction. The class is limited to 12 participants to ensure adequate one-on-one instruction, reserve your spot early.

Topics covered during the two-day course include:

- Bike Fit
- Helmet Safety & Fit
- Review of traffic rules
- Situational lane positioning
- Weather preparedness
- Route planning
- Flat tire repair & basic adjustments
- Bike handling skill practice
- Evasive maneuver practice
- Guided ride on city streets

When: Part 1: Saturday, April 30, 2011 (10 AM – 2 PM)

Part 2: Saturday, May 7, 2011 (10 AM – 2 PM)

Where: Linwood E. Howe Elementary, 4100 Irving Pl., Culver City, CA 90232

Cost: \$75 per person

Pre-register with Sustainable Streets by email at info@sustainablestreetsla.org or by phone at 424-288-1747.