

Bike Ed

In Napa

2009 Cycling Workshops



By the end of the course, you will be able to:

- 🚲 Ensure that your helmet fits properly,
- 🚲 Do a pre-ride safety check of your bicycle,
- 🚲 Change a flat tire,
- 🚲 Understand what all of those gears are for,
- 🚲 Recognize and avoid visual, surface, and collision hazards,
- 🚲 Enter an intersection properly to leave it to your destination,
- 🚲 Understand how to ride in bike lanes and on recreational paths,
- 🚲 Know the laws governing bicycling in California, and
- 🚲 Safely and legally bicycle on a wide range of city streets and country roads.
- 🚲 Even experienced cyclists will benefit.



Learn skills and build confidence to bike safely in traffic

LEVEL 1

Street Skills

A 2 ½ hour classroom session covering bicycle information and basic riding strategy, including negotiating intersections, and cyclists' legal rights and responsibilities. Bicycles are not needed in this level.

LEVEL 2

On Road

A six hour on-road course for students who have completed Level 1. Participants will practice street skills, emergency maneuvers, And light bike maintenance. Bicycles and helmets are required.

Register today!

at Bicycle Works,
707-253-7000
or www.napabike.org



Classes are taught by
League of American Bicyclists
certified instructors.

Level 1 workshops are FREE.

Level 2 is open to adults over
14 years of age, but pre-registration
is required along with a bike in good
working order. Level 1 is a prerequisite.
\$10 cost for materials.

For more information
and to register, visit:
www.napabike.org, or call
Gabby Gonzalez at 707-253-7000
or Sandy Houck at 707-226-9108

Course Schedule for Spring & Summer 2009

Level 1 Street Skills for Cyclists

Monday, March 9
Wednesday, April 15
Wednesday, June 3
Monday, July 13

from 6:00 to 8:30 PM
at the Napa City County Library
580 Coombs St., Napa

Level 2 On Road Smart Cycling

Saturday, April 4
Saturday, May 30
Saturday, August 8

from 10:00 AM to 4:00 PM
at the NCTPA Conference Room
707 Randolph St., Napa
(enter from Fourth Street)

