

Street Skills for Cyclists

Thursday, November 3rd, 2005, 5:00 - 9:00 PM

Tired of high gas prices? Ride a bike instead! Feeling vulnerable on the road? Then it's time to take our Street Skills for Cyclists class!

The Santa Barbara Bicycle Coalition and Cottage Health System invite you to a Street Skills for Cyclists class.

- Find out why crashes occur and how to avoid them.
- Learn how to increase your safety by controlling the traffic around you.
- Learn your rights and responsibilities on the road.
- Learn techniques to make yourself more visible and predictable to drivers.
- Learn how to affordably outfit a bicycle for commuting.

Who: Anyone 16 years of age or older. No bicycle is needed for this seminar.

When: Thursday, November 3rd, 5:00 PM to 9:00 PM. A light box dinner will be provided.

Where: Santa Barbara Cottage Hospital, Conference Room G. Use the Castillo Street entrance and follow signs to the seminar.

Registration: Mail this form to arrive by



Even if you're comfortable biking with traffic, you will probably learn to be more confident.

October 30th. Or if after the 30th, phone Nancy to see if there is still room for you.

Cost: \$30

For more information, contact the instructor, Nancy Mulholland, at 563-9073 or at CycleSmart@sbbike.org.

How to register for the November 3rd class

Print this page, fill out the form, and mail it with a registration fee of \$30 to us at the Santa Barbara Bicycle Coalition, PO Box 92047, Santa Barbara, CA 93190. Please make your check or money order payable to Nancy Mulholland.

name _____

friend's name * _____

address _____

city, state, zip _____

phone number _____

email address _____

*register a friend to join you, and you will receive a free flashing LED safety light.