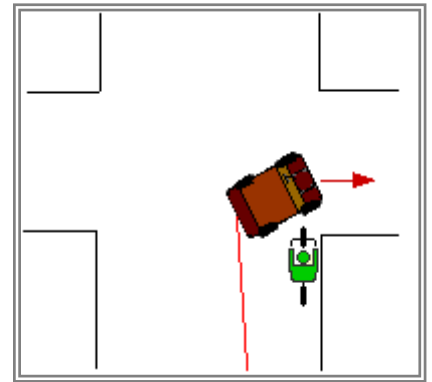
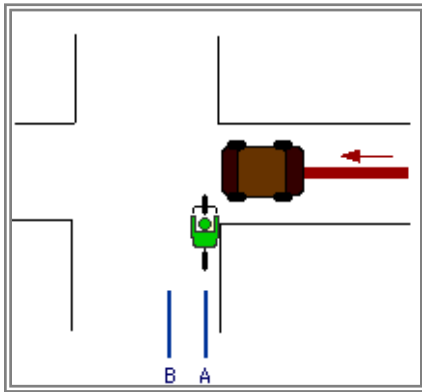


Bicycle Commuting 101

The City of El Cerrito is offering **two workshops** to help new and experienced bicycle commuters cycle confidently and safely. **Bicycle commuting is a great way to help both the environment and your own physical fitness!**

The **FREE 3-hour course** will cover how-to ride safely and successfully in traffic, including avoidance of car doors, negotiation of intersections, winter-safe cycling and cyclists' rights and responsibilities. The course will be offered twice and taught by John Doidge, a League of American Bicyclists Certified Instructor.



Wednesday, October 24, 6 p.m. – 9 p.m. in the Skylight Room
Saturday, November 17, 9 a.m. – Noon at Council Chambers
Community Center, 7007 Moeser Lane

Pre-registration is recommended due to limited space

Contact the Public Works Department at 510-215-4369 for information or Fax to 510-215-4319.

NAME

HOME ADDRESS

CITY

ZIP

HOME PHONE

EMAIL

Please choose the class you'd like to attend: Wed, Oct. 24th or Sat, Nov. 17th

Deliver this form to the Public Works Department or email your registration info to

lbrazil@ci.el-cerrito.ca.us. *Thank you.*