



## Cycling Class for Beginning Riders

Has it been a while since you've ridden a bicycle? Have you decided to try it because you just got a new bike or pulled the old one out of the garage? Wait a minute.

There are a few things to consider before taking that ride.

- Do you know the rules of the road or how to wear your helmet?
- Do you know how to shift gears or trouble shoot that mysterious squeaking noise?
- Do you know the psi of your tires? How about how to change the tire because of a flat?
- Do you execute an ABC Check before you ride?

If any of these questions have you scratching your head then this is the class for you.....

Learn simple tricks to keeping yourself safe out on the road or trail. Discover the advantage of riding with a group. And a host of other tips that will help you enjoy riding a bicycle.

**WHEN:** Wednesday, May 27th, 6:00-8:30 PM  
**WHERE:** WILMAPCO Building, Newark  
**INSTRUCTORS:** Charlie Johnston & Gail E Robillard  
**WHAT TO BRING:** bicycle, helmet

Register by Friday, May 22nd. Send an email to: [safety@whiteclaybicycleclub.org](mailto:safety@whiteclaybicycleclub.org) or call 302-593-3492 for more information.

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**REGISTRATION FORM** - cut on dotted line & mail to 3309 Heather Ct., Wilmington, DE 19809 OR email as an attachment to [safety@whiteclaybicycleclub.org](mailto:safety@whiteclaybicycleclub.org).

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

What's the longest one day ride (distance) you've been on this year? \_\_\_miles

What's the longest one day ride (distance) you've ever been on? \_\_\_miles

What is one thing you hope to get out of taking this class? \_\_\_\_\_

How did you hear about this class? \_\_\_\_\_