

Learn essentials of bicycle maintenance, traffic safety, nutrition, energy conservation and clothing. This course will cover all the basics of bicycling in the classroom and then you'll apply it in the streets. You will be certified Road I by the end of the class!

**Instructors: Jesse Day,
Mark Schulz and TBA**

Directions: <http://web.uncg.edu/adm/visit/directions.htm>

Road 1 Bicycling Class

Date: April 12, 2008

Time: 8:30 am - 4 pm

Location: UNC Greensboro—

Health and Human Performance

Building Room 340

Registration Info:

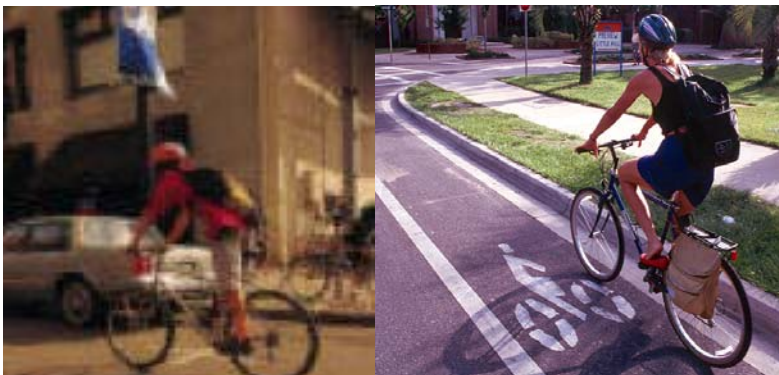
Cost: \$40, \$10 for Students

Please send an email to Jesse Day at

jday@ptcog.org or call (336) 294-4950 to

check for availability by **April 4th, 2008**

**League of
American
Bicyclists**



Images: www.pedbikeimages.org (D. Burden)



**Sponsored by the:
Piedmont Triad Council
of Governments**
www.pedpower.org