Lunch Hour CYCLING Clinics

The City of Roseville, in association with Smart Cycling and Biking Roseville, is pleased to offer lunch hour bicycling clinics to prepare your employees for cycling this spring and participating in "May is Bike Month".

About the Clinics

There are four Bicycling Clinics for your business to choose from. You can offer one clinic or all four.

- **Smart Cycling** – Reasons for bike commuting, five layers of safety, crashes, rules of the road, planning routes, taking your bike on transit, parking, bike security, clothing and equipment
- **All Weather Cycling** – Stay dry when it's wet, see and be seen in the dark
- **Basic Bicycle Maintenance** – Fix a flat, adjust your brakes and chain, maintenance tips to keep your bike in good condition.
- **Urban Cycling Skills** – After work clinic with on the road training

Presentations can be tailored to employees' needs, and are not limited to commuting and road riding. All sessions are taught by trained instructors certified by the League of American Bicyclists.

It's easy to host a clinic

There is no charge to employers for hosting a Smart Cycling Clinic. However, we do ask employers to ensure that at least 10 employees are in attendance.

Gift certificates and door prizes will be provided to encourage attendance—at no cost to the employer!

The City of Roseville will create an e-mail and printable flier that is adaptable for your work site to help you publicize the clinic.

www.roseville.ca.us/bikeways

To schedule a lunch hour bicycling clinic(s) to be held at your work site, contact:

Sue Schooley
City of Roseville
Public Works –
Alternative Transportation
(916) 774-5365
sschooley@roseville.ca.us

Smart Cycling

BikingRoseville

CITY OF ROSEVILLE CALIFORNIA