



For Immediate Release

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Contact: Sara Sundquist, (530) 245-6457
Amy Pendergast, (530) 229-8243
Email: bike@healthyshasta.org

League of American Bicyclists' Trainings Coming to the Northstate

For Community Members Who Want to Feel More Confident on a Bike and Scholarship Opportunities for Potential New Bicycle Safety Instructors

Traffic Skills 101: Does riding in traffic make you nervous? Would you like to feel safe and confident riding your bicycle? Certified instructors Pete Hollingsworth and Karen Goodwin will present a bicycle safety class, Traffic Skills 101, and will cover topics such as bicycle handling, hazard avoidance, rules of the road, and simple maintenance. Both classroom and on the road practice is included in this 2 part series to be held in Chico at Pleasant Valley High school on September 21 (3:30-6:30 pm) and September 22 (9 am - 3 pm). Cost is \$25. This class is designed for cyclists 14 years and older (it is also a pre-requisite to qualify for League Cycling Instructor training and related scholarship opportunities). Space is limited so please RSVP by calling Pete at (530) 345-7347.

Scholarships Available to Become a Certified Bicycle Instructor: Want to share your experience and passion for bicycling with others? The League of American Bicyclists' 3-day League Cycling Instructor Training (LCI) will be coming to the northstate for the first time October 19-21. LCI's are experts in bicycle education and safety. Healthy Shasta and Shasta Safe Routes to School will offer scholarships to

cover tuition for individuals who live in Shasta County and who would like to earn this national certification. Scholarship recipients will be required to provide 10 hours of bicycle instruction to children or adults by volunteering for the Safe Routes to School program (in local classrooms and at bicycle rodeos), offering a class to the public, or participating in other bicycle safety efforts. The Traffic Skills 101 course offered in Chico in September (or other locations throughout the country) is a prerequisite to qualifying for the League Cycling Instructor Training and local scholarship. For more information visit www.healthyshasta.org, email bike@healthyshasta.org, or call 245-6457.

The League of American Bicyclists is a leading provider of bicycle skills and safety training in the United States. More information about bicycle courses through the League, becoming an LCI, or general tips for bicycling is at <http://www.bikeleague.org/programs/education/courses.php>.

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