

Brown County Health Department
and WE BIKE, etc. present

Bicycle Now!

- Learn to ride for transportation and fun
- Gain confidence riding on the streets and trails in your community
- Brush up on your skills so you can teach your children to safely ride



Class requirements:

- \$5 per person, lunch or snacks included
- 15 yrs or older
- bring a bicycle and helmet (required) to the class
- Dress for the weather, you will be riding your bicycle

Spring 2010 schedule and contact info: Sign up early - Max of 16 people per class.

Date	Time	Location	Sponsor	Contact
Sat., April 17	1:00-5:00	St. Norbert College	Health and Wellness Services	(920) 403-3266 health@snc.edu
Sat., May 1	10:00-2:00	St. Mary's Hospital	A Woman's Place	(920) 498-4205 ktilot@stmgb.org
Sat., May 22	10:00-2:00	Bellevue DeBroux Park	Leisure Services	(920) 468-5225 marcias@villageofbellevue.org
Wed. May 19 Wed. May 26	6-8 pm 6-8 pm	Ashwaubenon Community Center	Bay Shore Bicycle Club	(920)866-3158 delgood90@centurytel.net

Taught by Peter Flucke - League Cycling Instructor (#327 C/K)
Funded by the WI Division of Health, Physical Activity Program

More class information:

- Basic info on how to maintain your bicycle and what to check before each ride.
- What supplies you should carry with you
- Traffic laws and regulations and how they apply to bicyclists and motorists
- Skill practice drills in a parking lot
- Easy paced ride on city side streets to get you comfortable on the road
- Myth buster - Where is the safest place for you and your children to ride your bicycles?

Call the site contact listed above for specific class info.

For general class info contact:

Contact Rebecca Meert, CHES

Brown County Health Department

920-448-6438

meert_bl@co.brown.wi.us

Visit WWW.co.brown.wi.us/health for more info.