



Traffic Division  
Roads and Transportation  
Cork City Council

## Bike to Work Week: Back on your Bike Training Saturday 24 May 2008

### **"BACK ON YOUR BIKE"**

**On May 24<sup>th</sup>**, Cork City Council is offering "Back on your Bike" Training to all adults **open to the idea** of cycling, **but apprehensive** about starting. (Course Details overleaf!)

Both "**virgin**" and "**lapsed**" cyclists are invited to register by phoning (021) 4924769 or by emailing [sarah\\_danaher@corkcity.ie](mailto:sarah_danaher@corkcity.ie) or by filling in this form and posting to: Sarah Danaher, EU Projects, Traffic Division, Cork City Council, VHI Buildings, South Mall, Cork.

**Booking closes on May 16<sup>th</sup>.**

**Name:** \_\_\_\_\_

**Address/Phone/E-mail contact details:** \_\_\_\_\_

**Cycling Experience** ( *ie. Have you ever cycled before? If so how often and how long ago*): \_\_\_\_\_

**Course preference:** (There are 2 one-on-one sessions available and 3 group sessions!): Beginners one-on-one: \_\_\_\_\_

Refereshers group session: \_\_\_\_\_

**Do you need to use book a bike \*\* or can you bring your own?:** \_\_\_\_\_



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### "BACK ON YOUR BIKE": Course Details:



The Cycling Safety and Skills School are providing two types of Adult Bike Safety Skills Courses on May 24<sup>th</sup> 2008 between 1 p,m and 5p.m.

#### Beginner Course Outline:

Participants would expect to learn techniques to get them cycling, focussing on balancing and pedalling methods. Most beginners should learn to cycle on the day, unless there are balancing issues, i.e. dispraxia.

#### Refresher Course on Safety Skills:

Participants who can already cycle will work on road skills, e.g. tips on mastery of good signalling and cornering techniques. Attendees can expect to go away with techniques and skills which will improve bike-handling, a major aspect of safety.

\*\* Cork City Council is subsidising the rental of a limited number of bicycles for the public to borrow during Bike-to-Work week.

To avail of the subsidy users must register before May 16<sup>th</sup>.  
(Users may have to pay a refundable deposit and accept liability for damages as stipulated by the rental company!)

