

## NEWS RELEASE

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**FOR IMMEDIATE RELEASE**  
**March 17, 2009**

### **Urban Bicycle Safety Classes Provide Early Preparation For You to “Get Rolling” on Bike to Work Day**

ALAMEDA COUNTY - California. During these tough economic times many of us are evaluating the cost of commuting. You’d like to save on gas by using your bicycle to commute to work or school but you don’t know when and how to start. Get ready in March by taking bicycle safety classes and be ready to pedal for Bike to Work Day in May. This year, May 14<sup>th</sup> marks the San Francisco Bay Area’s 15<sup>th</sup> *Annual Bike to Work Day*. On this day, nearly 150,000 commuters are expected to “get rolling” and use their bicycles to accomplish routine trips around town.

To commemorate May as Bike to Work month, the East Bay Bicycle Coalition (EBBC) is offering a number of urban bicycle safety classes throughout Alameda County in early preparation to teach cyclists to safely share the road with cars. These classes are scheduled now through June and are focused on teaching cyclists how to “drive a bike” cautiously in varying traffic situations.

**Day 1 - Street Skills Class:** Teaches the basics of safe cycling, riding in traffic, the proper equipment, crash avoidance, along with rider rights and responsibilities. Class is open to those 14 and over and no bike is required.

**Day 2 - On-Road Instruction:** Tests your knowledge of vehicular cycling skills. It's an on-road course that emphasizes emergency maneuvers, as well as, riding in various traffic conditions. Both classes are suited for experienced and beginning riders and they are taught by instructors who are certified by the well known League of American Bicyclists.

Classes are funded in part by the Alameda County Transportation Improvement Authority's (ACTIA) Measure B funds. Although May 14<sup>th</sup> marks the 15<sup>th</sup> anniversary for the Bay Area-wide Bike to Work Day, the EBBC originally founded Bike to Work Day in 1994 and this commemorates their 16<sup>th</sup> year in spearheading this healthful event in the San Francisco Bay Area.

Emma Arroyave of El Sobrante recently took the bicycle safety courses and shares, "I greatly enjoyed the classes and I hope to continue riding to strengthen my skills. I learned how to be cautious on the road and I practice the safety rules I learned in my last class. I began to use the hand/arm signals when making turns and how to be aware of the obstacles and conditions of the road."

The East Bay Bicycle Coalition (EBBC) is a non-profit, tax-exempt 501(c)3 organization dedicated to promoting bicycling as an everyday means of transportation and recreation. The EBBC safeguards the interest of bicyclists in Alameda and Contra Costa Counties.

*See Bike Safety Class Schedule on the next page!*

<b>DATE</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>CONTACT</b>
<b>March 24, 2009</b>	Street Skills Class Day 1 6:00 - 9:30 p.m.	Dublin Civic Ctr. 100 Civic Plaza <b>Dublin</b>	Dave Campbell dcampbel@lmi.net
<b>March 26, 2009</b>	Street Skills Class Day 1 6:00 - 9:30 p.m.	Kaiser Oakland Medical Ctr. Fabiola Building, Rm. G65A 3801 Howe St. <b>Oakland</b>	Dave Campbell dcampbel@lmi.net
<b>March 28, 2009</b>	Street Skills Class Day 1 2:00 - 5:00 p.m.	Crosstown Coffee & Community Ctr. 1303 High Street <b>Alameda</b>	Dave Campbell dcampbel@lmi.net
<b>April 18, 2009</b>	Street Skills Class Day 1 2:00 - 5:00 p.m.	Crosstown Coffee & Community Ctr. 1303 High St. <b>Alameda</b>	Dave Campbell dcampbel@lmi.net
<b>April 21, 2009</b>	Street Skills Class Day 1 6:00 - 9:30p.m.	Berkeley City College Conference Rm. 415 <b>Berkeley</b>	Dave Campbell dcampbel@lmi.net
<b>May 5, 2009</b>	Street Skills Class Day 1 6:00 - 9:30 p.m.	Kaiser Oakland Medical Ctr. Fabiola Building, Rm. G65A 3801 Howe St. <b>Oakland</b>	Dave Campbell dcampbel@lmi.net
<b>May 7, 2009</b>	Street Skills Class Day 1 6:00 - 9:30 p.m.	Charles Kennedy Community Ctr. 1333 Decoto Rd. (across from Union City BART) <b>Union City</b>	Dave Campbell dcampbel@lmi.net
<b>June 13, 2009</b>	Street Skills Class (en Espanol) Day 1 10:00 a.m. - 1:30 p.m.	Carmen Flores Recreation Ctr. 1637 Fruitvale Ave. <b>East Oakland</b>	Dave Campbell dcampbel@lmi.net
<b>April 25, 2009</b>	On-Road Instruction Day 2 10:00 a.m. - 4:30 p.m.	Hayward Main Library 835 C St. <b>Hayward</b>	Dave Campbell dcampbel@lmi.net
<b>May 16, 2009</b>	On-Road Instruction Day 2 10:00 a.m. - 4:30 p.m.	Alameda Point Collaborative (Former Naval Air Station) <b>Alameda</b>	Dave Campbell dcampbel@lmi.net
<b>June 20, 2009</b>	On-Road Instruction Day 2 10:00 a.m. - 4:00 p.m.	Amador Recreation Ctr. Cultural Arts Building <b>Pleasanton</b>	Dave Campbell dcampbel@lmi.net

For more information: <http://www.ebbc.org/safety>.

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