

CTA INVITES YOU TO ITS FREE BIKE 101 CLINIC

Bike 101 aims to teach novice women riders some basic rules and techniques for riding your bike on the road. Bring your bike and learn how to ride.

Date: Sunday, May 3, 2009

Location (see directions below)

Time: 12:30 pm - 5:00 pm

Howard County Health Department
7178 Columbia Gateway Drive
Columbia, MD 21046-2147

Please RSVP (put "BIKE 101" in your subject line) to:

Sharon <events@tricolumbia.org>

Please include the following info with your RSVP:

- * Your name and contact info
- * The longest distance you have ridden on the road and how long it took you.
- * Your perceived strengths and weaknesses
- * Your greatest fears about the bike and biking
- * If you are a member of Mid-Maryland Triathlon Club

Enrollment limited to the first 60 to sign up.

This is our schedule:

12:30 pm - 1:00 pm	Sign In
01:00 pm - 2:00 pm	"Classroom"
02:00 pm - 5:00 pm	On the road practice

We will have local bike shops on hand to help you.

Directions to 7178 Columbia Gateway Drive:

- * Take Route 175
- * Exit at Columbia Gateway
- * Continue on Columbia Gateway Drive
- * Turn RIGHT at the third traffic light = Columbia Gateway Drive
- * Turn LEFT into the parking lot of the first building on the left