



# 2014 Bicycling Classes

## Basic Bicycle Maintenance

### Part One Wheels, Tires and Brakes

We'll teach you one of the most fundamental lessons of all: How to fix your own flat tire. (It's really not that hard!) You'll also learn how to tell if your tires are in good shape, your brakes are working properly and your wheels are straight and true.

### Part Two Chain and Derailleurs

We'll teach you how to keep your chain in good shape and how to shift those derailleurs more smoothly.

#### Basic Bicycle Maintenance 2014

Dates: April 3, May 1 or June 5

Time: 6:00pm – 9:00pm

Cost: \$5.00 YMCA members  
\$10.00 Others

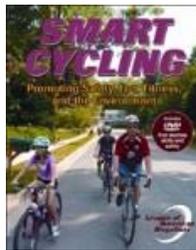
Location: YMCA (Roseburg)

Each of these classes will benefit new cyclists, those coming back to cycling after years off the bike and seasoned cyclists who want to increase their knowledge and skill in bicycling. Open to ages 16 and up.

All classes are taught by Marty Fink, who is a certified instructor with the League of American Bicyclists, the only nationally recognized organization that provides trained and certified instructors.



## Bicycling with Confidence



This course combines classroom discussion and parking lot activities with on-road practice of the principles of vehicular bicycling. At the end of the course, you will have increased your confidence and ability to use your bicycle for pleasure, sport, or commuting under various weather, road and traffic conditions.

Topics covered in the course include:

1. **Learning** how to properly set-up your bike, what to wear when riding, basic bike mechanics, how to ride safely and the traffic laws that govern bicycle riding;
2. **Practicing** road riding skills in a safe setting, including emergency maneuvers to avoid crashes;
3. **Riding** on neighborhood and city streets with the instructor(s) where you put it all together to become a more confident cyclist.

#### Bicycling with Confidence

Dates: (This is a two day course)

April 10 & 12

May 8 & 10

June 12 & 14

Thursdays: 6:00pm-9:00pm &

Saturdays: 9:00am-3:30pm

Cost: \$20.00 YMCA members  
\$40.00 Others

Location: YMCA (Roseburg)



To reserve a place in any of these classes call the YMCA at 541-440-9622, ext. 202 or stop by the YMCA



For more information on cycling in Douglas County, visit:

[www.cycleumpqua.com](http://www.cycleumpqua.com)  
or email [martyfink@gmail.com](mailto:martyfink@gmail.com)