



FALL CAN-BIKE INSTRUCTION PROGRAM

CAN-BIKE II - Advanced Course on Defensive Cycling (18 hours)

Three segments:

- I. Friday Evening, In-Class Theory - Traffic Dynamics, Equipment, Crashes & Collisions, Touring. (2 hrs)
- II. All day Saturday, Part I, On-road instruction - Riding efficiently, Collision avoidance techniques. (8 hrs)
- III. All day Sunday, Part II, More on-road practice. Practical & written evaluation. (8 hrs)

Schedule:

Three (3) courses to start in Sydney over three consecutive weekends: Course #1 starts Friday October 15. Course #2 starts Friday October 22. Course #3 starts Friday October 29.

Flexible Options:

- Take the entire course all in one weekend (Friday evening, Saturday & Sunday)
- Take it all in consecutive segments as your time allows.
Example A: Segment 1 - Friday first weekend.
Segment 2 - Saturday first weekend.
Segment 3 - Sunday second or third weekend.

Example B: Segment 1 - Friday second weekend.
Segment 2 - Saturday second weekend.
Segment 3 - Sunday third weekend.

Fee: \$90.00 (includes documentation, BNS dues, VCB 2011 Riding Membership, plus other goodies).

Note: **FREE Refresher Courses.** When you take any adult CAN-BIKE course from us, you are welcome to take the same course again at NO extra charge. You can take the same course as many times as you like (*new students take preference*).

Lastly:

Most of us "know" how to ride bicycles right?????!!!!!! After all, we have been doing it since we were kids?????!!!!!! Do you know how to ride one safely? Now that is another question entirely!!!

Ask yourself the following question before you decide. Is my life worth the cost of \$5.00 per hour for 18 hours of top quality instruction, practice and empowerment to give me the skills and confidence that I need to commute, do utility and recreational bicycle driving (vehicular cycling) on roadways, contribute to the reduction of greenhouse gas production, get some exercise and have fun while I am at it?

To Register

Fill-out the Registration form and mail it along with your cheque to:

Velo Cape Breton, Att'n Leroy Hodder,
204 Cusack Dr.
Sydney, NS B1P 3W7

Upon receiving your registration, a CAN BIKE II Course Package will be sent to you confirming your registration.

For More Information

See CAN-BIKE brochure or call Leroy at 564-9876, email: hodla@staff.ednet.ns.ca

Cancellation Policy

A course will be held with a minimum of three participants.

In case of cancellation from our part for some reason, your money will be returned in full; as an important courtesy to participants, every attempt will be made to ensure that participants are notified at least three days prior to the start for any course that is cancelled.

In case of cancellation from your part up to three days before the course starts (Tuesday), you will be refunded minus \$10. For a cancellation from your part within three days before the course starts, \$20. will be retained. Transfer of registration (i.e. to a friend...) will be accepted at no extra cost.

(over - Registration Form)