



## North Natomas Jibe and AARP Sacramento

# Better on Bikes Application

Online Application also available at [jibe.org/bike/better-on-bikes](http://jibe.org/bike/better-on-bikes)

### Program Description

Better on Bikes program is a series of six, weekly online, live classes covering bicycle education, simple bike maintenance, and insider's tips of North Natomas trails and amenities to explore. The program is designed for mature adults, 50 years or older, and has the goal of increasing bicycle ridership, confidence, and knowledge. Optional weekly "office hours" feature bike handling practice and neighborhood rides. Participants are encouraged to connect with each other and get out and ride. Classes are free for participants and will be taught over a six-week period, by a local, skilled instructor with professional training. As a reward for participating in all sessions, participants receive a bicycle basics kit, including helmet, basic repair supplies, map, reflective vest, and other goodies.

### Program Guidelines

1. Any individual 50 years or older may apply to participate in this program, providing the individual is a resident of North Natomas or an employee of a North Natomas business.
2. Participants must be able to participate in ALL six online, live sessions on the following dates:
  - 1) Tuesday, February 16<sup>th</sup>, 5:30 – 6:30 pm
  - 2) Tuesday, February 23<sup>rd</sup>, 5:30 – 6:30 pm
  - 3) Tuesday, March 2<sup>nd</sup>, 5:30 – 6:30 pm
  - 4) Tuesday, March 9<sup>th</sup>, 5:30 – 6:30 pm
  - 5) Tuesday, March 16<sup>th</sup>, 5:30 – 6:30 pm
  - 6) Tuesday, March 23<sup>rd</sup>, 5:30 – 6:30 pm
3. Qualified applicants will be selected based on a review of their applications by a committee of staff and community members. Program spots are limited and applying does not guarantee enrollment.

### Submit an Application

Submit the application via e-mail or online through the Jibe website:

- E-mail: [mellissa@jibe.org](mailto:mellissa@jibe.org)
- Online: [jibe.org/bike/better-on-bikes](http://jibe.org/bike/better-on-bikes)

Application period: January 1, 2021 – January 31, 2021

If selected, you will be notified via email or phone between February 4 – 9, 2021.

Confirmation of your ability to participate must be made by February 11, 2021.

For assistance, please contact Mellissa Meng at (831) 325-1556, or [mellissa@jibe.org](mailto:mellissa@jibe.org).

## Program Application

### 1. Participant Information

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

Home Address: \_\_\_\_\_

\_\_\_\_\_

Primary Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

2. Do you live or work in North Natomas? Circle one:            YES            NO

3. North Natomas Employer information (if applicable):

Employer: \_\_\_\_\_

Work Address: \_\_\_\_\_

\_\_\_\_\_

4. Do you have access to a computer and internet connection?

Circle one:            YES            NO

5. Are you available to attend ALL six live, online class sessions? See Program Guidelines listed on the first page, for all dates.

Circle one:            YES            NO

6. Do you own a bicycle or have access to one?      Circle one:                  YES                  NO

7. How would you rate your bicycle experience level?

- I do not yet know how to ride a bike
- Beginner cyclist
- Intermediate cyclist
- Experienced cyclist

8. Why are you interested in participating in this class?

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9. Would you want to share your contact information with other class participants?

Circle one:                  YES                  NO

**I have read and agree to comply with the program guidelines.**

Name of Applicant (print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_