February 25, 2013

Welcome to the UCSF Osher Mini Medical School for the Public!

MEDICINE OF CYCLING 2013

Thursday evenings, February 28 – April 4, 2013
7:00 to 8:45 p.m., 513 Parnassus Avenue

OVERVIEW:

Cycling is a unique sport shared by kids and adults, used for recreation and transportation, and enjoyed by people of many fitness and ability levels. Kids, bike racers and commuters alike share the joy of adventure, speed, and accessibility the bike provides. All cyclists also share the pain of falling off the bike, overuse injuries, fear associated with injury, and other medical consequences that result from exposure to the elements. This course, led by a multidisciplinary team of experts and cyclists in fields of neurology, psychology, urology, dermatology, nutrition, bike fit, and sports medicine, will cover a wide range of topics which affect every cyclist. Join us and the cycling community to discuss the ups and the downs of living and loving the bike.

LOCATION:

Please see the UCSF Campus map included with this packet. Your class will be held in following location:

Genentech Hall
600 16th Street, San Francisco, CA
Byers Auditorium (inside Genentech Hall)

SYLLABUS:

Each week your syllabus of handouts will be emailed to you using the address you used to register for the course. If you do not receive our weekly emails, please call our registration office to update your email address at (415) 476-5808.

You can also access the syllabus materials online anytime at:
www.minimedicalschool.ucsf.edu/syllabus

WALK-IN REGISTRATION:

www.minimedicalschool.ucsf.edu/ADD

If you would like to bring guests to this series or attend another single lecture of the UCSF Osher Mini Medical School, you can use add a new lecture or multiple lectures by registering
online or calling our registration office directly at (415) 476-5808. Advance Online Registration is encouraged.

PARKING AND TRANSPORTATION:

OPTION #1: UCSF Owens Street Lot
1675 Owens Street
Rates: $3.50 per hour
This is the closest, most secure option.

OPTION #2: UCSF Surface Lot
Corner of 4th Street and 16th Street
Rate: $2.50 per evening (with receipt on the dashboard)

In addition, the UCSF Mission Bay campus is located nearby many Muni rail and bus stops. Please visit www.google.com/transit for more information.

If you have any questions about the course, feel free to call or email the meeting manager, Matt Trojnar at (415) 476-8474.

Thank you,

UCSF Osher Mini Medical School Planning Committee