

# Bike Skills and Safety Course 2010

A **free** one-day course to teach you how to ride **safely** and with **confidence!**

Would you like to:

- **Bike to work, school or for enjoyment but a lack of traffic skills is holding you back?**
- **Make your commute more relaxing and enjoyable?**
- **Hone your skills for Bike to Work Week?**

If you answered yes to any or all of the above then **this course is for you!**

The Bike to Work Skills Course takes you through all the most common traffic situations that cyclists face. It also provides you with the tips you need to make cycle commuting a fun and regular part of your life. Our nationally certified instructors are ready to get you on the road!

*"I honestly feel more confident and more visible on the road. I feel that I am able to respect drivers of vehicles more and that they have more respect for me. I am enjoying cycling even more now than I did before." (E.E.)*

**This free 7.5 hour course** combines classroom and on-road training and is designed for participants aged 18 years and over.

## Course Dates: Spring 2010

- Sunday April 18 - Esquimalt
- Saturday April 24- Downtown
- Sunday May 2- Downtown
- Saturday May 8- UVic
- Saturday May 15- Downtown
- Sunday May 16- UVic
- Saturday May 29- Downtown
- Sunday June 6 TBA
- Sunday June 13 TBA

Visit our website [www.biketowork.ca/victoria/workshops/skills](http://www.biketowork.ca/victoria/workshops/skills) for course descriptions, dates, and to register on-line

Any questions please call 250- 920-5775 or

Email: [marsha@biketowork.ca](mailto:marsha@biketowork.ca)



*Discussing route before heading off through town*



*Taking the lane and signalling intent*

Presented by **Bike to Work Victoria**  
Sponsored by the **CRD-Traffic Safety Commission**