



Would you like to bike to work but a lack of traffic skills is holding you back?

This free one-day course will teach you how to ride safely and with confidence!

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.

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

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.)

Course Dates: Spring 2008

Sat April 5*	Intro	University of Victoria (UVic)
Sun. April 27		UVic
Sat. May 3		Oak Bay Monterey Centre
Thurs. May 8		UVic
Sat. May 10		Victoria Police Station
Sun. May 11		Victoria Police Station
Sat, May 24		Victoria Police Station
Sun, May 25		Victoria Police Station
Sat May 31		UVic

*Intro course is for nervous riders or those who haven't ridden their bikes for a while.



Above: Waiting in the Bike Box to cross Johnson St Bridge



Left: Group discusses route before heading off through town

Visit www.biketowork.ca under workshops for course descriptions, dates and on-line registration.

Pre-registration is required.

Other enquiries call 920-5775 or email to marsha@biketowork.ca.

Employer-Sponsored Courses: We can deliver this course to employees at your workplace. Contact Bike to Work Victoria for more information.

Courses presented by Bike to Work Victoria and sponsored by:

