



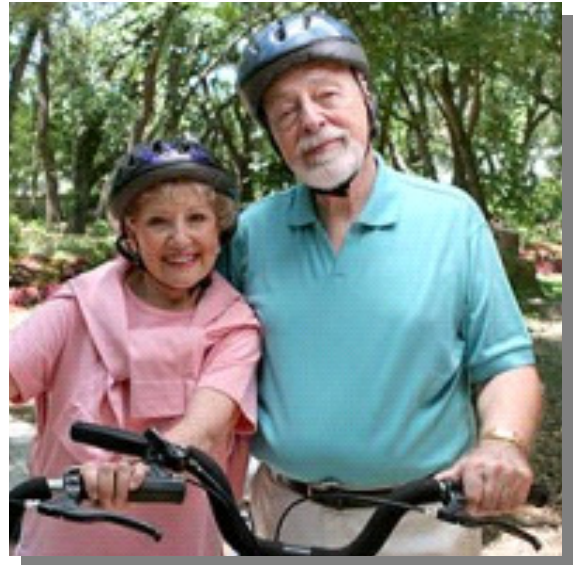
Urban Cycling Skills

Why Take An Adult Cycling Course ?



No matter how experienced a rider you are one can always learn something new. No matter if you are a commuter, recreational rider or cycle travel tourist.

Some of us who have cycled a long time may have a few bad habits and it doesn't hurt to revisit some long-time rules and recent updates in cycling procedures.

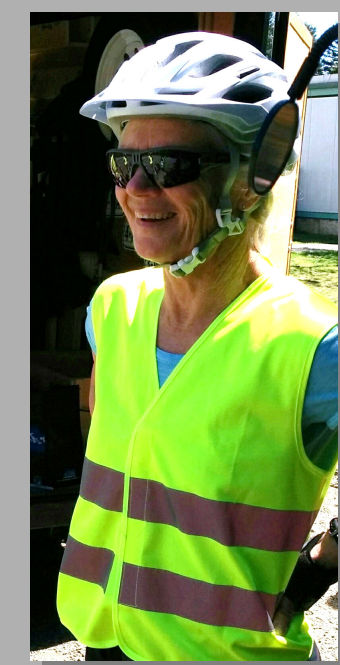


The Comox Valley Cycling Coalition (CVCCo) has offered Urban Skills Cycling Courses over the years. This course is designed by Cycling Canada and is presented by qualified instructors.

The focus is on teaching cyclists to ride safely and confidently in traffic and to learn their rights and responsibilities as cyclists. It is four-hours long; half of which is in the classroom and half on the road.

It is always fun to learn in a group. Who knows, you may make a good connection with people you would like to cycle with after the course.

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This month's contributing author is Susan Denny, a charter coalition member and volunteer at coalition Adult Cycling Skills courses and Children's bicycle rodeos.



*"Very clear presentation:
Excellent!"*

"Well prepared"

*"Great knowledge, I learned a
lot"*

Please pass this information on to those you know who cycle.

Watch for the next course or other courses offered in the CVCCo newsletter or advertisement in the local papers. If you would like a more advanced course offered please contact the Cycling Coalition at cyclecv@gmail.com.

The more we can get our community cycling to destinations with confidence and passing information about courses onto others; hopefully this all lends to a more "cycling friendly" community . - Susan Denny



"Enthusiastic and very helpful instructors. Excellent Course"



"I feel more secure on the road. Inspired me to use my bike more often"

"These 2 ladies have so much expertise to share and a delightful and fun style of presenting"

"I feel more confident riding though town"



Above, course leaders, Angela Dawson on the far left and Marg Harris on the far right celebrate the completion of another successful course



The Last Word

(The course) "made me more aware of how important it is to be safe on roads – eye contact with drivers, shoulder checks, signaling etc." - Course participant

