



“RIDE RIGHT” SAFE CYCLING COURSE

The CV Cycling Coalition teaches safe cycling courses for both children and adults. The adult course is called Ride Right and can be adapted to most cycling abilities. The 4-hour course is offered for groups of 6 to 12 cyclists and is taught by our own local instructors. A recent course for a group of 12 people, mostly members of the Comox Valley Newcomers Club, received very positive feedback. Participants commented that they were much more comfortable and confident about riding on the roads and with traffic. One of the most recent participants, Sharon Nixon, kindly shared her thoughts on the course, some of which are highlighted below:

- “Some cycling techniques that were taught were immediately useful such as positioning the push-off pedal up high at intersections – it makes such a difference.”
- “I learned that feeling and acting confident, and being predictable, makes us safer and lets other road users know what we are going to do.”
- “Part of the course was navigating the 5th and 17th street bridges and, while these might not be my preferred routes, I am very happy to know how to do this in my newly adopted city.”
- “I found the course very comprehensive. The rules of the road, correct signaling and biking etiquette as well as the correct way to navigate intersections were all taught and reinforced.”
- “I feel that anyone can benefit from this course no matter their skill level.”
- “My ‘light bulb’ moment was when we were reminded that as cyclists we belong on the road and have the right to take the space necessary to be safe.”



Another participant added that:

- “This course was spot on - it was exactly what so many of the group needed.”
- I came home and was humbled once again – to be a part of this community and to have people like you (coalition members) who are committed and passionate about a cause – getting people riding and walking again.”
- The focus on educating both the young and ‘the old like us’ (ha, ha) is fantastic – the change you can help to inspire, especially in the children and their parents is huge.

THE NEXT COURSE IS SCHEDULED FOR SATURDAY JUNE 9TH AND
CURRENTLY HAS ROOM FOR MORE PARTICIPANTS.

FOR MORE INFORMATION, OR TO SIGN UP FOR A COURSE, CONTACT US AT
CycleCV@gmail.com OR PHONE 250-871-7037 .

Children’s Education News

Brownies “Wheels” Badge motivates another cyclist!

In addition to teaching road cycling skills at area schools, we have, upon request, provided courses for other children’s organizations. May 17, 2018 A letter we received following an education session with the Brownies for their “Wheels” Badge night:

“Thank you so much for your time this evening - I know that the girls loved this meeting and learned a great deal from you.

I have to share with you that my daughter - who explained to you that she couldn't really ride a bike - came home afterwards, got her two wheeler out of the garage and started riding up and down the cul de sac!! It was nothing short of a biking miracle to see this! She has never felt confident enough to pedal anywhere but our lawn in very short bursts and now she is outside, far past her bedtime, riding up and down the street at increasing speeds and changing the gears, feathering her brakes as explained tonight and practicing her shoulder checks! She says she will never ride a scooter again!

Thank you for this - she is so proud of herself and I am quite sure the confidence to try it came from your passion for riding, the mantra about belonging on the road, and all of the truly practical safety tips you shared tonight.”

- A Happy Parent

