



Sally Freeman

Education Coordinator

This summer the CVCCo welcomed Sally Freeman as our new Bicycle Rodeo Coordinator. Sally has been living in the Comox Valley for 2 years and has 30 years of experience in the school system both as a Special Education teacher and a private tutor. For more information on the program checkout this page on our website... www.CycleCV.com

“Such an energetic, enthusiastic and well-organized group of volunteers”

- Marg Harris

Sally found herself very impressed by the calibre of the volunteers who currently participate in the rodeos. She remarked on their enthusiasm and passion for teaching the children. They all were excited by the work and obviously enjoyed themselves. She dubbed the event a

“FUNTEER” EXPERIENCE

Volunteering in a rodeo brings fun and fulfilment to your day, allows you to share your skills, enriches your life and contributes to your community. There is a special sense of achievement in watching children learn new skills especially while they are enjoying themselves.

“Bike Rodeos are so rewarding! They allow me to share my love for cycling with students”

- Brenda Olinek



A SMALL TIME COMMITMENT

There are usually 7 rodeos a year with some in the autumn and the rest in the spring. Each requires 14 volunteers who are there from 8am to 2:30pm. There is an option for volunteers to participate on a half-day basis if time does not allow them the full day. Volunteers do not need any special skills just a willingness to participate in teaching the next generation of cyclists.

“Even if a few more kids ride their bikes more often, we’ve made a difference.”

- Julie Howell

If this exciting volunteer opportunity is something that you would like to try, contact Sally Freeman at CycleCV@gmail.com for more information.



Learning to check helmets for proper sizing and clothing for visibility and hanging hazards.

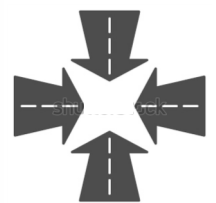
Children learn skills to keep them safe on the roads.

I think we see ourselves as grandparents to these children - sharing a love of the bicycle - "it takes a village to raise a child."

- Julie Howell



Checking bicycles for proper tire inflation, and functioning brakes and loose components.





Predictability by following the rules of the road: Signalling, full stops, riding in straight lines.

One lad started the first station saying, "I know all this stuff." I said, "That's great, you can help as we go over things." A bit later, I overheard him saying "Wow I never knew that."

- Brenda Olinek

**There is such a thing as a
free lunch!**



Preparing to practice new skills on the road ride with volunteers always close at hand. Always aware of vehicles.