



Thank You!

WeBike gratefully acknowledges the funding received for this program!

The Forever Active Bodies 55+ grant was received from the Province of BC through the Ministry of Community, Sport and Cultural Development and administered by ViaSport British Columbia.

Many thanks for providing women in Greater Victoria with this opportunity!



Women's Everyday Bicycling

Women's Everyday Bicycling (WeBike) Association is a non-profit society that supports and celebrates women riding bikes for everyday reasons. When we ride together, the pace is easy and comfortable. No need for speed! All abilities and fitness levels are welcome.

Contact Us

Phone: 250-514-2492

Email: WeBikeVictoria1@gmail.com

Web: <http://www.webike.ca>

Meetup Group: <http://www.meetup.com/WomensEverydayBicycling-WeBike/>

Facebook:

www.facebook.com/womenseverydaybicycling



Bike for Life Women 55+

A Bicycling Skills Course

For women who want to bike confidently on residential roads and multi-use trails.



Course Description

Enjoy learning about bicycling in the company of other women!

Women 55+ Bike for Life is an urban cycling skills course based on the CAN-BIKE 1 course curriculum with additional elements from CAN-BIKE Cycling Freedom for Women, and CAN-BIKE Touring.

The course will be taught by women who are CAN-BIKE Instructors and is suitable for women who know how to ride a bike, but who would like to take the next steps that will help them become comfortable and confident riding in low to moderate traffic conditions.

Topics include traffic dynamics, cycling equipment, basic maintenance, bike handling skills, group riding, riding on multi-use trails, riding on quiet streets and minor arterials, and other topics specifically geared to women 55+.

Course content and level may be adjusted to suit the participants' ability and interests.

In-Class and On-Bike

In-Class Topics

- Positioning on road, within lane and within intersection, lane choice, residential and pedestrian style turns, single streetcar/railway tracks.
- Energy basics, health and riding tips for women cyclists 55+, personal security
- Helmets, bike selection, bike fit, safety equipment, ABC Quick Check, bike security, basic maintenance

Parking Lot and Road Practice

- Group riding skills
- Bike handling skills – straight line riding, shoulder checking, signaling, rock dodge, quick stop, slalom, gearing
- Riding on residential streets – entering the roadway, position within lane, parked cars, lane choice and changes, yielding right of way, intersections, right turns, right turn only lanes, residential left turns, pedestrian style left turns

When and Where?

The course is a one-day course (9 am – 5:30 pm) that will be offered on two dates, in two locations. There are 20 seats available for each date. On-road instructor to student ratio is 1:5.

Option 1:

Saturday, June 6, 2015,
Greenlade Community Centre,
2151 Lannon Way,
Sidney, BC V8L 3Z1

Option 2:

Sunday, June 21, 2015,
Fairfield Community Centre,
1330 Fairfield Road,
Victoria, BC V8S 5J1

Registration

To register, and for more information, contact Cindy at WeBikeVictoria1@gmail.com.

To register online go to www.webike.ca, 'courses and workshops'. Online registration will be available by April 21, 2015.

We hope to see you soon!