

Let's Take our Bikes! CanBike 1 (with tips for rural roads and carrying cargo/children)

Sunday, May 8

CLASSROOM (3.5 hours + 15 min break)

1:00 – 1:15 Introductions, Riding Experience (15 min)

1:15 – 1:30 4 Core Values, 5 Traffic Principles (15 min)

1:30 – 1:45 Legislation, Rights and Responsibilities (15 min)

1:45 – 2:45 Traffic Dynamics and Positioning (60 min)

BREAK (15 min)

3:00 – 3:45 Traffic Dynamics and Positioning; Group Riding, (45 min)

3:45 – 4:15 Riding with Children, Carrying Cargo (30 min)

4:15 – 4:45 Riding on Rural Roads (30 min)

Monday, May 9, 2016

Parking Lot and Road Ride

5:00 – 6:30 *Parking Lot Practice:* Helmet fit, lights, locks and bike security, clothing check (laces, etc.; ABC Quick Check, Bike Fit, Parking Lot Skills, (90 min)

6:30 – 6:40 **BREAK (10 min)**

6:40 – 8:10 *Road Ride* (90 min)

8:10 – 8:30 Wrap-up, Evaluations (20 min)