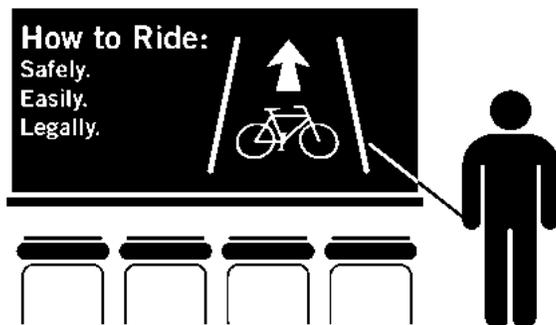


*Do you feel confident and safe riding a bike in traffic?  
Do you know enough to teach your kids to ride cautiously and conspicuously on their own?  
When you drive a car, are you comfortable sharing the road with people on bikes?*

If not, **Bicycle Traffic Skills 101** is for you!

## **BICYCLE TRAFFIC SKILLS 101**

The Poughkeepsie-Dutchess County Transportation Council and New York Bicycling Coalition are sponsoring this two-day bicycling course taught by a League of American Bicyclists-certified instructor to give you the confidence to ride safely and legally in traffic or on the trails.



*You will learn:*

- Your rights (and responsibilities) as a bicyclist
- How to conduct bicycle safety checks
- How to fix a flat
- Crash avoidance techniques
- Safe riding skills: how to ride visibly and predictably on the road

Ages 18+ only. Bicycle & helmet required.

### **Date:**

Friday, October 17<sup>th</sup> 6:00pm - 9:00pm (indoor session)

Saturday, October 18<sup>th</sup> 8:30am - 2:30pm (outdoor session)

*In case of rain, we will notify registered participants of cancellation or postponement.*

### **Cost:**

**\$20/person** - includes a 6-month trial membership to the New York Bicycling Coalition  
(Registration is half price, thanks to the Poughkeepsie-Dutchess County Transportation Council!)

### **Location:**

84 Patrick Lane, Poughkeepsie  
(Noxon Business Park; near Rte 55/Noxon Rd and the WRS Dutchess Rail Trail)

***Class size is limited to 20. Register by October 15<sup>th</sup>***

***[www.nybc.net/traffic-skills-101](http://www.nybc.net/traffic-skills-101) or call 518-436-0889***



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