



SMART CYCLING

Cyclists fare best when they act and are treated as drivers of vehicles.



Traffic Skills 101 Course

Saturday, September 7, 2019

8:00 am – 5:00 pm

Messiah Lutheran Church

3302 S College Rd

This course is FREE

Course Outline

Traffic Skills 101 is a full day course that provides instruction on the basic principles of vehicular bicycling

- **Classroom and hands on instruction**
 - **Certified Instructors**
 - **Parking Lot Activities**
 - **On-road Skills**
 - **Safe Riding**
 - **Repairs**
 - **Bike Fit**
- **Lunch will be provided.**
 - **Bring bicycle, helmet, water bottle.**

To register contact Tammy Swanson at 910.443.2594 or email pack219@hotmail.com

Hurry seats are limited!