

Refine & Refresh Your Cycling Skills

Traffic Skills 101*

Learn to be visible and predictable. Learn to avoid crashes and falls, ride in traffic & in groups...and more. Ride confidently and safely for transportation, fitness & recreation.



Become
Confident @ **Safe** @ **Legal**

February 26, 6-9pm – Classroom training
February 27, 9am-3pm – On-the-bike skills training
(helmets required)

760 Lynnhaven Pkwy, Virginia Beach, VA

Nationally-certified Trainers:
Bruce Drees, Stephanie Smith, & Tommy White
Cost: \$35, includes materials. Space is limited!

For more information: Bruce Drees @ (757) 647-3987 or hrcyclist@cox.net

Traffic Skills 101 is a certified course through the League of American Bicyclists (www.bikeleague.org).

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