

FAMILY BIKE WORKSHOP

LEVEL 1



INTRO TO FAMILY BICYCLING: Tips and Tools for Bicycling with the Whole Family

THURSDAY, JANUARY 14TH

3pm–4pm

(may be extended for add'l Q&A, if desired)

Pre-Registration Required

www.bikesonoma.org/family-bike-workshops

Zoom Link will be sent in advance to registered participants

Family Bicycling is one of the best ways to get around while getting exercise outdoors and spending quality time with your kids. There is really no more inspiring and creative way to engage with our community! And, you can do it while remaining socially distanced during this time.

Learn about all the cycling options for kids and parents, as well as tips, tricks, and tools for biking with your children safely and conveniently.

VIRTUAL

FREE!



TOPICS COVERED

- Riding safely with children at a variety of ages and developmental stages
- The road to confidence: what to do if you're excited but still nervous about riding with your kids (we've all been there!)
- Rules of the road as they relate to young riders and their parents or guardians
- Route planning for rides with kids
- Tips and contagious enthusiasm from experienced parent/guardian bike riders

