

Tips and Tools for Bicycling with the Whole Family

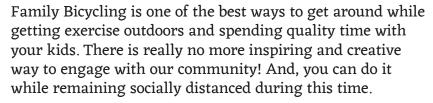
THURSDAY, JANUARY 14TH

3pm-4pm

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

Pre-Registration Required

www.bikesonoma.org/family-bike-workshops
Zoom Link will be sent in advance to registered participants



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.



- 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









