Bike Commute Workshop

You are invited to a free Bike Commute Workshop! Come to the workshop for motivation, to share your favorite routes with others, and brush up on bike safety tips and tricks.

When: Wednesday, September 4, from noon to 1 pm
Where: Lake Oswego Main Fire Station, 300 B Ave. (in the conference room; enter from the rear parking lot door)

The workshop is free and open to the public; feel to bring your lunch. Please RSVP to Susan Millhauser.

The one-hour bike commute workshop covers laws, skills, basic gear, and basic maintenance, presented by the Bicycle Transportation Alliance. This is a great introductory workshop for people who are new to bicycling or interested in learning more about how to enjoy safe and comfortable bike commuting in all seasons. Experienced commuters are encouraged to come and share their tips with fellow riders and hopefully walk away with new knowledge as well.

Topics covered at the workshop include:

- Basics of riding – laws, traffic signals and signs, how to handle bike lanes, bike boxes, tracks, and sidewalks
- Skills – hand signals, turning, sharing the lane, and changing lanes
- Choosing gear – bikes, helmets, lights, locks, accessories, cold and rain gear, carrying kids and cargo
- Route planning – resources and taking bicycles on transit
- Q&A – answers to questions from new or experienced riders

Also, learn more about the Lake Oswego 100 Mile Challenge, a City program that encourages use of car-free commuting options with prizes and more, and September's Bike Commute Challenge, a friendly competition - workplace against workplace - to see who can bike to work more during the month of September, organized by the Bicycle Transportation Alliance. Sign up for both Challenges today using the links above!

To RSVP or for questions, contact Susan Millhauser, Sustainability Coordinator, by email or at 503-635-0291.

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