

BIKE RIGHT – DEFENSIVE BIKE SKILLS TRAINING

Ride With Confidence

Alpha, NJ August 27, 2010: TransOptions and the County of Warren are pleased to announce Bike Right – Defensive Bike Skills Training *free* to all residents in the area. The course will be held in the Borough of Alpha Municipal Building, September 25th from 9am - 4pm.

Bike Right – Defensive Bike Skills Training gives cyclists the confidence they need to ride safely and legally in traffic or on the trail. Recommended for adults and children above age fourteen, this fast-paced course presented by League of American Bicyclist Certified Instructors prepares cyclists for a full understanding of vehicular cycling.

You will learn:

- **Proper bike/helmet fit**
- **NJ Bike Law**
- **Lane Positioning**
- **Flat Tire Repair**
- **Gearing**
- **...And More**

***All participants must bring a helmet, bike and lunch/money
Helmets can be provided for those who do not have one.**

The course includes an informational indoor presentation in the morning followed by parking lot drills and a short group ride in the afternoon.

Seating is limited to 15 so reserve your seat today! Contact the Warren County Department of Planning at 908-475-6532.

For more information about TransOptions' Bike Right programs contact TransOptions at 973-267-7600 or info@transoptions.org

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