



## Media Release

THE CORPORATION OF THE CITY OF VERNON  
3400 – 30<sup>th</sup> Street  
Vernon, BC  
V1T 5E6

FOR IMMEDIATE RELEASE

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### City hosts Bike Skills & Safety courses

The City of Vernon is three hosting Bike Skills and Safety courses in preparation for this year's provincial Bike to School and Work campaign, which takes place May 30 to June 5. The course is ideal for all cyclists, from beginners to experienced riders.

All courses are taught by a certified CanBike instructor and emphasize why and where most collisions occur, physical skills needed to negotiate traffic safely, five traffic principles and the most common errors cyclists make. Even the experienced cyclists can improve their awareness of how to avoid a collision. The cost of the course is \$20 plus GST.

The courses are held at Vernon City Hall (3400-34th Street) in Council Chambers. The instructor will offer a theory section in the morning followed by a practical skills session and a supervised group ride on city streets.

Available dates are:

- Saturday, May 7, 9 a.m. to 2 p.m.
- Saturday, May 14, 9 a.m. to 2 p.m.
- Sunday, May 15, 9 a.m. to 2 p.m.

As class size is limited to 10 cyclists per class, pre-registration is necessary.

Participants are asked to bring their own bike, helmet, water bottle, lock, lunch, snacks, a notepad and pen.

For more information or to register, please visit [www.biketowork.ca/north-okanagan](http://www.biketowork.ca/north-okanagan), call 250-550-3634 or email [csbreception@vernon.ca](mailto:csbreception@vernon.ca).