

# CycleWise

## & love riding in the city



- ❖ Would you like to ride to work but fear it is too dangerous?
- ❖ Do you cycle on bike paths on the weekends, but don't feel confident to ride on the road?
- ❖ Has it been a few years since you've been out on two wheels?
- ❖ Are you looking for a convenient and enjoyable way to get a little exercise into your day?



*CycleWise is an interactive and fun cycling skills and road safety course for adults, to promote safe and confident bicycling around the city.*



This half-day course covers important topics such as road rules for cyclists, bicycle set-up and accessories, safe riding in traffic, hazard recognition and avoidance, stretches, route planning and more, and includes lots of on-bike practice. The pace is gentle, allowing students to build their confidence, with the option to finish up with a longer ride around town.

CycleWise trainer and Bikes@Work founder, Rosy Strong, is a physiotherapist and accredited Bike Education instructor.

Book now for the Spring Intensive Series – 12 places only

@ Thornbury  
Saturday 5<sup>th</sup> Sept

@ Brunswick  
Sunday 6<sup>th</sup> Sept