

Community

Program teaches cyclists to stay safe on the streets

Manoeuvring your bicycle between cars and busses when rain is pummelling down can be a challenge. The Vancouver Area Cycling Coalition in partnership with Maple Ridge and Pitt Meadows Parks and Leisure Services is offering a day-long Streetwise Cycling program to help if you have ever wanted to ride your bike more but are lacking confidence or are nervous in traffic.

The day (choose between June 13 or July 18) will consist of an on-road 10-12 km. ride through traffic where instructors will coach participants how to determine the best place on the road to ride, handle the weather and communicate on the road with others. Participants will learn how to check bicycles for

safety, choose appropriate equipment and clothing and plan the best routes for their journey.

"Prior to Streetwise Cycling, I had been on a bike about five times in the last 15 years, mainly because I was absolutely terrified not only of traffic, but also of all other road users such as other cyclists, pedestrians, dogs, etc.," said Pam, a participant. "I never thought I would dare sharing the road with cars and buses. I'm not sure what happened during the course, but I now bike to work at least twice a week and find it very enjoyable. When I need to use busier roads, I feel alert and focused, rather than jittery and out of control. I feel that I know my options and can make rational decisions. I think this course has not

only made me a better cyclist but also a better driver and pedestrian."

Feel confident riding the streets of Maple Ridge and Pitt Meadows and register for this opportunity online www.recreg4u.ca, by phone 465-2470 or in person at the Maple Ridge Leisure Centre or Pitt Meadows Family Recreation Centre.

Red Dot Affair seeks submissions

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