



Bicycle Commuter Services

To meet the growing need for adult bicycle education and interest in bicycle commuting, Bicycle Colorado – a statewide bike advocacy organization – developed a curriculum for adult Bicycle Commuter Services (BCS). Bicycle Colorado staff will administer BCS programs for employers who are interested in encouraging healthier and happier employees through bicycling.

Below is a sample program, conducted over three “brown-bag” lunch sessions. Recognizing that all organizations and businesses have a unique culture and set of opportunities, Bicycle Colorado will customize the BCS program for each client. Sessions are available individually or as a package.

Day 1— Commuting Basics and Confident Cycling:

A comprehensive introduction to bike commuting including a discussion of the many benefits of commuting for the individual, the community and the environment. Topics include choosing the right bike, correctly fitting a bike, what to wear while riding, what to carry on the bike, how to carry these essential supplies and how to clean up and be presentable for work.

The topic will then shift to traffic scenarios and how to avoid the most common crashes on a bicycle. This session involves in-depth discussion of lane positioning, cyclist responsibilities, rules of the road and bike handling maneuvers. Participants will learn rules and laws pertaining to cyclists and, armed with this knowledge, will feel more confident cycling.

Day 2—Basic Bike Mechanics:

Class participants are guided through the basics of taking care of a bicycle, including fixing a flat tire and maintaining a bicycle chain. All participants will get the chance to change a flat tire. In addition, participants will learn the ABC Quick Check – an easy way to check over a bike before riding that will help prevent crashes due to bike malfunction.

Day 3—Group Ride:

Bicycle Colorado’s certified bike instructors will lead a group ride for all participants interested in gaining more confidence on the road and applying what they have learned. The route will take participants through a diverse sample of intersections and roads which will enforce lessons learned and allow for more discussion related to rules of the road, lane positioning, etc. While riding, participants will receive feedback on their riding and the group will discuss lessons throughout the ride. The group will travel at a comfortable pace to accommodate all riding levels.

During the group ride, participants will stop at a parking lot where they will be introduced to and will practice several essential bike maneuvering skills. These skills will help to further build confidence and decrease the chances of being involved in a crash.

Total cost: \$2,000

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