

Meet-up Rides

Meet up rides partner with local businesses or restaurants by inviting a group of bike riders to meet at a location to support the local establishment either at the beginning or the end of the ride. Meet ups could be “Taco Tuesday” rides, or “Friday happy hour” rides, or “Saturday Farmer’s market rides,” where participants come together at a specified time in the evening or on a weekend to support a local business, socialize, and ride their bikes together. These rides, guided by a League Certified instructor, bring people together to get to know each other, have fun, and support the local economy.

Bike Rodeos

A bike skills event, taught on a school playground or community center parking lot, which provides an opportunity for children, ages kindergarten-8th grade to practice and develop skills that will help them become a more confident bike rider. Its objective is to teach children the importance of seeing, being seen, and remain under control at all times when riding a bike. This is achieved through a series of bike handling drills and simulation of traffic situations. Bike skills stations give students the opportunity to practice a variety of specific bike handling skills and procedures for operating a bike legally and more safely on the street. Students need to have bikes or access to a bike for these courses.

Community Rides

This ride, typically on a Saturday, is designed for families to learn how to ride together on the street. **It** offers kids and parents an opportunity to ride with an instructor safely around their neighborhood. A safety talk is given before the ride outlining easy tips for preparing your bike for a fun and safe ride. The ratio of

instructors to students and parents is about 1:6 allowing the ride to be encouraging and educational. The ride will highlight bike facilities in the neighborhood, useful urban riding techniques, and skills for route planning. This ride is ideal for providing on the road education, a perfect complement to rodeos.

Smart Cycling/Traffic Skills 101

A course to get people comfortable on the road and ready to commute or make short trips to the store, library, or park. This course includes a two to three-hour classroom portion as well as a five-hour road portion. Participants will learn the following: proper bike & helmet fit, safety tips for riding in traffic, techniques for navigating hazardous roads, emergency maneuvers, using public transit with a bike, legal rights and responsibilities. Participants will also receive hands on instruction on fixing a flat and bicycle adjustments

Bike and Learn Together Ride

A social and educational ride with frequent stops and opportunities to learn riding in various situations for fun or transportation. Part coffee jaunt, part learning opportunity, the ride will be led by certified cycling instructors from the San Diego County Bicycle Coalition teaching best practices for safe riding. Rides are typically five to seven miles at a pace that encourages talking and interaction. Riders can also learn how to go on errands with a bicycle and teach participants how easy it is to take short trips by bike. Rides are offered on Saturdays or Sundays and may be along scenic bike routes, lightly traveled roads, or urban bike lanes depending on group preference.