



# Bike Commuting 101

This interactive presentation covers essential skills for potential or experienced bike commuters. Learn how to ride safely and legally, route planning strategies, basic bike maintenance, and some valuable tips to make bike commuting more comfortable and fun.

**Be sure to bring your bike for the Bike Safety Quick Check where you will get tips on:**

- **checking tires for wear**
- **proper tire inflation**
- **assessing brake pads**
- **lubricating your chain**
- **understanding gears, proper shifting technique and MORE!**

**Registration is strongly encouraged and ALL skill levels are welcome!**

**Scan the QR code or visit: [bit.ly/bikesafe101](https://bit.ly/bikesafe101)**



## Dates / Times

Saturday, April 20  
10:30 a.m. - 12:00 p.m.  
Paradise Hills Library

Saturday, April 27  
11:00 a.m. - 12:30 p.m.  
Mountain View / Beckwourth Library

Saturday, May 4  
11:00 a.m. - 12:30 p.m.  
San Ysidro Library

Saturday, May 11  
1:00 p.m. - 2:30 p.m.  
Logan Heights Library

Saturday, June 1  
11:00 a.m. - 12:30 p.m.  
Allied Gardens / Benjamin Library

*Please note this program is bilingual and offered in English and Spanish. This class is brought to you by the SDCBC Go By Bike Program and SANDAG iCommute.*

