



# *Bike Commuting 101.*

*Do it safely. Do it often.*



## What's covered?

Gather your coworkers,  
bring your lunch and host a  
**BPEC Bike Commuting  
101 Course.**

Great for businesses.  
Build moral, increase  
health!

It's free, it's fun and it's  
fast!

Schedule yours today!

-  What to ride, wear and carry
-  Rules of the road & trails
-  What's *YOUR* excuse?
-  Workplace perks
-  **Bicycle Ambassador Program**



BPEC offers 1-hour bicycle and pedestrian safety education presentations for kids, families, businesses and senior groups. To schedule a presentation or request BPEC's presence at a community event, email us at: [info@bpeclarimer.org](mailto:info@bpeclarimer.org) or call 970-495-7503.

***Presentations are FREE, but donations are greatly appreciated!***