



Metro Vancouver's Cycling Advocates

MAIL: BOX 47068, RPO CITY SQUARE, VANCOUVER, BC V5Z 4L6
STREET/COURIER: 3 WEST 3RD AVE., VANCOUVER, BC V5Y 3T8
TEL 604.878.8222 FAX 604.648.8975 WWW.VACC.BC.CA



Getting Around the Games

The VACC now offers 1- and 2-hour workplace workshops encouraging biking to work during the Olympics.

Olympic Commuter Cycling

This workshop introduces participants to the basics of biking to work during the Olympics. We'll provide advice and support for employees who've thought about biking to work, but might need that extra little push to try it. Trained workshop leaders will provide timely Olympic advice on:

- ✓ Safe routes
- ✓ Taking bikes on transit
- ✓ Bike parking stations
- ✓ Finding route buddies
- ✓ Staying warm and dry
- ✓ Bike safety
- ✓ Getting your bike ready (2 hour workshop only)
- ✓ Interactive safety scenarios (2 hour workshop only)

Bike maps and Olympic-related resources will be provided to all participants.

The 2-hour workshop provides a closer look at the bike itself and goes into further depth on safety scenarios. Nationally bike safety certified instructors cover the rules of the road for cyclists, and focus on establishing the awareness and knowledge necessary to ride a bicycle safely and confidently in the urban environment.

Prices:

1 hour workshop is \$195 (or \$150 for VACC Corporate Members)
2 hour workshop is \$245 (or \$195 for VACC Corporate Members)
Recommended max. 30 participants.

Book your workshop now!
604-878-8222 / streetwise@vacc.bc.ca