

**What
parents
are saying
about BikePro**

"My kids had biked a lot, but it was only after I watched them go through BikePro that I learned we all had a lot to learn. I am now confident they can bike SAFELY without me, and that's priceless!" ~Lisa S

"Knowing my children have been through the BikePro class gives me the confidence to let them bike around town. My oldest loves the independence of being able to bike to music lessons, the library, school, and to the local ice cream shop!" ~Virginia M.



Helmet Fit

According to Columbia City Ordinance No. 17642: "Helmets are mandatory for children under the age of 16." Helmets save lives and prevent serious injuries. A properly fitting helmet sits level on your head with the strap fastened snugly under your chin.



**ABC
Quick
Check**

Air- Tires should be properly inflated; underinflated tires can cause flats.

Brakes- Brakes should work well and stop your bike quickly.

Chain and cranks- Your bike should pedal smoothly with no squeaking.

Quick - Quick releases should be closed tightly.

Check - Your bike should operate quietly and smoothly as you ride.

**The PedNet Coalition, Inc.
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www.pednet.org**



**Teaching Columbia's
youth
safe, legal and
predictable on-road
bicycling skills**

**BikePro
Bicycle
Proficiency for
10-14 year olds**



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BikePro Information



Bike Pro is an 8 hour bicycle education program to help 10 to 14-year-old students be more safe when riding to school or just down the street.

Topics covered in Bike Pro include:

- **Bike balance & control**
- **Scanning & signaling**
- **Road positioning & turning**
- **Crash avoidance**
- **Rules of the road**



The course is taught by PedNet's League of American Bicyclists certified instructors.

Date/Time/Location:

Schedules and locations vary. Check the enclosed flier or www.pednet.org for class dates.

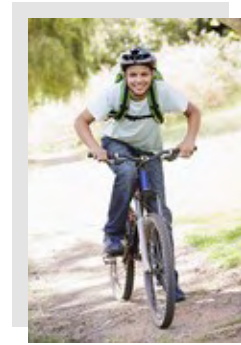
Or, gather the neighborhood kids and schedule your own class! Minimum class size is 7 students.



The Bike Pro class is fun; I like it. Right as you get tired you get a snack which is awesome! I also like the discussions. Right as you have done so much that you are getting restless, you get to a new lesson!"
~Tomas H., Student

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Group and Private Lessons:

Group Lesson: \$75 per person.

Student teacher ratio is 4:1.

Private Lessons: \$40 per hour individual or \$60/hour for two people.

Scholarships:

A limited number of scholarships are available.

If you or your business would like to sponsor a Bike Pro student, contact Gina Overshiner.

I'm MUCH more comfortable letting our 12 year old ride his bike downtown after Bike Pro. He is grateful for the added independence!"
~Lise S. Mom



For
more
information contact:

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