

Subject: [Fwd: Fwd: commuter cycling skills course in North Vancouver]
From: Brian Platts <bplatts@shaw.ca>
Date: Tue, 06 May 2008 10:25:06 -0700
To: Corrie Kost <kost@triumf.ca>

Subject: Fwd: commuter cycling skills course in North Vancouver
From: John Fair <jfair@shaw.ca>
Date: Mon, 05 May 2008 23:07:08 -0700
To: jbac@dnv.org
CC: fonvca@fonvca.org

Date: Mon, 05 May 2008 18:16:08 -0700
From: Bonnie Fenton <blfenton@lightspeed.ca>
Subject: commuter cycling skills course in North Vancouver
To: John Fair <jfair@shaw.ca>
User-Agent: Thunderbird 1.5.0.14 (Windows/20071210)
Original-recipient: rfc822;jfair@shaw.ca

Hello all,

Want to use your bikes for transportation but scared of traffic? Or know someone is?

The Vancouver Area Cycling Coalition is offering one of its commuter cycling skills classes at the **Lynn Canyon Ecology Centre on May 10th**. The course combines classroom, parking lot, and on-road training and teaches participants to ride safely and confidently in traffic, check their bikes for safety, choose equipment and clothing, and plan the best routes. Classes cost just \$35 for the day (pre-registration required). For more information, other course dates, to see a short video, or to register, go to www.vacc.bc.ca/bikeskills.

What people are saying about the class:

"Simply, the course has vastly increased my safety, confidence and pleasure when cycling. It was a superb combination of things -- results have been much appreciated." (Ken from Burnaby)

Feel free to pass this message on to anyone you think might appreciate receiving it.

Many thanks!

Bonnie

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