



March 12, 2018

MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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**CITY OF PLEASANTON ANNOUNCES FREE BICYCLE SKILLS
WORKSHOP SERIES FOR ADULTS AND TEENS**

PLEASANTON, Calif. – The City of Pleasanton, in cooperation with Alameda County Transportation Commission and Bike East Bay, is holding *Urban Cycling 101*: a two-part Bicycle Skills Workshop Series to teach adults and teens about bicycling basics, including a classroom session covering rules of the road, bike equipment, helmet fitting, taking a bike on transit and crash avoidance. An on-road session will help improve handling skills, safety maneuvers, and riding confidently on any street. A functional bike and helmet are required for the Day 2 on-road workshop.

WHO: Bike East Bay Certified Instructors
WHAT: Free Urban Cycling 101 Workshops
WHERE: Amador Recreation Center, 4455 Black Ave. (behind Aquatic Center)
WHEN: Day 1 Classroom Workshop – Saturday, March 24, 2018, 10 a.m.-12 p.m.
Day 2 On-Road Workshop – Sunday, April 15, 2018, 10 a.m.-3:30 p.m.
WHY: Learn bicycling basics and safety skills.

To register for free workshops, visit www.bikeeastbay.org/education. For more information, contact Lisa Adamos, Economic Development Specialist at 925-931-5039.

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