Be more healthy and active in 2020! Ditch the car, get on your bike and prepare with these classes:

**Bike Commuting 101 Class**: Prepare for your bike commute by learning practical urban riding safety and rules of the road. Attendees will receive *Bike to Work Day 2020* resources.

**On-Bike Commute Safety Ride Class**: Gain confidence to ride on the road by learning signaling, balance, and obstacle avoidance in various road situations.

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**Class** | **Date/Time** | **Location**
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Bike Commuting 101 | 3/10/2020 Tuesday 12:15 pm-1:00 pm | SSA Julian 353 W. Julian Street Andrew Hill Training Room XL
Bike Commuting 101 | 3/26/2020 Thursday 12:15 pm-1:00 pm | Technology Services & Solutions 1555 Berger Drive Shasta - Tahoe Room
On-Bike Commute Safety Ride | 3/26/2020 Thursday 6:00 pm-7:00 pm | James P. McEntee Sr. Civic Center Plaza 70 W. Hedding Street (meet by the flagpole)

**Requirements:**
- A bicycle in good riding condition - check air, brakes and chain in advance!
- A helmet
- Comfortable clothes and closed-toe athletic shoes

*All levels of riders are welcome to attend any of the classes offered.*

Registration is required at: [http://scclearn.sccgov.org](http://scclearn.sccgov.org)