

# Summer/Winter Biking Workshop

## Description

Our Summer/Winter Biking Workshops are 1-hour in-class presentations designed for up to 30 participants. These workshops are great for businesses, communities, universities, or any group looking to promote healthy transportation options.



## This workshop covers the following topics:

- Benefits of biking, including better personal health, saved money, environmental benefits, and others.
- Staying at a comfortable temperature no matter what the weather is like.
- Route planning.
- Locking.
- Multi-modal commuting.
- Staying dry and clean.
- Using safety equipment, including helmet, lights, and reflective gear.
- Rules of the Road and staying safe while biking.

## Cost

Each workshop is \$225, travel time and mileage if you are located 10 miles or more from where our closest instructor is based.

If you would like to schedule a class or have any questions, contact the Program Manager:  
Education@MassBike.org  
(617) 542-2453

