



NEWS RELEASE PRESS CONTACT:

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Online Smart Cycling Classes Starting July 21.

Omaha, NE. (July 7, 2020) — In response to the large increase of people bicycling in Nebraska as a result of COVID-19 restrictions, Bike Walk Nebraska will begin offering online smart cycling classes on July 21, 2020.

The one hour classes will be taught via Zoom by experienced instructors certified by the League of American Bicyclists. There is no cost to participate, however a free will donation is encouraged. Classes will be limited to ten people in order to provide optimal interaction and allow ample time for questions. Although the content will be aimed at new and returning riders, experienced riders will benefit from a refresher.

Topics include guidance for making sure your bicycle is safe and ready to ride, the rules of the road, how to ride safely in traffic and advice for planning safe and enjoyable routes. Other topics and classes may be added as demand and interest indicate.

Julie Harris, Executive Director of Bike Walk Nebraska, says the organization went into rapid response mode when data and information from sources across the state confirmed what she was seeing out her window when COVID-19 restrictions were implemented. “I was stunned by the number of people on bicycles I was seeing in my neighborhood, so I started digging. Conversations with bike shop owners from across the state and data from bike counters on trails matched what I was seeing. We pivoted the goal of our May fundraiser so that we could address the needs of Nebraskans who are new to riding or who have rediscovered the bicycle that may have been in the garage for a while.”

More information and registration can be found on the Bike Walk Nebraska website, <https://www.bikewalknebraska.org/what-we-do/smart-cycling-education.html>.

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About Bike Walk Nebraska: The mission of Bike Walk Nebraska is to cultivate safe and accessible active transportation in Nebraska through partnerships, education and advocacy. Our vision is a state where bicycling and walking is a safe and enjoyable part of the Good Life. Learn more at www.bikewalknebraska.org.