

City of Sonoma

No. 1 The Plaza
Sonoma California 95476-6690
Phone (707) 938-3681 Fax (707) 938-8775
E-Mail: cityhall@sonomacity.org



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CONTACT: Sarah Tracy, Sr. Management Analyst & PIO

EMAIL: stracy@sonomacity.org

PHONE: 707-338-3759

The City of Sonoma and the Sonoma County Bicycle Coalition Offers FREE Family Bicycling Workshop in Sonoma on May 13th, 2023

SONOMA, CA --- Want to ensure that you AND your children know how to ride your bicycles safely and confidently for transportation and/or recreation? Need a new bicycle helmet? Sign up for the Free Family Bike Workshop on Saturday, May 13th from 10:00 AM - 12:30 PM at the Sonoma Plaza.

The Sonoma Free Family Bicycling Workshop, organized by the Sonoma County Bicycle Coalition (SCBC) and funded by the City of Sonoma, offers parents and their kids the opportunity to gain bicycling skills and confidence in a fun, safe and supervised environment. The first portion of the workshop takes place on blacktop, where adults and children will receive instruction on safe cycling strategies and practice riding through drills and maneuvers. The second portion of each workshop consists of a supervised 1-2 mile bicycle ride through town, where family members receive real-world experience riding with traffic, under the guidance of experienced League of American Bicyclist Certified bicycling instructors.

SCBC's Family Workshops receive consistently high ratings from parents and kids. "My son's confidence level has soared since the Family Bicycling Workshop and his motivation to practice his safe riding skills in the neighborhood has dramatically increased. My own confidence in his ability to be mindful of safety while riding on his own in the neighborhood is much higher since coming to the Family Bicycling Workshop," Essie Bishop, a Sebastopol parent, shared.

Parents and children must participate in the workshop together, and participating children must be able to ride a bike and be ready to take the road with their parents. Children in bike-carrier seats or trail-a-bikes may participate, as parents are "driving" the bicycle. All participants must bring working bicycles. Free helmets are available to participants, thanks to a donation from the Rotary Club of Sonoma Valley – you must request them when pre-registering for the class. Online pre-registration is required as space is limited. To pre-register for a workshop, visit: www.bikesonoma.org/family-bike-workshops

About the Sonoma County Bicycle Coalition

The Bicycle Coalition is a non-profit working to make Sonoma County a great place to ride a bike through advocacy and education.

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