

FOR IMMEDIATE RELEASE:

Transportation Council to Hold Bicycle Traffic Skills Course



Poughkeepsie (September 25, 2014) – The Poughkeepsie-Dutchess County Transportation Council (PDCTC) and New York Bicycling Coalition (NYBC) are co-sponsoring Bicycle Traffic Skills 101, a two-day course to give bicyclists the confidence to ride safely and legally in traffic or on the trail, taught by a League of American Bicyclists-certified instructor. The course will be held October 3rd and 4th at 84 Patrick Lane, near Route 55/Noxon Road and the WRS Dutchess Rail Trail in the Town of Poughkeepsie.

Participants will learn:

- Bicyclists' rights and responsibilities
- How to conduct bicycle safety checks
- How to fix a flat
- Safe riding skills: how to ride visibly and predictably on the road
- Crash avoidance techniques

The two day class includes an indoor education session on Friday, October 3rd from 6-9 pm, and an outdoor skills clinic and ride on Saturday, October 4th from 8:30am-2:30pm. Rain date will be October 17-18.

The class is open to riders ages 18 and older and has a maximum of 20 participants. Participants must bring a bicycle and helmet. Thanks to generous support from the PDCTC, the cost of the course is only \$20. Participants will also receive a 6-month trial membership to the New York Bicycling Coalition. For more information and to register, see www.nybc.net/traffic-skills-101 or call NYBC at [518-436-0889](tel:518-436-0889). The registration deadline is September 30th.

Supporting bicycle safety training is a recommendation of the PDCTC's new Pedestrian and Bicycle Plan, *Walk Bike Dutchess*, which was adopted in March 2014. For more information on the Plan, see www.dutchessny.gov/WalkBikeDutchess.

For More Information Contact:

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About the PDCTC:

Established in 1982, the PDCTC serves as the designated Metropolitan Planning Organization (MPO) for Dutchess County. Federal regulations require that Urbanized Areas (U.S. Census defined metropolitan areas with over 50,000 people) be represented by a MPO, which is responsible for ensuring that Federal highway and transit funds are committed through a locally driven, comprehensive planning process. The PDCTC includes representatives from local municipalities, the New York State Department of Transportation, and the Metropolitan Transportation Authority.

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