

# FOR IMMEDIATE RELEASE

## Ohio River Trail Council • Cycling Savvy

**September 21, 2015 — Monaca, PA.** The Ohio River Trail Council is offering a 3-part bicycle safety and skills course in conjunction with Cycling Savvy, where the goal is to teach cyclists how to be safe on city roads, thereby giving riders access to the entire transportation grid. This course is designed to present bicyclists' strategies to eliminate obstacles and ride with ease and confidence in places they might never have thought possible.

The three sessions are designed to help you explore proven methods for safely and confidently navigating anywhere in the Pittsburgh Metropolitan region by bicycle. You will learn strategies for safe, stress-free integrated cycling and come away with the tools to read and problem-solve any new traffic situation or road configuration. You will cycle away excited, empowered, and ready to enjoy cycling anywhere!

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*Founded in 2009, the Ohio River Trail Council is tasked with the responsibility to improve public health by promoting physical activity through cycling, develop bicycle friendly communities, and construct a safe bicycle and pedestrian path along the Ohio River from Allegheny County to the Pennsylvania–Ohio State line. To learn more about Ohio River Trail Council and its mission and programs, visit [www.ohiorivertrail.org](http://www.ohiorivertrail.org).*

### Media Contacts:

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### Session Packages (Tuition scholarships are available)

All 3 Sessions (\$75 -- a \$15 savings!) • 2 Sessions (\$60) • 1 Session (\$30)

### Upcoming Sessions (Registration available at [www.ohiorivertrail.org](http://www.ohiorivertrail.org))

Truth & Techniques (Classroom)

Friday, Oct. 9, 2015 • 6-9 PM

Truth & Techniques (Classroom)

Friday, Oct. 16, 2015 • 6-9 PM

Train Your Bike (Bike Handling)

Saturday, Oct. 10, 2015 • 10 AM-1 PM

Train Your Bike (Bike Handling)

Saturday, Oct. 17, 2015 • 10 AM-1 PM

Tour of Beaver (On-road)

Sunday, Oct. 11, 2015 • 1-4:30 PM

Tour of Sewickley (On-road)

Sunday, Oct. 18, 2015 • 1-4:30 PM

**OHIO RIVER TRAIL COUNCIL • 1100 PENNSYLVANIA AVE • MONACA, PA 15061 • 724.728.2625**