

Need help in learning the ins and outs of bicycle commuting? Whatever your situation, a **BIKE BUDDY** can help get you bicycling to work, school or wherever you're heading.

The program matches you with a trained Bicycle Ambassador who can help with:

- Selecting a comfortable route
- → Riding safely in traffic
- + Fixing a flat tire or other basic bike maintenance
- Choosing gear for your commute
- Riding in inclement weather
- → Taking your bike on the bus (or Bike-n-Ride)
- → Other tips and techniques

Register today at fcgov.com/bikebuddy

