



## FOR IMMEDIATE RELEASE

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### **Wisconsin Bike Fed Bringing Cycling Education Opportunities to La Crosse July 19 - 22, 2024**

**MILWAUKEE:** The Wisconsin Bike Fed is taking to the road for lively and fun multi-day cycling education in La Crosse, Wisconsin. Anyone, whether they are new to cycling, a tenured commuter, or an educator looking for more teaching tools, is encouraged to attend. We are working with some amazing community partners so that these programs can be free and open to the public. Everyone is invited to brush up on their bicycling knowledge, have some fun, and meet fellow cyclists in the La Crosse community.

**July 19th:** [Teaching Safe Bicycling](#) @ Black River Beach Neighborhood Ctr, 1433 Rose St. 9a-3p

- This course sets out to train-the-trainer by offering participants the skills and on-course practice they need to teach safe cycling techniques to children.

**July 20th:** [Disability Pride](#) @ Central High School, 1801 Losey Blvd S. 11a-4p

- Cycling without Age will join the Disability Action Network (DAN) for Disability Pride to promote inclusion and highlight the value of people with disabilities in the La crosse community and beyond.

**July 21st:** [E-Bike 101](#) @ Wrench and Roll Collective 1200 Caledonia St. 4:30p

- Celebrating cycling in all forms, this course goes over the basics of electric biking, including how to choose an e-bike, safety and maintenance, and on road and path etiquette.

**July 22nd:** [Smart Cycling 101](#) @ UW La Crosse Recreational Eagle Ctr, 1600 Farwell St. 2-7p

- This course is a great way to brush up on the skills and information needed for city and country riding alike. We discuss the basics of bike maintenance, rules of the road, on-bike skills, and crash avoidance techniques. Then we hit the road for a bicycle ride to put it all into practice.

Find more information on cycling related events across the state all year round at <https://wisconsinbikefed.org/events/>

**About the Wisconsin Bike Fed:** The Bicycle Federation of Wisconsin Educational Foundation, Inc. (AKA Wisconsin Bike Fed) is a 501(c)3 non-profit organization that cultivates, motivates, and unites residents, communities, businesses, and political leaders to move bicycling forward in Wisconsin through education, legislation, and involvement. The Wisconsin Bike Fed is the only statewide organization that advocates for better bicycling for everyone who rides a bike in Wisconsin.

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