

Lunchtime Talks and More - Possible Smart Trips Presentations at Your Workplace

10 Minute

- Benefits of Active Transportation – Healthy body/healthy planet/healthy bank account/healthy mind
- Map your bike or bus trip to work
- Be a better driver to bicyclists and pedestrians
- Gear Up for Biking/ Get Ready to Ride
- Winter riding tips & tricks
- Beyond work – including kids and errands with your active transportation
- Family Resources for Active Transportation
- Web Tools for making Smart Trips
- Active errands
- Intro to Smart Trips (focused on your workplace program)
- Get folks excited about an upcoming event (Bike to Work & School Day/ Lighted Bike Parade)
- Is an E-bike the answer??

30 minute

- Basic bike maintenance – air & chain – at the bike rack
- Bus 101 – including cost, route finding, using on-line tools, FAQs
- Choose 2 topics from the 10 minute menu + Q&A
- Confident City Cycling – learn about Rules of the Road, Road positioning, Bicycle related infrastructure, Gear you need (and don't), Q&A

45 minute

- Group Ride/ Group walk/ or Both
- All things bicycle
- Bike skills rodeo – assuming you have a parking lot space to use for the class
- Any 30 minute topic expanded

Other

- Table at your Health Fair/ Employee Benefit Fair
- After work/ weekend guided bus adventure
- Ride to Happy Hour
- Group ride to work