Did you know research indicates those who bike to work are the happiest with their commute?

Learn from Rick Holt, a League of American Bicyclists certified instructor, how to confidently get to campus on two wheels.

When: Thu, October 10  
Time: Noon - 1pm

Register Here!  
https://hr.gmu.edu/learning/masonleaps.php

Login to Mason LEAPS, hover your mouse over "Learning" and select "Events Calendar" to find the course.

The session will cover bicycle basics such as:

- Routes to campus
- Bicycle selection
- Bicycle fit
- Inspection
- Gearing
- Cadence
- Clothing
- Accessories

The training is open to faculty, staff, and students.