Bikes 101 Module Guide

Bikes 101 is an introductory workshop series covering everything you need to know about cycling! From the basics of bike maintenance to instruction on best riding practices, this workshop series gives participants the tools to be informed cyclists.

We offer seven comprehensive Bike 101 modules, from which you can pick and choose so that each workshop is tailored to your group. The approximate run-time of each module is listed below. We ask that you select a minimum of two modules (or roughly a 30 minute presentation length).

Module 1: How to Buy a Used Bike
Tips on what bike is best suited to your needs and how to avoid picking a dud.
Runtime: Approx. 25 minutes

Module 2: Basics of Bike Maintenance
An introduction to basic bike maintenance and the three key things that all cyclists need to do regularly to keep their bike running safe and smooth.
Runtime: Approx. 25 minutes

Module 3: Cycling at UBC
Tips for getting around campus fast and efficiently and an overview of services available to cyclists and how to access them.
Runtime: Approx. 10 minutes

Module 4: Rules of the Road
An overview of cycling laws and bylaws in Vancouver and best practices for cycling in traffic.
Runtime: Approx. 20 minutes

Module 5: Infrastructure 101
A primer on the different types of cycling infrastructure and how to use them correctly and effectively.
Runtime: Approx. 15 minutes
Module 6: Commuting 101
Riding theory, tips and techniques to help make you a more efficient and confident rider so that you can commute every day.
Runtime: Approx. 25 minutes

Module 7: Touring 101
An introduction to travelling by bicycle, including route selection, bike packing, and tips to help you ride long distances in all types of weather.
Runtime: Can be done as a standalone workshop (approx. 1 hour) or an abridged version (approx. 20 minutes) can be added to any standard Bikes 101 workshop package.