



## NEWS RELEASE

For Immediate Release

*For more information, contact:*

Kelley Segars  
Principal Planner/Bicycle Coordinator  
Knoxville-Knox County Metropolitan Planning Commission  
865-215-2500  
[kelley.segars@knoxtrans.org](mailto:kelley.segars@knoxtrans.org)

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### **Bike Classes Held at Safety City**

**Knoxville, Tennessee – July 15, 2016** – I Bike KNX is hosting several bike classes throughout the day on Thursday, July 28. Children and adults alike can choose from six different classes held at Safety City, 165 S. Concord St, just off Third Creek Greenway. Safety City is a kid-sized replica of Knoxville with real streets and intersections and is a safe environment for children and adults who want to learn or brush up on traffic rules and get practice riding their bicycles.

All six classes are taught by instructors who are certified as League Cycling Instructors by the League of American Bicyclists and are customized based on what those attending want to learn. Instruction can include teaching children to ride without training wheels, basic traffic rules for riding on the road, how to get back on the bike after time off, and much more.

“Many folks get busy with family, work, and other obligations throughout the year. This is a great time to refresh skills and build confidence in bicycle riders of all ages. We want to assist those that have a desire to ride their bike more, or are interested in riding to a greenway trailhead rather than feeling they need to rely on a vehicle to get there,” says Lori Goerlich, Parks and Greenways Coordinator for the City of Knoxville, and one of the class instructors.

**Those planning to attend must RSVP to [ambassadors@knoxtrans.org](mailto:ambassadors@knoxtrans.org) and specify their preferred time in order to have a spot in the class.** Each attendee is asked to come prepared with a bike, helmet and water. To borrow a bike, an email request with the size needed must be sent by July 25.

Class times:

9:30 - 10:30 a.m.

11:00 a.m. – 12:00 p.m.

2:00 – 3:00 p.m.

3:30 - 4:30 p.m.

5:00 – 6:00 p.m.

5:30 - 6:30 p.m.

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### **Knoxville-Knox County Metropolitan Planning Commission**

The Metropolitan Planning Commission (MPC) was established in 1956 by Knoxville and Knox County as the agency responsible for comprehensive county-wide planning and administration of zoning and land subdivision regulations and remains so today (except for the town of Farragut). Funding for MPC activities comes primarily from city and county appropriations and from federal grants for specific studies. The Commission prepares and adopts a general plan, reviews subdivision regulations and site plans, prepares and recommends zoning ordinances and maps to the Knox County Commission and Knoxville City Council, reviews proposed zoning amendments, and prepares a capital improvements plan for the City of Knoxville. For more information, visit our website: [www.knoxmpc.org](http://www.knoxmpc.org)