

## ***Join us for Smart Cycling (Traffic Skills 101) class***

*This class is a prerequisite for becoming a certified League Cycling Instructor from the League of American Bicyclists, and will be taught by League Cycling Instructor and LCI Seminar Coach John Rider.*

**The cost is \$50.00 per person**

This class will be held at:

WARF Building, 601 Walnut St  
**on Saturday March 21, 2020**  
from 8:30 AM to 5:00 PM

This course is a fast-paced class that provides cyclists with the confidence to ride safely and legally in traffic or on the trail. We will cover the basics of bike maintenance, rules of the road, on-bike skills, and crash avoidance techniques. The workshop will start in the classroom for discussion about safe riding techniques, then we head to the parking lot to practice some on-bike skills. We will finish the workshop with a ride on local roads.

You will learn how to:

- Perform a bike safety check before each ride
- Properly fit your bike helmet
- Start riding efficiently
- Stop with control
- Ride in a straight line
- Identify hazards
- Ride in proper lane position
- Communicate effectively with others on the road

What to bring:

- Bike in good working order
- Helmet & Bike Lights
- Comfortable clothes and closed toe shoes
- Water & Snacks



**Reserve your spot in the class by emailing [jrider@tds.net](mailto:jrider@tds.net)**