

## **What**

League of American Bicyclists Certified instructors are offering the League's Smart Cycling Courses at a number of Chicago area locations. They will also help you to set up private courses for your own park district, organization, club, company or group of friends.

## **Learn to Bicycle at Any Age**

You are never too old to learn to ride a bicycle! If you never learned to ride a bicycle, this one-on-one coaching will get you pedaling, turning and shifting successfully in short order. Lessons are scheduled at your convenience. Learning typically takes one or two 2-hour lessons.

## **Getting Back on a Bike**

You want to get back on a bike; but, it has been a long time since you rode one. This two-hour course shows you how to set up a bike to fit you comfortably plus how to start and stop safely, how to ride straight and confidently, and how to shift efficiently. The fee is \$25.

## **Traffic Skills 101**

Experience the enjoyment of bicycling while preserving the environment and saving money by running errands by bike rather than by car. Whether you are a beginning cyclist, an experienced cyclist or are returning to cycling after years away

from it, you will find something useful for you in the Traffic Skills 101 course.

This course will help you refine and refresh your cycling skills and to ride your bike confidently and safely for transportation, fitness and recreation, in traffic and on trails. Learn to be visible and predictable, to ride on roads and through intersections, to avoid crashes and to ride in groups. It covers bicycle safety checks, fixing flats, basic maintenance, essential on-bike handling skills, traffic cycling skills and crash avoidance techniques. The fee is \$50 for the nine-hour course. A student manual is included.

## **Traffic Skills 201**

For those who already have an understanding of vehicular cycling principles, this twelve-hour course includes fitness and physiology, training for longer rides, advanced mechanics, pace line skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals are included with each class. The fee is \$60.

## **Group Riding Skills**

Bicycling in a group is one of life's more enjoyable activities. If you are considering riding with a club or riding in a large event, such as RAGBRAI or the National MS Society events, this class is for you. You will

learn the essentials of riding safely and confidently in close proximity with others.

## **Commuting**

For adult cyclists who wish to explore the possibility of commuting to work or school by bike. This three-hour follow-up to Traffic Skills 101 covers topics including route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting, reflection and foul weather riding. The fee is \$30. Included with the class are handouts and student materials.

## **Find and Get Comfortable on a Route**

Want to commute to work or ride somewhere regularly, but not sure about the best way to go? A League Cycling Instructor will help you find the mix of bicycle, bus, and train transportation to get where you want to go. They will even ride along with you a few times to help you become comfortable with the route.

## **Tips and Tricks for Safe Cycling**

This one-hour session with helpful hints for riding comfortably and safely can be scheduled for a luncheon meeting of your club or organization.

E-mail [Info@ChicagoBicycle.org](mailto:Info@ChicagoBicycle.org) for more information or to schedule a class.

# Yes!

I am interested in one or more of the following  
Smart Cycling courses

- Learn to Bicycle at Any Age**
- Getting Back on a Bike**
- Traffic Skills 101**
- Traffic Skills 201**
- Commuting**
- Find a Route**
- Tips and Tricks for Safe Cycling**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Contact the instructor below to schedule a  
class:

Visit [ChicagoBicycle.org](http://ChicagoBicycle.org) for more information



## Smart Cycling



Setting the National Standard in  
Bicycle Education Programs