

Traffic Skills 101 Bicycle Education Course

"Smart Cycling" curriculum from the
League of American Bicyclists



Presented by Bike Walk CT, and hosted by Glastonbury Parks & Recreation and Glastonbury Public Schools Health & Physical Education Dept., this course provides instruction on safe cycling to help you develop skills and confidence on a bike. It also covers the principles of traffic law, basic bike maintenance, traffic lane positioning at intersections, plus crash and hazard avoidance.

(Course for age 18 years and older. Youths 16-18 years old are welcomed if accompanied by an adult.)

Would You Like to Become a More Confident Cyclist?

- * Whether you are returning to the bike, getting in shape for a charity ride, or consider yourself a more experienced rider, this League of American Bicyclists' curriculum will provide information and techniques that help make cycling easier, safer, more comfortable and enjoyable.
- * One half of this course is in the classroom, and the other half is on-the-bike.
- * Course is taught by certified League Cycling Instructors, and is part of the curriculum from the League of American Bicyclists, a nationally recognized cycling education program with trained and certified instructors.
- * Learn and practice safe, defensive cycling skills and drills in a traffic-free parking lot, and then ride in-traffic in a supportive group ride environment.
- * Certificate of Completion is achieved by a passing grade on the League of American Bicyclists multiple-choice exam, plus a successful assessment of your on-the-bike skills. This course is also a prerequisite for becoming a League Cycling Instructor. LCI Seminar to be held July 19-21, 2019.

DATE	Saturday, April 27, 2019
TIME	9:00 am - 5:00 pm
LOCATION	Academy Building 2143 Main Street Glastonbury, CT
COST	\$65



REGISTRATION - Online registration will open in mid-February <http://www.bikewalkct.org/>

EQUIPMENT REQUIREMENTS - Bring a bicycle that fits you and is in good working condition. Road, mountain, and hybrid bikes are fine. Be sure to bring your own helmet.

For more information or questions, please contact Susan Smith - <mailto:susan@bikewalkct.org>

