



Transforming Cyclists into Experts

This class will teach you emergency maneuvers, derailleur adjustments and more.

Street Skills for Cyclists

This class is designed to teach adult cyclists how to use a bicycle with confidence and competence for pleasure, utility and sport under various highway, climate, terrain, and traffic conditions. The class is organized into three levels:

1. The Basics

- The Bicycle
- Maintenance
- Clothing and Equipment
- Bicycle Handling

2. Bicycling in Traffic

- Your Role in Traffic
- Avoiding Crashes
- Hazard Avoidance Maneuvers

3. Enjoying the Ride

- Riding Enjoyment
- Ride Etiquette
- Helping Motorists Share the Road

The levels are progressive and each builds on the knowledge and skills gained in the previous level.

On-line and Earth & Mineral Sciences East, 117 - University Park Campus

Sunday 10/7/2012, 12::00 PM to 5:00 PM, Instructor: Chuck Anderson

Price: \$33.00, Register at https://app3.ohr.psu.edu/emPower/frm_login.cfm

Students participate in on-line tutorial prior to attending skills session on Sunday, Tutorial takes approximately 4 hours to complete. To access the on-line tutorial, please go to: <http://www.bikeed.org/courseIntro.aspx>, and create a user ID and password. Participants with questions should call 863-4606 for assistance.

Bring bicycle and helmet to skills session. Helmet required for participation.



Brought to you by the League of American Bicyclists' Smart Cycling program

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