

# Smart Cycling - Traffic Skills 101

## Street Skills for Cyclists - Cycling with Confidence and skill

This is a two session course from the League of American Bicyclists and is taught by a League Certified Instructor. Education has been proven to reduce bicycling crashes by up to 70 percent. The League's program has benefited thousands of bicyclists of all ages and abilities for more than 20 years. This program is the only national bicycle education program with certified instructors, and is the gold standard in bicycling education.

Even though research shows that bicyclists are safest when they ride with and act like traffic, most bicyclists don't know how to ride with confidence in traffic situations. Don't be one of them! Get the skills and knowledge you need to ride well in almost any situation. This class will teach you traffic skills, principles and laws, basic bike maintenance, fit and operation, vital emergency maneuvers and much more. Everyone from beginning teen and adult bicyclists to seasoned bicycle club members and racers can benefit from this class.

Open to anyone 16 and older

Children 13-15 years old may attend for free with a parent/guardian

In just 8 hours, learn the basics about how to safely and confidently use your bike for transportation. Whether you're a current or prospective bike commuter, a recreational rider, a touring or club cyclist, a parent who bikes with your family, or just want to get around town, you'll enjoy cycling more when you know how to operate your bike smoothly in traffic.

### Topics

- Your legal rights and responsibilities as a bicycle driver under the Pennsylvania Vehicle Code.
- Day and night visibility so you are detected and recognized.
- Where to ride between intersections on all types of streets.
- Bike Paths and lanes, and how to ride when there are none.
- How to safely traverse intersections and interchanges, including 4 ways to make left turns. Proper signaling for other road users.
- Direct and pleasant local and regional routes for commuting and utility trips - alternatives to the busy roads.
- Crash types (Statistics and Situations to avoid)
- Crash avoidance techniques (Emergency Maneuvers)
- Proper nutrition before during and after a ride.
- Basic training techniques to improve your fitness.
- How to take your bike on SEPTA Rail, buses, and ferries
- How to outfit yourself and your bike for convenient utility transportation

### Features

- A video that explains traffic cycling principles, proper road position, and technique
- Demonstrations of techniques and accessories.
- Bike maps, a Street Smarts booklet, and other resources
- Multiple-choice written test (Optional but required to get certificate)

# Registration Form for Smart Cycling Traffic Skills 101

Presented by Ed Hein

Saturday March 19th & April 2nd 9AM – 3 PM

Hosted by the College Settlement Camps 600 Witmer Road Horsham, PA 19044

To register, please complete and return the attached registration form by Friday, March 12th, 2010.

**Registration is on a first come basis to a limit of 25. There will be no day of registration.**

**Course is subject to cancellation if there is not a minimum of 15 registrants.**

You will receive an e-mail or packet with final details including directions and a list of what to bring approximately ten days before the clinic date.

I understand that participation in League of American Bicyclists activities including the Cycling Clinic, is at my own risk and further understand that LAB policy requires that I obey all traffic laws and wear an approved safety helmet when engaging in cycle activities. My participation in LAB activities including the Cycling Clinic constitutes my representation that I am in good health and my acknowledgement that the officers and training leaders of LAB and the coaches of the Cycling Clinic cannot and do not assume any liability for personal injury or property loss sustained during LAB activities including the Cycling Clinic.

By my signature below and in consideration for being allowed to participate in the Cycling Clinic, I fully release LAB; the officers and training leaders of LAB; the coaches of the Cycling Clinic; College Settlement Camps and its officers, directors, employees and coaches; and any agents of the preceding organizations and individuals from any liability specifically including but not limited to liability for their negligent acts, stemming from or relating to past or future LAB activities or events including the Cycling Clinic.

**I HAVE READ AND UNDERSTOOD THIS NOTICE AND RELEASE AND INTEND TO BE LEGALLY BOUND BY IT:**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of parent or guardian if attendee is under 18: \_\_\_\_\_ Date: \_\_\_\_\_

**LIST ANY PRE-EXISTING MEDICAL CONDITIONS AND/OR ALLERGIES OF WHICH WE SHOULD BE AWARE BELOW OR INDICATE NONE (REGISTRATIONS RECEIVED WITHOUT COMPLETING THIS SECTION WILL NOT BE ACCEPTED:**

PLEASE PRINT LEGIBLY:

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

Home Phone: ( ) \_\_\_\_\_

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

Work Phone: ( ) \_\_\_\_\_

\_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cycling level: Expert \_\_\_\_\_ Intermediate \_\_\_\_\_ Beginner \_\_\_\_\_

Basic adult Registration Fee (Includes course notes and handouts).....\$50

College Student Registration Fee (Includes notes and handouts).....\$25

Junior (12-16yr old) Registration Fee – free with accompanying adult.....\$0

Total enclosed \_\_\_\_\_

Make check payable to Ed Hein

Send To: 350 Glennbrook Way, Chalfont PA 18914

For more information: [edhein@verizon.net](mailto:edhein@verizon.net) or 215-534-4807