

Yes!

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

- Traffic Skills 101
- Traffic Skills 201
- Commuting
- Group Riding
- Share the Road
- Cycling Skills for Parents
- Cycling Skills for Kids
- Safe Routes to School

Name:

Address:

E-mail:

Phone:

Contact the instructor below for a course schedule or more information:

Visit www.bikeleague.org or call 202.822.1333 for more info.



League of American Bicyclists
1612 K Street, NW Suite 800
Washington, DC 20006



Smart Cycling



Setting the National Standard
in Bicycle Education Programs

Do you want the **confidence** to ride in traffic?

Would you like to **learn techniques** to teach your child to ride a bicycle safely?

Are you **interested** in learning to change a tire or other basics of bicycle maintenance?

If you said 'yes' to any of these questions, then you should enroll in a League of American Bicyclists Smart Cycling course. Knowledgeable, certified instructors are available throughout the United States to teach you to be a safe and proficient cyclist. Whether you are a long-time commuter, an avid club rider, or haven't ridden in years, these fun fact-filled courses are sure to increase your knowledge, skill and confidence.



Traffic Skills 101

Develop your bicycle handling and traffic skills. Learn to ride safely in traffic and on multi-use trails, and to fix common mechanical problems.

Traffic Skills 201

Build upon the cycling and mechanical skills learned in Traffic Skills 101.

Group Riding

Cycling in a group places added responsibilities on each cyclist, so all must understand and practice the principles of group riding. This course will show you how.

Commuting

Learn the tips and tricks to getting to work or running errands by bike.

Share the Road

Discover how a motor vehicle driver can share the road safely by learning to think like a cyclist.

Cycling Skills for Parents

Parents — learn how to choose a bike, fit a helmet and teach your child to ride.

Cycling Skills for Kids

Enroll your young child to learn the traffic rules and skills to bike safely on neighborhood streets.

Safe Routes to School

Young students will learn and practice the skills to walk and bicycle safely to school. Adults can acquire the teaching materials and skills to train students.