

# Smart Cycling in San Jose and Silicon Valley

Herman Wadler

LCI #1238

# Herman Wadler

- **City of Campbell**
  - Bicycle Advisory Committee Chair
- **VTA BPAC**
  - Member
  - Past Vice Chair
  - Past Chair
- **LCI #1238**
- **ACTC**
  - Past Vice-President
- **ACTC Academy**
  - Dean of Communication
  - Past Dean of Instruction
- **SVBC**
  - Former Board Member

# Agenda Overview

- **Classes I teach and assist with**
    - Private Lessons
    - ACTC Academy
  - **Questions**
- 
- A large, faint, light blue graphic of a bicycle is centered on the slide, serving as a background element for the text.

# Learn to Ride At Any Age

- **John Ciccarelli #453-CK**
  - North Bay / Peninsula / East Bay
  - [www.teachstreet.com/teacher/john-ciccarelli](http://www.teachstreet.com/teacher/john-ciccarelli)
- **Herman Wadler #1238**
  - South Bay
  - [www.wadler.org/Biking/learntoride.php](http://www.wadler.org/Biking/learntoride.php)

# John Ciccarelli's Learn To Bike method

- Typically two to four hours
  - two-hour lessons
- Instructor-supplied bike
- Opportunity for follow-up classes



# Smart Cycling in Almaden Cycle Touring Club (ACTC)



# ACTC Commitment

- Club founded in 1976
- Promotes safe riding practices
- Began Long Distance Training Rides in 2005
- Averaging over 150 rides a month

# On-bike Education

- ACTC Academy formalized in 1989
- Published first Academy Handbook in 1993
- Sent 4 members to LCI Seminar in 2002
- Club budget to subsidize ACTC members attending LCI Seminars
- Club has 13-15 LCIs

# ACTC Academy

- **Funded by ACTC**
- **Staffed by volunteers**
  - 13 LCIs with ACTC in 2006
    - 12 associated with the Academy
- **Current courses:**
  - Bike Driving I
  - Bike Driving II
  - Introduction to Touring

# Curriculum for Road Bike Riding



- **Basic bike riding skills**
- **Fixing flats**
- **How to shift**
- **Rules of the road**
- **On street riding skills**
  - Individual Riding
  - Club “group” rides

# Academy Education

- **Trains club riders**
  - A 12 week class divided into 2 six-week sessions
- **Offered twice a year**
  - Curriculum similar to BikeEd
    - 12 weeks vs. 10 hours
- **Ongoing staff training**
  - Mentor new instructors
  - Emphasizes on-road instruction
    - Group safety
    - Individual safety

# Organization

- **Chancellor**
  - Harry Lichtbach LCI #1047
- **Dean of Registration (Registrar)**
  - Karen Cosby
- **Dean of Students**
  - Susan Francks June ??-??
- **Dean of Instruction**
  - Scott Francks June ??-??
- **Dean of Communications**
  - Herman Wadler LCI #1238

# Instructors

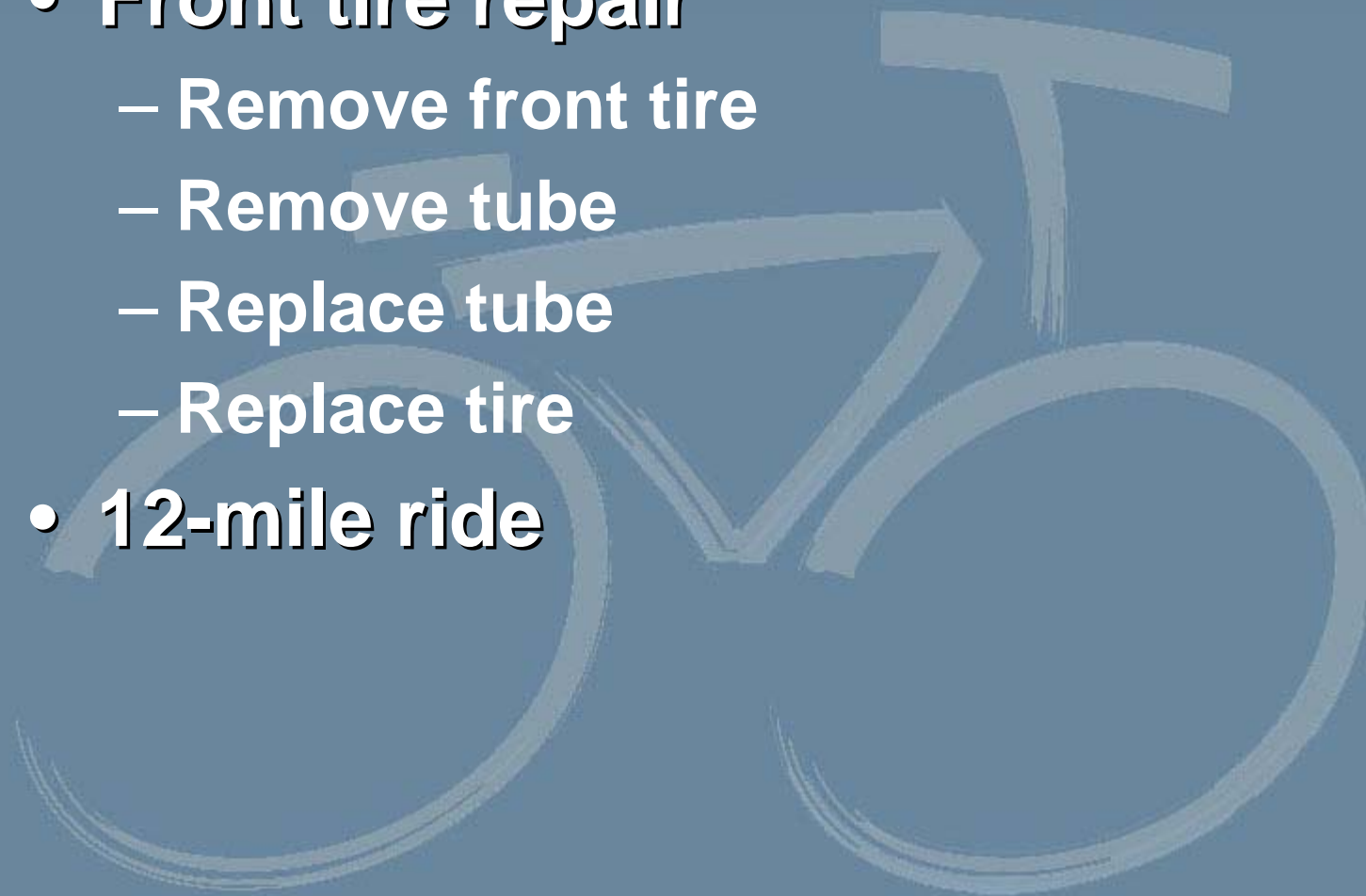
- **Lead Instructor**
  - Manage a six-week module.
    - Oversee the students and instructors in following the Academy Curriculum
- **Assistant Lead Instructor**
  - Staff training to be a Lead Instructor
- **Special Guest Speakers**
  - Experts in a specialized cycling-related field

# First Class

- **Bicycle Safety check**
  - Functioning and safe
- **Bike Fit - Helmet Fit**
- **Playground**
  - Basic riding skills check
- **1st Lecture**
  - Introduction to vehicular driving
- **9-mile ride**
  - Several vehicular left turns and a grade requiring shifting gears

# Second Class

- **Front tire repair**
  - Remove front tire
  - Remove tube
  - Replace tube
  - Replace tire
- **12-mile ride**



# Third Class

- Remove rear wheel
- Attach rear wheel
- Patch a tube
- 20-mile ride
  - Includes first "significant" climb for new riders

# Fourth Class

- 1.5 hour presentation on vehicular driving
- Mandatory for students to continue
- 25-mile ride
- ...
- 8 more classes to go
- Increasing distance to 100K

# Questions?

