

Smart Cycling Traffic Skills 101 Overview

First WV Cycling Symposium
Charleston, WV
April 18, 2009

Presenter: Nickolas Hein Positive Spin, Inc
Author: Preston Tyree

Introductions

- **Preston Tyree**
 - LCI #518

- **Nickolas Hein**
 - LCI #1761



Your First Bike

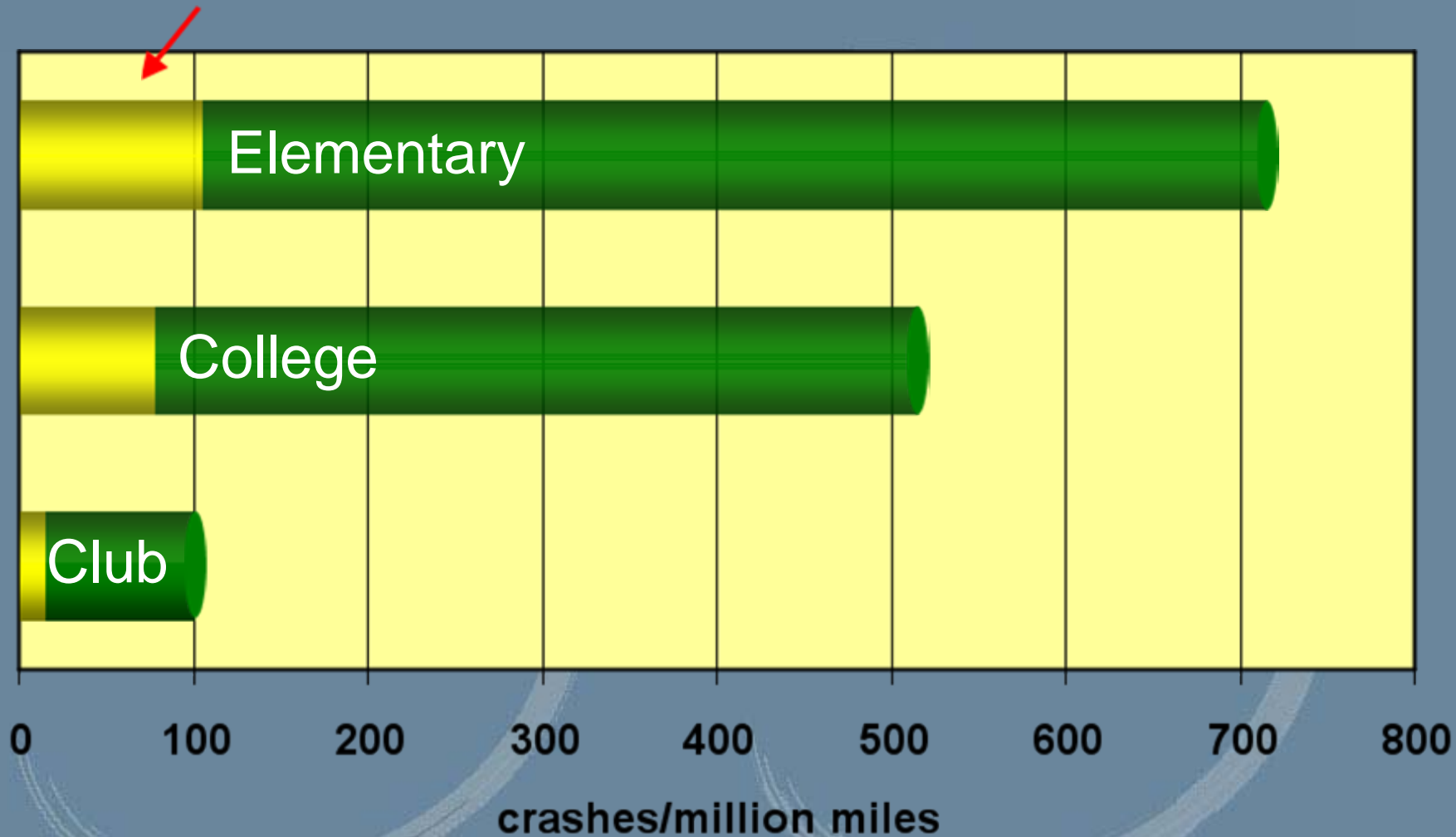
- What one word describes what it offered you
 - Freedom
- Who taught you?
 - Were they a cyclist?
 - Did they teach you to ride in traffic?



Balancing isn't Biking



Car/Bike Crashes



Vehicular Cycling

- Cyclists fare best when they act and are treated as drivers of vehicles.

John Forester

- Same road
- Same rules
- Same rights
- Same responsibilities



Graphics compliments of
the
Des Moines Register

History of Smart Cycling

- **John Forester**
 - **Effective Cycling (1974)**
- **League of American Bicycles**
 - **BikeEd (1998)**
 - **League Cycling Instructor Seminar**
- **Smart Cycling**
 - **Cycling Skills Adult**
 - **Traffic Skills 101**
 - **Traffic Skills 201**
 - **Confident Commuter**
 - **Cycling Skills Group**
 - **Share the Road**
 - **Cycling Skills Parents**
 - **Cycling Skills Clinic**
 - **Safe Routes to School**

Classroom



I: The Basics
Bicycle
Maintenance
Clothing & equipment
Handling

Part I:
00:15-01:30



II: Bicycling in Traffic
Principles of traffic law
Changing Lanes Safely
Avoiding Crashes

Part II:
01:30-03:00



III: Enjoying the Ride
Road hazards
Feeling good

Part III:
03:00-03:45

Parking Lot Drills

- **Handling Skills:**
 - Safety Check
 - Starting/Stopping
 - Straight line
 - Scan drill
 - Signaling
- **Avoidance Maneuvers:**
 - Maneuvering
 - Quick stop
 - Rock dodge
 - Instant turn



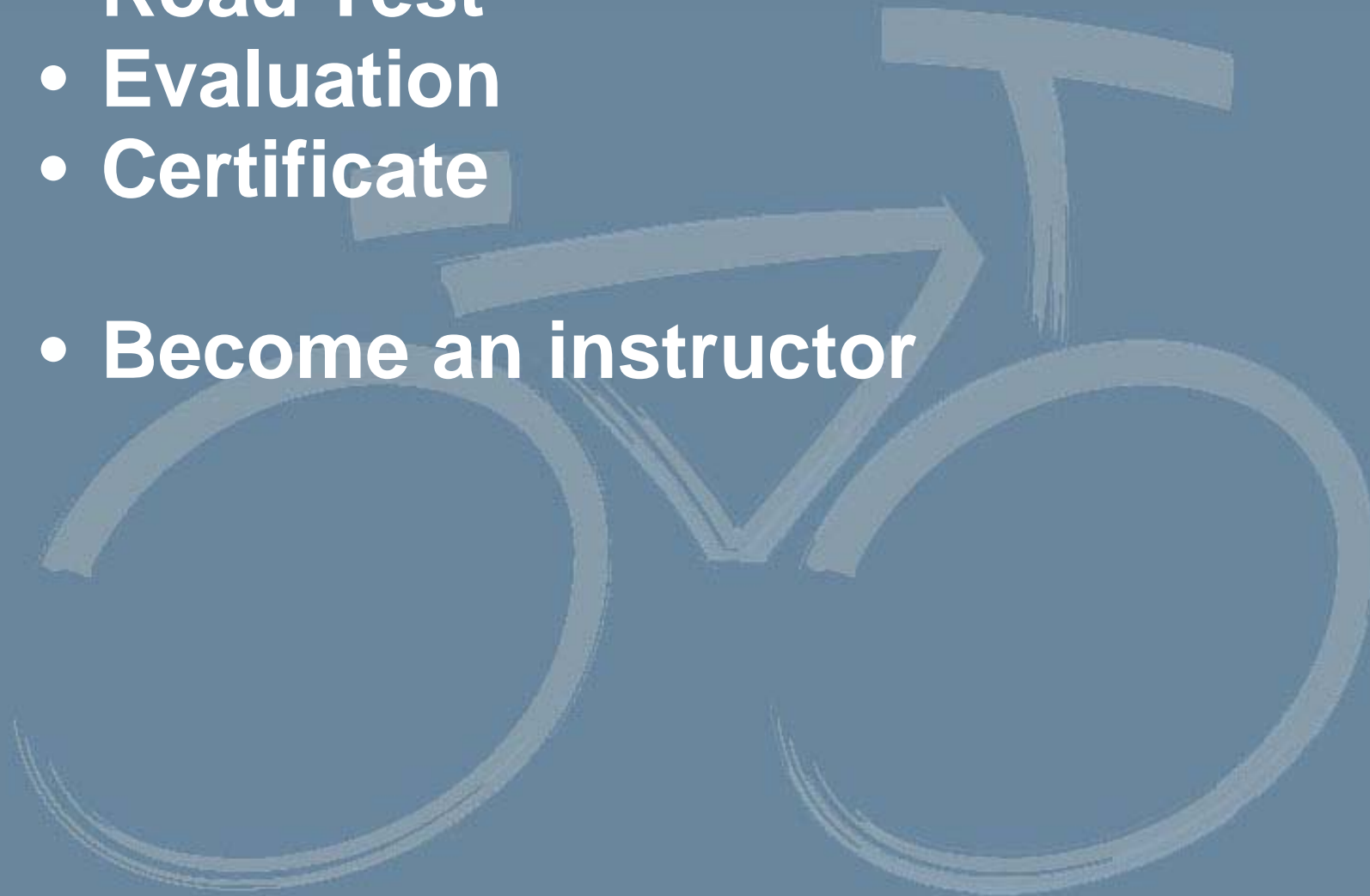
Playing in Traffic

- **Challenge by choice**
 - If it is uncomfortable your job is to say so
 - Our job is to support you in that decision and figure out how to achieve the learning objective.

Finish

- Written Test
- Road Test
- Evaluation
- Certificate

- Become an instructor



Support Your Organizations

- **Local:**
 - Mountain State Wheelers
 - Mon Bike Club (mailing list only)
 - Country Roads Cyclists Club
- **State:**
 - WV Cycling Foundation
- **National:**
 - League of American Bicyclists