

Bike Roswell!

Education Program

Fall 2009 & (early) Winter 2010 schedule



Bike Roswell! Urban Cycling Skills (5.5 hours)

A two part program teaching the principles and skills required to safely and confidently drive a bicycle in traffic. Course is recommended for students 15 years and older. **Course fee \$65 for non-members, \$58 for BikeRoswell! members.**

Module One: (2.5 hours - classroom with slides, video and discussion)

Lane Positioning and Sharing the Road. Includes bike etiquette on multi-use trails, rules of the road for cyclists, bike and motorists accident statistics, importance of practicing correct lane positioning, smart bike-route selection, when and how to "take a lane", and best practices to stay visible and safe while driving your bike on roadways. Students do not need to bring their Bicycle to this class.

Mon, Nov. 2th / 6:30 pm - 9:00
 Mon, Jan. 4th / 6:30 pm - 9:00
 Wed, Jan. 6th / 6:30 pm - 9:00

Module Two (3 hours - hands-on, parking lot drills and on-the-road riding)

Crash Avoidance and Emergency Maneuvers. Learn critical skills such as scanning, signaling, dodging objects, quick turns and emergency stops. Also includes general bike maintenance, fixing a flat, and recommended tools for riding. A minimum of 45 minutes will be spent on the road practicing new skills and principles of safe cycling. Students need to bring their bikes in good working order and helmets are required.

Sat, Nov. 7th / 9:30 am - 12:30
 Sun, Nov. 8th / 1:30 pm - 4:30
 Sat, Jan. 9th / 9:30 am - 12:30
 Sun, Jan 10th / 1:30 pm - 4:30

Instructor for Urban Cycling Skills:

Robyn Elliott, Certified League Cycling Instructor, The League of American Bicyclists

Questions on the class? Contact Robyn at 404-273-2558

Bike Roswell! Group Ride Dynamics Seminar and Ride (2.5 hours)

Ever wanted to join a group ride but have not...for whatever reason? Are you currently participating in group rides but are not really clear about your responsibilities? Do you know what to look out for to avoid crashes? How do you decide which cyclist is safe enough to ride behind?

An interactive one-hour seminar will be followed by a short group ride, giving you the opportunity to practice and implement these skills in a real-world environment. **Course fee \$45 for non-members, \$41 for BikeRoswell! members.**

Topics include:

- how to maintain a steady pace without sudden changes in your momentum
- emergency maneuvers with balance/control
- braking through turns while maintaining your line
- transitioning out of the saddle without losing momentum and avoiding rear end collisions
- learning where the safest places are (and are not) to ride in a group

Sat. Nov. 14th / 9 am - 11:30
 Sat. Dec. 12th / 9 am - 11:30

All CLASSES MEET AT:
Historic Square of Roswell
 Roswell Visitors Center
 617 Atlanta Street
 Roswell, GA 30075

Instructor for Group Ride Dynamics Seminar and Ride:

Robert Wilhite, Certified USA Cycling Coach

Questions on this class? Contact Robert at 770-634-4451

Email questions to: bikeroswell@bikeroswell.com

REGISTRATION FORM:

Complete & mail registration form and check made payable to Bike Roswell:

MAIL PAYMENT TO:

BikeRoswell!
 P.O. Box 745
 Roswell, GA 30077-0745

CLASS LOCATION:

Roswell Visitors Center
 617 Atlanta Street,
 Roswell GA 30075

Name: _____ Age: _____

Full address: _____

Email: _____ Preferred phone # _____

Circle course selection, dates and fill in fees in the column on right:

| | | Fees: | Your selection: | |
|------------------------------|-------------------------|-------------------------------|---------------------------|-------------------|
| | | Member | Non-member | |
| Urban Cycling Skills: | | | | |
| Module One: | Nov. 2nd | | | |
| | Jan, 4th <u>or</u> 6th | Urban Cycling Skills | \$58 | \$65 _____ |
| PLUS Module Two: | Nov. 7th <u>or</u> 8th | Group Riding Dynamics | \$41 | \$45 _____ |
| | Jan. 9th <u>or</u> 10th | Become a BIKE ROSWELL! | <u>Join today!</u> | \$15 _____ |
| | | member. Support cycling! | | |

Group Ride Dynamics: Nov. 14th
or Dec. 12th

Your total: _____

Learn more at www.bikeroswell.com