

LACTIC ACID CYCLING

SMART CYCLING: TRAFFIC SKILLS 101

PART I: THE BASICS (1 - 1.5 Hours)

The Bicycle

- Choose your bicycle
- Adjusting your bicycle
- Parts identification
- Pre-ride safety check (ABC Quick-Check)



Maintenance Basics

- Tire repair
- Routine maintenance
- Adjusting brakes
- Adjusting derailleurs
- Tools for the road
- Must haves



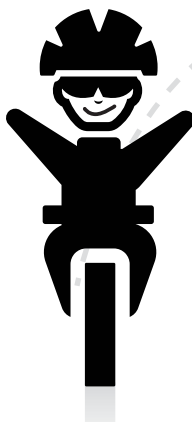
Clothing & Equipment Basics



- Helmets/helmet fit
- Rain wear
- Cold weather wear
- Water
- Lights & reflective materials

Bicycle Handling Basics

- Gears & gear selection
- Starting/stopping
- Steering a straight line
- Scanning
- Signaling



PART II: BICYCLING IN TRAFFIC (2 Hours)

Your Role in Traffic

- Principles of traffic law
- First come, first served
- Lane position rules
- Intersection position rules ("rule of thirds")
- Changing lanes safely
- Intersections – turn lane rules
- Bike lanes



Why Crashes Happen

- Why crashes happen – statistics
- Breaking down crash – statistics

Avoiding Crashes

Crash Prevention

Hazard Avoidance Maneuvers

- Quick stop
- Rock dodge
- Avoidance weave
- Instant turn



PART III: ENJOYING THE RIDE (30 min - 1 hour)

Riding Enjoyment

Nutrition & Hydration Basics

Ride Etiquette:

- Sharing paths and trails



Riding with a Group

Helping Motorists Share the Road

- How to drive around cyclists
- Common cyclist errors