

Smart Cycling for Recreation & Commuting

Want to become a Bicycle Friendly Business? Want to encourage employee wellness and support the sustainability of the environment? This traffic skills course gives cyclists the confidence they need to ride safely and legally in traffic or on the trail. However, the course can be offered on-demand based on your location and number of registrants.

The Smart Cycling curriculum is designed to develop confidence and competence of a bicycle rider. Participants will learn about choosing a bicycle, basic parts of a bike, essential equipment, as well as how to safely and comfortably ride your bike in various traffic conditions, terrain, and climates.

During the in-person component, participants will need to have a properly functioning bicycle and helmet. Students will participate in a 3-5 mile group ride and complete drills: starting/stopping, straight line/shifting, scanning, scan/signal/turn, quick stop, rock dodge, avoidance weave, and quick turn.

This course includes 10-hours of content with 4-hours of self-directed online learning and a full-day of in-person on-bike skills. The 4-hours of self-directed online learning will need to be completed prior to the in-person component. Next in-person event held at the American Indian Resource Center at Bemidji State University's campus on **August 13, 2021**. \$75 per participant. Registration deadline: **August 6, 2021**. Minimum: 6 and Maximum 12. [Click here](#) to register now.

Successful completion of this workshop will fulfill the prerequisite for the League Cycling Instructor Certification.

Tentative Schedule

8:30- 9 am Check-in

9 am-10 am Introductions, Review of Online Learning

10 am-12 pm Parking Lot Drills

12-12:45 pm Lunch (bring your own)

12:45-1:45 pm Parking Lot Drills

1:45-2 pm Break

2 pm-3:15 pm Group Ride

3:15-3:30 pm Wrap-up

3:30-4 pm Optional Victory Lap, Extra Practice

Smart Cycling Manual included. Course led by League Cycling Instructors: Angie Clark and Jordan Lutz.

If you'd like to learn more about the Smart Cycling class before registering, please join us for a complimentary [information session via Zoom](#) on **Tuesday, July 27 at 12 pm** to learn more about the content and how to prepare.