

If your answer to any of these questions is “yes”, you should take Traffic Skills 101, the League of American Bicyclists’ course.



**League of
American
Bicyclists**

- Do you want to ride your bike but are afraid of traffic?
- Are you uncertain of your ability to handle small mechanical problems like flat tires?
- Is your bike collecting rust and dust in the garage while your car continues to burn expensive gasoline every day?
- Are you an experienced cyclist who would like to learn how to get more courtesy and respect from motorists?

Traffic Skills 101 will help you ride safely and effectively — to work, to the store, around your neighborhood or around the state. Most of us were taught to ride a bike by a parent when we were very small, and our bike education ended at that time. In fact, we were simply taught how to ride without falling down too often; but few of us were ever taught how to drive our bicycle in traffic. Traffic Skills 101 fills that gap. It is Driver’s Ed for cyclists. Traffic Skills 101 is taught by a League Cycling Instructor (LCI) and the curriculum covers everything, including bike selection, simple maintenance, fixing a flat, bike handling skills, hazard avoidance and strategies for riding a bike safely and confidently in all conditions.

Traffic Skills 101 is taught to very small classes (generally 5 to 15 students) in three sessions: two sessions of evening classroom work and five hours on your bike with parking lot safety drills, and a ride through Melbourne streets under the eye of a LCI.

Tuition is \$25, \$35 which includes a SCVS membership, free for current SCVS members which includes the textbook, class handouts, snacks and refreshments and cycling swag.

The League Cycling Instructor for this course will be Tom Hoffman. Tom is currently the President of Space Coast Velo Sport and is a certified instructor for the League of American Bicyclists (#2381). He has been cycling and competing in triathlons for over 20 years and has extensive cycling and touring experience in both the U.S. and Europe, including riding cross-country twice.

For more information or to pre-register for our two day session starting on May 21st, e-mail me at: thoffman11@cfl.rr.com or contact Ginger at Revolutions Cyclery at Ginger@RevolutionsCyclery.com

