

Learn More, Ride More Safely

In Ohio, bikes are treated as vehicles under the law. Riders have every right to be part of the traffic flow. The Road I Bike course is designed to teach these principles of vehicular cycling, and to provide practical training and tips for cyclists to share the road safely. The Cincinnati Cycle Club is dedicated to education of cyclists and motorists..



Multi-Media Courses

The courses will include computer demonstrations, videos slideshows and handouts. A textbook and/or binder notebook will be provide. A certificate will be awarded upon successful completion of Road I. Completion of this course with a score 85% or better on both the verbal and demonstration examinations will qualify the participant for further training to become a League Certified Instructor (LCI).

CINCINNATI CYCLE CLUB

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Cincinnati Cycle Club
www.cincinnati-cycle-club.org

Traffic 101 Bike Courses

Cincinnati Cycle Club

Safety, Friendship, Fitness, Fun

Tel: 513-558-0519



Traffic 101 Bike Course

This is the basic course that every cyclist should take. Novice and experienced cyclists will be more comfortable and at ease while cycling on roads and in traffic after this course. Expect between 8-15 hours of instruction, based on the experience of the participants. There will be two separate sessions separated by sufficient time so that you can practice the techniques you have learned. Sessions are split between classroom and on-the-bike learning. Classes are team-taught and are limited in size so that each person can get the individual attention that they need to learn techniques and improve their riding. Classroom topics are very hands-on and practical. The course is provided by well-trained League of American Bicyclists Certified Instructors (LCIs). At least three hours of the overall course will be spent on your bike learning techniques and riding. Both a written and ride test are required for successful completion of the Traffic 101 Course.

Participants learn together, help each other, and put their learning to use immediately on the road. Each group and individual has fun during the course.

What Will I Learn?

Traffic 101 is based on the concept of Vehicular Cycling and Equal Sharing of the Road between motorists and cyclists. You will learn the best place to ride in every road situation. You will learn how to ride predictably and visibly, moving over and sharing the road with motorists when it is safe, and also learning defensive cycling.

The course topics include:

*Bike Fit *Clothing Basics *Basic Nutrition
 *Basic fitness *Ride Planning *Route selection *Inspection *ABC Quickcheck
 *Starting and Stopping *Riding Straight
 *Scanning *Signaling *Shifting and Cadence *Turns *Hole Dodge *Instant Turn *Quick Stop *Maintenance *Tools
 *Essential Tools *Cleaning and Lube
 *Tire Repair *Tire Pressure *Roadside Repairs *Picking a Shop *Bike paths *Bike Lanes

Where Do I Sign Up?

Item #	Description	Qty.	Price	Subtotal
	CCC Member		\$50	
	CCC Member Active Volunteer*		\$45	
	CCC Member Active Ride Leader		\$35	
	Non-CCC Member		\$65	

CCC Membership (\$15 discount rate): _____

Total: _____

Name _____

Address _____

Phone _____ E-mail _____

Method of Payment:

- Check
 MasterCard
 Bill Me
 American Express
 Visa

Credit Card No. _____ Expire Date _____

Signature _____

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