

BICYCLE COMMUTING 101
with Bicycling Advocates of Howard County

Length: 3 hours (classroom)

Ages: 18 yrs + (some experience with road cycling)

Abbreviated Course Outline

Bicycle Commuting 101 – Goals

- A. Basic principle: It's supposed to be fun
- B. Riding safely on the road
- C. Be prepared

Curriculum

- A. Road Safety
- B. Handouts
 - a. BAHC safety brochure
 - b. SHA bicycling booklet
- C. Traffic Basics
 - a. Bicycles are vehicles
 - b. Video of proper lane riding and turning
 - c. Signals
 - d. Think like a car
 - e. Stupid stuff to avoid
- D. Equipment
 - a. Bike
 - b. Tires
 - c. Drive train
 - d. Lights
 - e. Safety and repairs
- E. Clothing for Ride
 - a. Helmet
 - b. Gloves
 - c. Glasses
 - d. Cycling attire
- F. What to carry and how to carry it
- G. At work
- H. Supporting Materials
 - a. Commuting routes
 - b. Mapping your own route

**Complete course outline will be distributed at class. Supplementary information will be supplied.*