

ROAD BIKING 101
with Bicycling Advocates of Howard County

Length: 4 hours (2 hours classroom, 2 hours bike/equipment check and riding)
Ages: 11 yrs +

Abbreviated Course Outline

Road Biking 101 – Goals

- A. Basic Principle: It's supposed to be fun
- B. Ride safely in the woods
- C. Ride comfortably

Curriculum

- A. Road safety – Right and Responsibilities
- B. Basic principles
- C. Handouts
 - a. BAHC safety brochure
 - b. State Highway Administration Bicycling booklet
- D. Traffic Basics
 - a. Bicycles as vehicles
 - b. Signals – communicate (arm and verbal)
- E. Where to ride
 - a. Road types
 - b. Think like a car
- F. Lane changes
- G. Turn technique
- H. Highway interchanges
- I. Stupid stuff
- J. Equipment
 - a. Basic bike
 - b. Saddle
 - c. Drive train
 - d. Tires
- K. Clothes/Safety Equipment
 - a. Visibility
 - b. Helmet
 - c. Shoes
 - d. Pedals
 - e. Shorts padded
 - f. Gloves
 - g. Other items

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

- L. Repair
 - a. On-bike tools
 - b. Home tools
- M. Maintenance
- N. How to ride – basics
 - a. Starting and stopping
 - b. Steering and turning
 - c. Shifting
 - d. Climbing
 - e. Riding with others (or not)

Road Practice

- A. Divide class by experience level
- B. Basic rider inspection
- C. Basic bike inspection
 - a. General integrity
 - b. Drive train
 - c. Brakes
 - d. Saddle
 - e. Wheel
- D. Basics reviewed
- E. Parking lot inspection tests
- F. On the road skills – Gateway loop
 - a. Stop sign simulated light test
 - b. Ride on right
 - c. Stop and left turn test
 - d. Downhill brake and stop test
 - e. Climb small hill
 - f. Crossing traffic
 - g. Carefully commit