

Bicycling 101



Cleveland's Premier Bicycle Club

Lake Erie Wheelers

Bicycling 101 a 3 part course that is designed for the adult bicyclist

Bicycling is a lifetime activity which can improve health, provide opportunities for social interaction and can be used for transportation.

This is a great opportunity to increase your cycling skills and confidence!

New riders can bypass 100s of miles of trial and error. Experienced riders will learn things they never knew they didn't know. Anyone who uses, or wants to use, a bike for transportation or recreation will gain the confidence to operate safely and effectively. Course can be taken on any type bicycle.

Part 1

Bicycle basics

How to get on and off the bike

ABC Quick Check

Bike fit

Pedaling

Braking

Steering and Balance

How to ride in a straight line

Part 2

Gearing and Shifting

Traffic principles

Vehicular bicycling

Fixing a flat tire

Handling skills

Part 3

How lock your bike

Riding with one hand /no hands

Reaching for your water bottle

Descending and Climbing hills

Communicating with others while riding

Riding safely over road defects and hazards

Drafting

This course is free with club membership

Part 1 Saturday May 16th

Part 2 Saturday May 23rd

Part 3 Saturday May 30th

Each part is 3 hours in length

For more information contact Jim Boland

jboland@apk.net or 440 686 0108

This course will repeat during the season