

About Bike Education Connecticut

Your source for learning:

- Bike handling & road riding skills
- Principles of traffic law
- Proper lane & intersection positioning
- Defensive riding skills
- Bike maintenance & safety checks
- Equipment selection
- Healthy riding habits

“Cyclists fare best when they act and are treated as drivers of vehicles.”
—John Forester, *Effective Cycling*



Rules for Bike Safety

1. Obey all traffic lights, signs & laws
2. Ride in the same direction as traffic
3. Signal lane changes & turns
4. Don't ride on the very edge of the road
5. Be visible & use lights at night
6. Be predictable
7. Keep your bike in good repair
8. Protect your brain. Crashes can happen. ALWAYS wear a helmet!

Bicycle Education at Bike Walk Connecticut is a partnership between the Capitol Region Council of Governments (CRCOG) and Bike Walk Connecticut. Generous grants from Recreational Equipment Inc. (REI) and the National Highway Traffic Safety Administration (NHTSA) have made our program possible.

Our instructors are certified by the League of American Bicyclists.



FOR MORE INFORMATION:
WWW.BIKEWALKCT.ORG/EDUCATION
PHONE 860-904-2420
E-MAIL BIKED@BIKEWALKCT.ORG

About Bike Walk Connecticut: Bike Walk Connecticut, a 501(c)3 non-profit organization, is changing the culture of transportation through advocacy and education to make bicycling and walking safe, feasible, and attractive for a healthier, cleaner Connecticut.

About CRCOG: CRCOG is the metropolitan planning organization for the Hartford region and is committed to developing an efficient multi-modal transportation system, which will increase the mobility of people and goods within the Capitol Region.

Contact us to arrange a class!

Bike Walk Connecticut
IS YOUR SOURCE FOR
BICYCLE EDUCATION



Ride and Learn with Us!

We have classes for young & old, novice or experienced riders. Learn to ride confidently and safely in traffic. We can also customize our class offerings for your group or organization.



Build your Bicycling Skills and soon you will be Biking Everywhere!

www.bikewalkct.org

Class Descriptions Bike Walk Connecticut Bicycle Education Program www.bikewalkct.org

Simply knowing how to ride a bike is not the same as knowing how to operate a bike safely and confidently. We offer a variety of classes, taught by our League of American Bicyclists Certified Instructors (LCIs). Regardless of your skill or experience, we have a class to help you become a more competent cyclist.

Traffic Skills 101: 8 hour class covers bike handling skills, crash avoidance techniques, proper lane and intersection positioning in moderate to heavy traffic and CT traffic law as it pertains to bicyclists. This class is for cyclists with some experience and even those who have been riding many years will learn new skills and techniques. If in doubt contact us about the suitability of this class for you. Can be taught in a single session or in 2 to 3 sessions. This class begins in the classroom, moves outdoors for skill drills, then on to the road for a bike ride.

Cost: \$60 (or \$45 Discounted price for Bike Walk Connecticut members)

Intro to Biking: Half-day class for adults and teenagers over 16 who are new to biking. This class begins in the classroom, and moves outdoors to a “practice space,” and then on to the road for a bike ride. Covers how to use gears effectively and how to ride safely and confidently in Connecticut.

Cost: \$40 (or \$30 Discounted price for Bike Walk Connecticut members)

Intro to Biking—Just for Women: This half-day class is the same as Intro to Biking, but is taught by experienced women cyclists with attention paid to the particular needs of women.

Cost: \$40 (or \$30 Discounted price for Bike Walk Connecticut members)

Intro to Biking—Just for Seniors: This half-day class is the same as Intro to Biking with attention paid to the particular needs of seniors.

Cost: \$40 (or \$30 Discounted price for Bike Walk Connecticut members)

Intro to Biking—Just for Teens: This half-day class is the same as Intro to Biking designed for teens aged 14-16.

Cost: \$40 (or \$30 Discounted price for Bike Walk Connecticut members)

Intro to Biking—Just for Youth: This class is designed for children ages 10 to 14, crafted for the way children and young adults learn. The class is approximately 6 hours, and can be taught over 2 to 4 sessions, and can be part of summer day camp or vacation camp programming. This class begins in the classroom and moves outdoors to a “practice space.” A road ride is dependent upon abilities and with parental permission. *Contact us to discuss a location and price.*

Parent Class on Biking with Children: Learn to guide your child in becoming a safe bicyclist. This is a 2 hour indoor class for parents (no ride component.) *Contact us to discuss location and price.*

Introduction to Bike Commuting: This 1 hour indoor class covers equipment, route choice, what to bring, what to wear, safety, and traffic laws as they pertain to bike commuting. *Contact us to discuss a location and price.*

League Cycling Instructor Seminar: Approximately 24 hours of training, held over a weekend, beginning on a Friday at 5:00 and ending on Sunday at 5:00. Once Certified, instructors can teach Bicycle Education classes to children as well as adults.

Traffic Skills 101 is a prerequisite for a certification seminar. Bike Walk Connecticut intends to sponsor at least one LCI Seminar in the state annually. *See website for more details.*

Bicycle Education: A Workshop for K-12 Physical Education Teachers. 8-hour class begins in the classroom, and moves outdoors to a “practice space,” and then on to the road for a bike ride. Held at Berlin High School and currently offered just once a year. *Contact us for more information.*

Bicycle Safety and Design Workshop for Town Engineers and Planners: CRCOG has developed a 4-hour workshop on bicycle safety and infrastructure. With in-class and on-bike instruction, this class helps planners and engineers to look at roadway infrastructure from the point of view of a bicyclist. *See website for more details.*

For class schedules go to www.bikewalkct.org/education

We can also customize our class offerings for your group or organization.

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