

Transforming Cyclists into Experts

This class will teach you emergency maneuvers, derailleur adjustments and more.

TRAFFIC SKILLS 101

This class is designed to teach adult cyclists how to use a bicycle with confidence and competence for pleasure, utility and sport under various highway, climate, terrain, and traffic conditions. The class is organized into three levels:

1. The Basics

- The Bicycle
- Maintenance
- Clothing and Equipment
- Bicycle Handling

2. Bicycling in Traffic

- Your Role in Traffic
- Avoiding Crashes
- Hazard Avoidance Maneuvers

3. Enjoying the Ride

- Riding Enjoyment
- Ride Etiquette
- Helping Motorists Share the Road

The levels are progressive and each builds on the knowledge and skills gained in the previous level.

CLASS DATE & TIME:

Sat, Feb. 18, 2012

8:00 AM to 5:00 PM

4398-B Pua Loke St, Lihue

Class Location

Instructor Name

E-mail

Tommy Noyes

news@KauaiPath.org

Fee

Tel

\$20

incl. lunch

639-1018



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