



Please read the following email completely—it contains important information that will affect your participation in the course, your safety, and your comfort.

Dear Traffic Skills 101 Participant:

You are currently registered for one or both of the following Austin Cycling Association Traffic Skills 101 Classes:

Friday Classroom Session: [DATE], 5:00 – 9:00 p.m.

Saturday On-road Session: [DATE], 8:00 a.m. – 1:00 p.m.

If you are unable to attend these sessions, please notify me (education@austincycling.org) immediately so someone on the wait list can attend.

Please read the following information in detail so the class goes as smoothly as possible:

- 1) **Registration form:** Fill-in and print out the attached registration form for each participant, and bring it to class on Friday. The other attachments are informational handouts you may print out and bring to class if you choose.
- 2) **Friday night session:**
 - a) **Starts promptly at 5:00 p.m.** Make arrangements to arrive a few minutes early to ensure that everyone is settled in time for class to start. We finish by 8:45 p.m.
 - b) **Location: REI – [LOCATION], [ADDRESS].**
 - c) **What you'll need:**
 - **Completed registration form.**
 - **A pen and paper for taking notes.** No bicycle is needed for Friday night.
 - **Snack/refreshment.** This is a 4-hour session—snacks can help :)
- 3) **Saturday session:**
 - a) **Starts promptly at 8:00 a.m.** Make arrangements to arrive ten minutes early to ensure that you, your bike and your helmet are ready in time to start. We

plan to finish by 1:00 p.m., but the class might go longer (see below for details).

b) **Location: Freewheeling Bicycles, 2401 San Gabriel Street, Austin, TX** (corner of 24th Street and San Gabriel Street).

- **Park in front of the store**, and not in the parking lot behind (where we'll be doing our bike handling drills). Meet in the parking lot behind the store.

c) **What you'll need:**

- **Bike – checked and ready to go:** Before the day of the on-road class, check your bike for proper function. We will not have time to make adjustments or repairs. Check your tires for proper inflation, check your brakes, and ride your bike to make sure it is in proper working condition and shifts properly. *If your bicycle is unsafe to ride you will not be allowed to take part in the handling drills or the on-road ride.*
- **Pedals:** For the on-bike session on Saturday morning, you will be doing a series of bike handling drills, as well as riding five miles in traffic. These activities require you to regularly and quickly engage / disengage your foot with the pedal. **If you have clipless pedals (i.e., ones you need to click into) but are not fully comfortable using them, you must wear regular street shoes and have a set of flat pedals installed for the on-bike session.** These pedals are available for \$10 to \$15 & up. *Trying to get used to engaging / disengaging clipless pedals while learning the skills taught in class can cause you to fall.*
- **Helmet – properly fitted:** In addition to your bike, you must have a helmet to participate in the Saturday on-bike session. Make sure the helmet fits and is properly adjusted. *Please do not bring a brand new helmet that has not yet been fitted. Your bike shop can help you with this.*
- **A set of tire levers and a spare inner tube** to practice flat tire repair. Any bike shop will carry these and they are not expensive. No other tools are required for this class. *You will be removing and replacing your bike's rear wheel for this part of the course.*
- **A pen to write the exam.**
- **Snacks/lunch and water.** We won't have time to go to a café or store for these. (This helps us get the riding over before it's too hot out.)
- **Sunblock:** We will be out in the sun for 5 hours.

d) **Other notes for Saturday:**

- **Bathroom breaks and comfort:** We'll stop for a bathroom break in the bike shop at approximately 10:00 a.m., after the bike handling drills and before the road ride begins. You might want to drink a little less coffee than usual Saturday morning :) Remember, you'll need water and perhaps sunblock, as we'll be in the sun a lot.

- **After the road ride** we will return to Freewheeling Bicycles. There you will take a written test while we compile your grades on parking lot drills and the road ride. Please bring a pen for this. The test should take 30 minutes.
- **Ending on time:** While we try to wrap up by 1:00 p.m., there are often unforeseen circumstances that make the Saturday session go a little long. *We cannot predict what may happen (flat tires, mechanical problems, etc). Please make room for this in your schedule.*

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Things to bring on Friday:

- Completed registration form
- Pen and paper for notes
- Snacks / refreshments

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Things to bring on Saturday:

- Bicycle in good working order
- Helmet that fits and is adjusted properly
- Tire levers for practicing a flat tire repair
- Spare inner tube
- Snacks / lunch
- Water bottle(s)
- Sunscreen
- Pen

PLEASE REPLY TO THIS EMAIL TO CONFIRM THAT YOU WILL ATTEND THE UPCOMING CLASS. THANK YOU.

If you need to reschedule your class session, please contact **Wes Robinson** (education@austincycling.org).

If you have questions regarding the class curriculum, please contact **[LCI Name (email address)]** or **[LCI Name (email address)]**.

We look forward to your participation in the League of American Bicyclists' Traffic Skills 101 street cycling course.

Wes Robinson
 Director – Education
 Austin Cycling Association
www.austincycling.org