



Traffic Skills 101
Course Registration

Name:		Email:	
Address:			
City:	State:	Zip:	
Phone:		Alt Phone:	
League of American Bicyclists Member? Y N		Membership Number:	

Date I want to take TS 101: April 10 (take this class if you are taking LCI training in June)
 May 15

What is the approximate longest distance you have ridden in one day in the past year? _____ miles.

Check all the kinds of riding you do or have done:

- Local Recreational Long Distance Commuting Fitness Riding None

How often do you bike?

- Daily Several times/week Several times/month Several times/year Almost Never

What are the most important things you plan to get from this course?

Are there any physical, mental or emotional conditions that might limit your participation in this course?
 If yes, please describe _____

Are you also planning to attend the League of American Bicyclists Cycling Instructor Training in June Y N

How did you hear about this course?

News Article (where?) _____ Radio (which station?) _____
 Web (what site?) _____ Other (please tell us) _____

To reserve a place in the class, enclose a check for \$50 made out to Spokespeople and mail to Spokespeople, PO Box 2599 Sag Harbor, NY 11968. A receipt and course information will be emailed to you. For more info, email jen.keller.1@gmail.com. If you want to pay by credit card, please fill in the credit card information or visit www.spokespeopleli.org.

Type of Card: _____ Name on Card: _____
 Card# _____ Exp _____

*** RELEASE (signature required)**

Helmets are required of all participants.

I am aware of the risk of bicycling and otherwise participating in this event and voluntarily assume such risk. In consideration of being permitted to participate in this event: (1) I release for myself, my heirs, and personal representatives, the League of American Bicyclists, Inc., Spokespeople of Eastern Long Island, Inc. and the respective directors, officers, volunteers, and staff (releasees) from any claim liability, demand, action, and cause of action whatsoever (collectively, "Claim") arising out of or related to any loss, damage or injury (collectively, "Loss"), to myself or my property, that I may sustain in connection with, or arising out of, this event, whether caused by the negligence of the releasees or otherwise; (2) If registrant is a minor, I (as parent or guardian) agree to indemnify and hold harmless each releasee against any claim for any Loss said minor may sustain in connection with or arising out of, this event, and against legal or other expenses incurred by any releasee in connection with defending any Claim by or on behalf of said minor for any such loss, whether caused by the negligence of the releasees or otherwise; (3) I shall obey traffic laws and practice safety in bicycling; and (4) I agree to wear a CPSC-approved helmet on all bicycle-riding activities at this event.

Signature: _____ Date: _____

Do you want to be a better rider?

SPOKESPEOPLE, the East End's cycling advocacy group, will be hosting two classes to improve your on the road cycling skills that will make you a more confident rider. Traffic Skills 101 is a one-day "introduction to cycling" program for adults and mature teens who want to improve their cycling skills. This class is ideal for new cyclists who want to learn the basics, those returning to cycling from a long hiatus, people who want to be more independent on their bike, and those who feel a little nervous while cycling in traffic. It is also for experienced cyclists who want to become Certified Cycling Instructors by taking the League of American Bicyclists LCI certification course.



Course Content

- Adjusting your bike and helmet for a comfortable fit
- Performing a safety inspection of your bike to make sure everything is working properly
- Understanding traffic principles and bicyclists' rights and responsibilities on the road
- Fixing a flat tire
- Using your gear system
- Locking your bike
- Bike handling drills
- A group ride of approximately 5-8 miles emphasizing cycling safely and confidently in traffic

The class is mostly hands-on and bike-riding activities, though it includes some classroom learning. Participants will receive literature and accessories to ensure continued safe and enjoyable riding.

Traffic Skills 101 is a League of American Bicyclists class, and it fulfills the pre-requisite for entering the training and certification seminar to become a League Cycling Instructor.

Are You Ready for Traffic Skills 101?

For your own safety and that of other class participants, all Traffic Skills 101 students should arrive at class able to:

- Ride a bike (pedal and balance) with control in a steady, straight line, without wobbling or swooshing from side to side
- Start and stop their bike with control--no shaky starts or running into fixed objects.
- Bring a bike in good working order and a helmet, as well as wear clothing suitable for riding.

If you want to take Traffic Skills 101, fill out the application on the back and mail it to Spokespeople. If you are planning to also take the LCI training and still need to take TS 101, you should sign up for the April 10 course. Please also email jen.keller.1@gmail.com to ensure your place in this class.

