Cinderella Syllabus

• Class 1 - Orientation (part of)
  - Helmets (specific points)
  - Pre-ride Bike Check
  - Vehicular Cycling Introduction
  - “Ride Right”

• Class 2 - Any Ride, Streets or Paths
  - Looking Ahead
  - Riding with Others
  - Yielding - Stops and Starts
  - Drill: Riding one-handed

• Class 3 - Small Streets
  - Lane Positioning
  - Changing Lanes
  - Drill: Scanning (Looking Behind)

• Class 4 - Large Roads
  - Intersection Positioning
  - Merges
  - Drill: Rock Dodge

• Class 5 - Intermediate Group Riding
  - Drafting
  - Etiquette
  - Drill: Pacelining

• Class 6 - Braking
  - Ready Position
  - Braking
  - Drill: Emergency Stop

• Class 7 - Climbing & Descending
  - Climbing
  - Descending
  - Summary: 10 Commandments of Cycling

• Class 8 - Rural Roads
  - Narrow Roads
  - High-speed Traffic
  - Sharing the Road
  - Things to bring

• First Rainy Day
  - Tire Changing

• If need another day,
  - Hold a refresher Rodeo anytime after Class 5 to check the skills.
Helmets

• Never ride without, no matter how short the trip.
  - 75% of deaths are head injuries - 75% of disabilities too.
  - Helmets can reduce serious head injuries 85%

• Buying
  - Approved Helmets
    • Snell, ANSI, CSPC
  - Use the smallest size that fits. Don't use helmet pads to make a big helmet fit.
  - In general, the more vents the better, and higher cost!

• After a crash or impact that affects your helmet, replace it immediately
  - Dented or cracked. May be hidden under plastic shell.
  - Deterioration: Best info I've heard is 5 years; 2-3 years if you ride a lot.

• Fit - improper fit can render helmet useless
  - Helmet goes on top of the head, not tipped back. Two fingers between eyebrows and front of helmet is good.
  - Front & back straps should join just under each ear.
  - Strap should be snug with mouth completely open.
  - Check straps periodically
Pre-Ride: “ABC Quick Check”

• **A is for Air**
  - Inflate tires to rated pressure.
  - Use a pressure gauge to insure proper pressure.
  - Check for damage to tire tread and sidewall.

• **B is for Brakes**
  - Visually inspect Pads
    - Wear: replace if less than _" left
    - Adjustment: they do not rub tire or dive into spokes
  - Squeeze Brake Levers (hard!). Should have at least 1" between bar and lever when applied
    - Adjust as brake pads wear.
    - Quick releases?

• **C is for Cranks, Chain, and Cassette**
  - Check that your crank arms and pedals don’t wobble.
  - Inspect drivetrain: chain, chainrings, and cassette.

• **Quick is for Quick Releases**
  - Hubs: Quick release should engage at 90° and point back.
  - Brakes: if not checked under “B”.

• **Check is for a short Check Ride.**
  - Take a quick ride to check if derailleurs and brakes are working properly
  - Look for loose or broken parts; tighten, replace or fix them
  - Pay extra attention to your bike during the first few miles.
Vehicular Cycling - What is it?

- You already know how to drive a car. If you apply what is called Good Defensive Driving habits to your bicycling, you already understand most of what you need to ride safely.

- For the purpose of maneuvering on roads safely, don’t think of it as riding a bike. Think of it as operating a slow-moving vehicle, with all the rights and responsibilities.

- Your bicycle is a vehicle under the law in all 50 states.

- Following the rules of the road minimizes conflict on the roadway. When other users can predict where you are going, they can react in a positive and safe way.
  - Doesn’t slow you down - just as it doesn’t slow you down in your car. You’ll get where you’re going.
Vehicular Cycling – Why?

• Safety - Riding in a predictable manner communicates your intended actions to other road users around you.
  - Examples: Scanning, signaling, riding straight, obeying traffic controls
  - Defensiveness gives you another layer of safety, but you also need to be deliberate.

• Conspicuity (operating like a vehicle is conspicuous)
  - Most crashes are because the vehicle just didn’t see you.
    • Motorists have developed habits about where they look
    • They aren’t looking for cyclists “doing weird things.”
  - Take advantage of the habits motorists DO have.
    • Be where they are looking
    • Behave like the rest of traffic so you don’t surprise them.
  - Add bright colors, reflectors, and lights if necessary to make it easy to catch their eye.
Ride Right

• Why on the right?
  - Anyone question the reason

• Basic Principle: Slower traffic to the right
  - Why we ride on the right unless
    • Need (narrow road)
    • Moving the same speed as other traffic
    • Moving faster - pass on the left.
  - If there is room, 3-4 feet to the right of traffic.
  - But where other drivers are looking for you.
    • More about this later under wide and narrow roads.

• Sidewalks
  - Designed for 4MPH.
  - Illegal to ride sidewalk if over 12 years old.
10 Commandments of Bicycling

(Courtesy of the League of American Bicyclists)

I. Wear a helmet for every ride.

II. Conduct an ABC Quick Check before every ride.

III. Obey traffic laws: ride on the right, slowest traffic farthest to the right.

IV. Ride predictably and be visible at all times.

V. At intersections, ride in the right-most lane that goes in your direction.

VI. Scan for traffic and signal lane changes and turns.

VII. Be prepared for mechanical emergencies with tools and know-how.

VIII. Control your bike by practicing bike handling skills.

IX. Drink before you’re thirsty and eat before you’re hungry.

X. Have fun!