

Road I Session Topics

SESSION ONE

1. The Bicycle (4-9)
Parts Identification,
Bike Selection, Types of Bikes
Bike Fitting
ABC Quick Check
2. Helmet, Gloves, Shoes,
Water Bottle, Lights (15-16)
3. Mounting, Starting, Stopping (17,18)
4. Scanning, Signaling (18)
5. Neighborhood Ride.

SESSION TWO

1. The Bike (10-14)
Tools to carry
Flat tire
Gears
Adjustments: derailleur, brakes
2. Principles of Traffic Law (19)
3. Lane changing (20)
4. Lane positioning (21)
5. Special Maneuvers (23)
Rock Dodge, Quick Stop
6. Riding in light traffic
How to ride through various intersections

SESSION THREE

1. Crash Avoidance (26)
2. Hazards (28)
3. Shifting and hills (29)
4. Cadence (29)
5. Group Riding (32)
6. Trail Etiquette (31)
7. Trail and rural riding

SESSION FOUR

1. Nutrition and hydration (29)
2. Catch up on topics and those burning questions
3. Road Test
4. Written test