

BCF Offers Course on Street Skills for Cyclists- Cycling with Confidence & Skill

Back by popular demand! BCP is once again sponsoring a two day course on Street Skills for Cyclists – Cycling with Confidence and Skill on two Saturdays, April 18 and April 25, from 9 to 3 at Summit Presbyterian Church, 6757 Greene St, Phila, Pa 19119 (Mt Airy Section).

Ed Hein will be returning as the certified instructor in this course. Cyclists who took the course last year enjoyed the course and everyone learned a lot to improve their skills.

This is a course from the League of American Bicyclists (LAB) and is taught by a League Certified Instructor. Education has been proven to reduce bicycling crashes by up to 70 percent. The League's program has benefited thousands of bicyclists of all ages and abilities for more than 20 years. This program is the only national bicycle education program with certified instructors, and is the gold standard in bicycling education.

The course is a mixture of in class instruction as well as practice on the road. The morning class sessions will teach you traffic skills, principles and laws, basic bike maintenance, fit and operation, vital emergency maneuvers and much more. Then you will have an equal amount of time to practice some maneuvers in an empty parking lot before the class goes on the road. Features of the course include a video that explains traffic cycling principles, proper road position, and technique; demonstrations of techniques and accessories; and bike maps, a Street Smarts booklet, and other resources.

Prior students rave about the course as it really jumps up the learning curve no matter what your current riding level is. For the beginning cyclist, it may be the first time you ride in traffic and realize that it is not dangerous as long as you know what you're doing. Oftentimes, the intermediate riders pick up things by observing other riders in a group ride – in this course, you can find out if you are doing it right. The advanced rider will learn better and advanced techniques. Whether you're a current or prospective bike commuter, a recreational rider, a touring or club cyclist, a parent who bikes with your family, or just want to get around town, you'll enjoy cycling more when you know how to operate your bike smoothly in traffic.

Even though research shows that bicyclists are safest when they ride with and act like traffic, most bicyclists don't know how to ride with confidence in traffic situations. Don't be one of them! Get the skills and knowledge you need to ride well in almost any situation. Fill out the registration form and send it in today. Space is limited so don't be left out in the traffic again without knowing what to do.

Special for Ride Leaders: As an extra bonus to BCP ride leaders, BCP will reimburse any BCP member the full amount of this course after you lead 5 BCP rides in 2009. This is one way for BCP to assist its members in acquiring some of the skills they may need to lead rides. We hope this will encourage more ride leaders to step forward and also to show our appreciation for the valuable service ride leaders provide to BCP. A more prepared and knowledgeable ride leader is a more confident ride leader. This is a deal you can't refuse.

Registration Form for Cycling with Confidence and Skill

Presented by Ed Hein
Saturday April 18 & April 25 9AM – 3 PM
Summit Presbyterian Church, 6757 Greene St, Philadelphia, PA 19119

To register, please complete and return the attached registration form by Friday, April 10, 2009.

Registration is on a first come basis. There will be no day of registration.

Course is subject to cancellation if there is not a minimum number of registrants.

You will receive an e-mail or packet with final details including directions and a list of what to bring approximately ten days before the clinic date.

I understand that participation in League of American Bicyclists activities including the Cycling Clinic, is at my own risk and further understand that LAB policy requires that I obey all traffic laws and wear an approved safety helmet when engaging in cycle activities. My participation in LAB activities including the Cycling Clinic constitutes my representation that I am in good health and my acknowledgement that the officers and training leaders of LAB and the coaches of the Cycling Clinic cannot and do not assume any liability for personal injury or property loss sustained during LAB activities including the Cycling Clinic.

By my signature below and in consideration for being allowed to participate in the Cycling Clinic, I fully release LAB; the officers and training leaders of LAB; the coaches of the Cycling Clinic; College Settlement Camps and its officers, directors, employees and coaches; and any agents of the preceding organizations and individuals from any liability specifically including but not limited to liability for their negligent acts, stemming from or relating to past or future LAB activities or events including the Cycling Clinic.

I HAVE READ AND UNDERSTOOD THIS NOTICE AND RELEASE AND INTEND TO BE LEGALLY BOUND BY IT:

Signature: _____

Date: _____

Signature of parent or guardian if attendee is under 18: _____ Date: _____

LIST ANY PRE-EXISTING MEDICAL CONDITIONS AND/OR ALLERGIES OF WHICH WE SHOULD BE AWARE BELOW OR INDICATE NONE (REGISTRATIONS RECEIVED WITHOUT COMPLETING THIS SECTION WILL NOT BE ACCEPTED:

PLEASE PRINT LEGIBLY:

Name: _____

Home Phone: () _____

Address: _____

Work Phone: () _____

E-Mail: _____

City: _____

State: _____ Zip: _____

Cycling level: Expert _____ Intermediate _____ Beginner _____

Basic Registration Fee (Includes course notes and handouts).....\$40

Effective Cycling Textbook by John Forrester (Optional).....\$40

Total enclosed _____

Make check payable to Ed Hein

Send To: 146 Galway Circle, Chalfont PA 18914

For more information: edhein@verizon.net or 215-997-0955