

Bicycle Commuting Skills for USF Tampa Bay Cycle

– Presented by Sharon Monahan

PRE-REGISTRATION IS REQUIRED AND SPACE IS LIMITED TO THIS FREE CLASS SPONSORED BY TAMPA BAYCYCLE

**You will receive a Bicycle Commuting Manual and a Bicycle Light, Helmet or Lock
RSVP to bond@cutr.usf.edu**

CHOOSE FROM 3 DATES: Fridays, March 12, 19, 26, 2010

Time: 12:00 noon sharp – 1:30 PM

Location: Center for Urban Transportation Research (CUTR)

4202 E. Fowler, CUT100, Room 207 (second floor)

Located off of Alumni between the Engineering Bld. and the Beard Parking Garage

Agenda

Commuting skills - Room 207, CUTR – 45 min

Overview and purpose of this course:

To give an overview of the needs to know for riding in traffic and commuting.

- 1) Bicycle: maintenance, equipment, guidelines, fit, wheels/tires**
- 2) Helmets**
- 3) Choosing and planning your route**
- 4) Carrying gear on you bicycle**
- 5) Back-up plan/Buddy network**
- 6) Parking your bike**
- 7) Nutrition and Hydration**
- 8) Riding at night and proper lighting and visibility**
- 9) Traffic laws, changing lanes, lane and intersection positioning**

On Bike Skills – 15 min parking lot skills check

- 1) Helmet Check**
- 2) ABC Quick Check**
- 3) Stopping and starting, quick stop**
- 4) Rock dodge and avoidance weave, instant turn**
- 5) Scanning**
- 6) Stop signs, signaling and intersections**
- 7) Turning and bicycle control**

Campus Bicycle ride and wrap up – 30 minutes

- 1) Ride a safe campus route**
- 2) Putting it all together**

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TAMPABAYCYCLE.COM