



The launch of a
BICYCLE EDUCATION PROGRAM

WITH SEED MONEY FROM A NHTSA GRANT

THE GOALS OF THE PROGRAM ARE:

- To establish a broad spectrum of educational programming in a variety of venues, throughout the CRCOG region. We have a great staff of Educators who are League of American Bicyclists certified League Cycling Instructors (LCI) who teach our classes.

<p><u>VENUES</u></p> <ul style="list-style-type: none"> ○ TOWNS ○ RECREATION DEPARTMENTS ○ BOYS AND GIRLS CLUB ○ PLACES OF WORK ○ SCHOOLS ○ ADULT EDUCATION CENTERS ○ BIKE SHOPS ○ BIKE CLUBS ○ FITNESS CLUBS ○ HOSPITALS 	<p><u>CLASSES FOR</u></p> <ul style="list-style-type: none"> ○ YOUTH ○ ADULT ○ SENIORS ○ WOMEN ○ STUDENTS ○ BEGINNERS ○ WORKPLACES ○ MOTORISTS ○ TOWN PLANNERS & ENGINEERS 	<p><u>CLASS CONTENT</u> →</p> <p>↓</p> <p>WILL INCLUDE A VARIETY OF MODULES THAT BEST FIT THE AUDIENCE AND TIME ALLOWED. SEE RIGHT FOR A SAMPLING OF MODULES.</p>	<ul style="list-style-type: none"> ○ CONFIDENT CYCLING PHILOSOPHY ○ HELMET USE AND FIT ○ BIKE HANDLING DRILLS ○ CYCLING SKILLS IN TRAFFIC ○ INTERSECTION AND ROADWAY POSITIONING ○ HAZARD AVOIDANCE ○ PRINCIPLES OF TRAFFIC LAW ○ CLOTHING AND NUTRITION ○ BASIC BIKE MAINTENANCE ○ FLAT TIRE REPAIR ○ BIKE SELECTION, USE OF GEARS, CADENCE AND POWER OUTPUT
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- To lay the groundwork for a state wide Bicycle Education Program that will eventually be administered by Bike Walk Connecticut (formally Central CT Bicycle Alliance).
- To promote safe bicycle use, on all CT roads and trails.
- To reduce bicycle injuries and fatalities in CT.
- To promote safe driving and road sharing by bicyclists and motorists.
- To increase the use of bicycles for pleasure, health, recreation, sport and utility.

FOR MORE INFORMATION GO TO THE CRCOG AND BIKE WALK CONNECTICUT WEB SITES: WE WILL BE UPDATING THESE WEBSITES DURING THE NEXT MONTH.

[HTTP://WWW.CRCOG.ORG/TRANSPORTATION/BICYCLE/BP_INDEX.HTML](http://www.crcog.org/transportation/bicycle/bp_index.html)
[HTTP://WWW.BIKEWALKCT.ORG](http://www.bikewalkct.org)

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