Agenda for Smart Cycling Class

OLLI Spring Semester, 2020

Part 1: April 21  Part 2: April 28

❖ Sign-in

❖ Welcome

❖ Introductory activity

❖ Who we are

❖ League “Need to Know”

❖ Bicycling Basics:
  o Choosing a bike
  o Fitting and adjusting a bike
  o Choosing and adjusting a bike seat
  o Parts of a bike

❖ Pre-ride check activity

❖ Fitting a helmet activity

❖ Equipment and clothing: the basics

❖ Optional equipment and clothing

❖ Bike maintenance: clean and lube your chain

❖ Parking and locking your bike

❖ Scanning and signaling activity

❖ Multi-use paths

❖ Bike handling basics

❖ Shifting

❖ Dropped Chain

❖ Changing a flat tire

❖ Q & A

*Agenda is subject to change based on time constraints.*
In case you were wondering...

Q: Is this the same class offered two different times?
A: No, this is one class that is broken up into two parts, one held each week.

Q: Who created and is putting on the OLLI Smart Cycling class?
A: The Smart Cycling class is sponsored by Chico Velo Cycling Club, Chico’s local bicycle advocacy organization, and features curriculum created by the experts at The League of American Bicyclists.

Q: What is the League of American Bicyclists?
A: It is one of the oldest bike advocacy groups in the U.S. The League represents bicyclists in the movement to create safer roads, stronger communities, and a Bicycle Friendly America. Through education, advocacy and promotion, they work to celebrate and preserve the freedom cycling brings to bicyclists everywhere.

Q: Who teaches Smart Cycling classes?
A: Smart Cycling classes are taught by League Cycling Instructors (LCIs).

Q: What is a League Cycling Instructor?
A: League Cycling Instructors (LCIs) are ambassadors for better biking through education. After earning certification through an intensive 3-day, League Coach-led seminar, LCIs teach Smart Cycling classes to children as well as adults. Their goal is to help people feel more secure about getting on a bike, to create a mindset that bikes are treated as a vehicle, and to ensure that people on bikes know how to ride safely and legally.

Q: Do I need to know how to ride a bike?
A: No, you do not. This class is for everybody, regardless of their skills on a bike.

Q: Do I need to bring a bike to the class?
A: No, but you may bring a helmet if you would like to get an individualized fitting.

Q: Will I be riding a bike?
A: No. There is an advanced portion of the Smart Cycling program that involves learning/practicing skills and road-riding, but the OLLI class will not be on-bike.

Q: Will I learn basic bike maintenance and flat-tire repair?
A: Yes.

Q: What will be the format of the class?
A: The class will include a PowerPoint presentation and lecture, hands-on activities with demonstration helmets and bikes, class discussion, and both individual and group activities.

Q: Will there be an on-bike class at some time in the future?
A: Possibly, if there is enough interest.