

SMART CYCLING: TRAFFIC SKILLS 101

This workshop is a program presented by the Kaw Valley Bicycle Club and the League of American Bicyclists. It will give cyclists the confidence they need to ride safely and legally in traffic or on the trail. The course covers bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques.

Recommended for adults and children above age fourteen, this fast-paced, six hour course prepares cyclists for a full understanding of vehicular cycling.

All participants must bring their bicycle and must have a helmet. All participants will be able to purchase a manual for \$8.

The workshop is a total of 6 hours held on two consecutive Saturday mornings.

DATE	DAY	TIME	LOCATION
April 25th And May 2nd	Saturday Saturday	9am-12 9am-12	Crestview Community Center Crestview Community Center

Price: \$25 \$20 Topeka resident

Sign-up at the Parks & Recreation of Topeka web site:

www.topeka.org/parksrec/pr_catalog.shtml CODE: 1-26-033-33 Or

620 SE Madison
Topeka, KS 66607