

Smart Cycling Classes in Springfield, MO

Join your local League Instructors to learn how to feel safe and confident on the road in any situation. Costs are \$20 per class, two for \$35, three for \$50 or all four for \$60.

All classes will be at South Street Christian Church, 500 South Ave. Springfield, MO 65806

Friday, April 14, 6:00 - 9:00 PM

Smart Cycling 1: Getting Familiar with your Bicycle: This class includes selection, size, and fit of your bicycle for comfortable riding; bicycle safety check and basic tools for neighborhood riding and basic bicycle maintenance; bicycle handling basics including starting, stopping, scanning, communication, gears, and gear selection; rules of the road for neighborhood streets and trails; clothing for comfortable bicycle riding, bicycle security, and a 15-minute ride on neighborhood streets.

Saturday, April 15, 8:00 - 11:00 AM

Smart Cycling 2: Learning to Ride on Streets: This class includes rules of the road, traffic laws, roadway positioning, intersection positioning, riding on trails, riding on sidewalks, group riding basics, the bicycle network in Springfield, commuting to work basics, crash hazards, and avoiding hazards in the roadway, and a 30-minute ride on streets.

Prerequisite: Smart Cycling 1 Getting familiar with your Bicycle or equivalent skill.

Friday, May 12, 6:00 - 9:00 PM

REPEAT Smart Cycling 2: Learning to Ride on Streets: This class includes rules of the road, traffic laws, roadway positioning, intersection positioning, riding on trails, riding on sidewalks, group riding basics, the bicycle network in Springfield, commuting to work basics, crash hazards, and avoiding hazards in the roadway, and a 30-minute ride on streets.

Prerequisite: Smart Cycling 1 Getting familiar with your Bicycle or equivalent skill.

Saturday, May 13, 8:00 - 11:00 AM

Smart Cycling 3: Increasing Comfort and Reducing Risk on Roadways: This class includes more discussion about group riding and distance riding, ride tools for the road for distance riding, changing a tire, discussion of wet weather and cold weather riding, quick stop, instant turn, and a 30-minute ride on streets encountering multiple conditions and hazards.

Prerequisite: Smart Cycling 2 Learning to Ride on Streets class or equivalent skill

Friday, June 2, 6:00 - 9:00 PM

REPEAT Smart Cycling 3: Increasing Comfort and Reducing Risk on Roadways: This class includes more discussion about group riding and distance riding, ride tools for the road for distance riding, changing a tire, discussion of wet weather and cold weather riding, quick stop, instant turn, and a 30-minute ride on streets encountering multiple conditions and hazards.

Prerequisite: Smart Cycling 2 Learning to Ride on Streets class or equivalent skill

Saturday, June 3, 8:00 - 11:00 AM

Smart Cycling 4: Smart Cycling with Groups: This class includes group riding courtesy and skills, traffic laws and rules of the road for group riding, riding abreast, drafting and pace lines, climbing and descending hills, and a one-hour ride on rural roads with hills. This class is recommended for anyone who leads or plans to lead group rides or is planning to participate in a large group event.

Prerequisite: Smart Cycling 3 Increasing Comfort and Reducing Risk on Roadways class

Bring your bike to all sessions as we will be spending time in the classroom and on our bikes. Bring lights and reflective gear Friday night as we will do a short night ride to test the visibility of a variety of equipment.

Smart Cycling 4 class will culminate in a Smart Cycling exam and those who pass the test after completing ALL sessions will be awarded a Smart Cycling certificate, which will allow you to enroll in a LCI Seminar to become a League Cycling Instructor, so you can teach similar classes.