

MEMORANDUM

TO: Mayor and Town Council

FROM: Jed Dube, Chair
Bicycle and Pedestrian Advisory Board

SUBJECT: Bicyclist Education Classes

DATE: April 30, 2004

At its April 27, 2004 meeting the Bicycle and Pedestrian Advisory Board members considered a proposed petition on the subject of Bicyclist Education Classes drafted by Board member Nick Lurie. (Please see attached petition). The Board resolved to endorse the petition and send it to the Town Council:

Vote: 9 – 0.

Aye: Jed Dube (Chair), Wayne Pein, Kate Millard, Heidi Perry,
Nicholas Lurie, Alice Neebe, Rich Killingsworth, Tim
Saunders and Tom Mills

MEMORANDUM

To: Town Council
From: Bicycle and Pedestrian Advisory Board
Date: February 24, 2004
RE: Bicycle Education Classes

Recommendation

The bicycle and pedestrian advisory board would like to request the council to ask the Parks and Recreation Department to explore the possibility of offering bicycle education classes and providing facilities for bicycle instructor training.

Background

Despite opportunities to expand greenways and other off-road facilities through recent bond funding, the town's street network will continue to be the primary facilities for cyclists. In order to safely increase bicycle usage in the town, it is important that cyclists (1) feel confident riding in traffic, and (2) feel comfortable using their bicycle to travel throughout the town. Bicycle education classes are an important way to achieve these goals and have been used by many localities as part of a comprehensive program to enhance bicycle usage. In the last several years, successful classes have been offered in Cary, Carrboro and Durham.

Classes

The League of American Bicyclists (LAB) has put together a series of bicycle education classes. (See Appendix A.) The most popular course, "Road I" (see Appendix B), could be regularly offered through Parks and Recreation. Other bike league courses (Road II, Commuting, Kids I and II) could be offered based on demand. A 4-hour lecture course could also be offered. See http://www.bicyclesolutions.com/classes_cyclist.html.

Cost

The estimated cost to the public of the nine-hour Road I course (based on a class size of 10) would be around \$40 including materials (a book and certificate). Instructor compensation for such a course would be around \$300. Publicity would be needed for this new course. Flyers (see Appendix C) in local bike shops, e-mails to local bicycle groups, notices in community newsletters, and on the Parks & Recreation website could be used to publicize the course.

Instructor Training

There are currently two LAB certified instructors in the area, Jeremy Raw and Bruce Rosar (see Appendix D), but they have limited availability. Increasing the pool of instructors in Chapel Hill would make it easier to offer courses on a regular basis. The LAB has received requests for, and is interested in offering, an instructor training course in Chapel Hill. The training seminars cost \$175 per person, and the Town may be interested in defraying some or all of the cost of enrollment for persons who will lead courses in Chapel Hill. Allowing the LAB to use Parks and Recreation classrooms for instructor training would also be helpful.

Appendix A

Bicycle Training Courses from the League of American Bicyclists

League of American Bicyclist Certified Instructors (LCI's) offer different courses to suit the needs of any and every group. From civic groups to college level credits, LCI's can offer the following courses for adults and children: Road I, Road II, Commuting, Motorist Ed, Kids I and Kids II. LCI's can offer shorter duration classes, on-bike skills, classroom instruction, bike rodeos and general safety consulting. For all audiences of all ages, League of American Bicyclists LCI's are insured for any material that they teach, in any setting.

Road I

This basic 9 hour course is a perfect primer for those cyclists who wish to gain a full understanding of how to safely operate a bicycle in a variety of situations. The class includes learning how to perform a bicycle safety check, fixing a flat, interactive discussion, on-bike skills practice and student manual. Students will gain confidence knowing that they are riding legally and safely. Crash avoidance techniques and crash types will be discussed. Recommended for adults and children above 14. *Topics presented in the Road I class are listed below.*

Road II

For more advanced students with an understanding of vehicular cycling principles, this 12 hour course includes fitness and physiology, training for longer rides, advanced mechanics, paceline skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals included with each class.

Commuting

For adult cyclists who wish to explore the possibility of commuting to work or school by bike. This three hour follow-up to Road I covers topics including route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting, reflection, and foul weather riding. Included with the class are handouts and student materials.

Motorist Education

A 3-hour classroom session, this course can be easily added to a driver's education curriculum, such as diversion training for reckless drivers or a course designed local bus drivers. Directed towards motorists in general, topics covered include roadway positioning of cyclists, traffic and hand signals, principles of right-of-way and left and right turn problems. Materials include Share the Road literature for bicyclists and motorists as well as other fact sheets.

Kids I

A short course designed for parents. Instructors help parents understand how to teach a child to ride a bike. Parents learn how to perform a bicycle safety check, helmet fitting and bike sizing. Includes 10-minute 'Kids Eye View' video and a brochure for parents.

Kids II

This 7-hour class for 5th and 6th graders covers the same topics as Road I, including on-bike skills as well as choosing safe routes for riding. *The North Carolina Department of Transportation Bicycle and Pedestrian division also developed a curriculum called "Basics of Bicycling" which covers the same topics and which is available to middle schools throughout North Carolina.*

Appendix B

Overview of topics discussed in the Road I class

- The Core Principle:
 - Bicyclists fare best when they act and are treated as drivers of vehicles.
- Safety
 - Mechanical Condition of the Bicycle
 - ABC Quick Check
 - Proper personal equipment for the rider
 - Gloves
 - Eyewear
 - Helmet
 - Danger avoidance maneuvers
 - Starting/Stopping
 - Looking Backward/Scanning
 - Rock Dodge
 - Instant Turn
 - Maximum Braking
 - Vehicle Operation
 - Road Positioning
 - Picking a lane position
 - Changing lane position
 - Making safe turns
 - Danger awareness
 - Understand the source of danger!
 - Dangers vary depending on
 - Rider strengths and limitations
 - Facility type and condition
 - Other road/facility users
 - Pick a riding strategy:
 - Prioritize dangers
 - Choose strategy and tactics that are appropriate
 - Danger reduction strategies
 - Riding in Traffic
 - Riding in Bike Lanes
 - Riding on Paths
 - Riding in bad circumstances
 - Night riding
 - Cold weather riding
 - Wet weather riding
- Comfort
 - Personal Comfort
 - Clothing
 - Bike Fit
 - Operating a Bicycle
 - Pedaling and Gearing
 - Carrying a load
 - Situations

- Making Peace with Traffic
- Choosing a good route
- Convenience
 - Bike Maintenance
 - Tools for the road
 - Flat tire repair
 - How to avoid flat tires
 - Basic brake adjustment
 - Road Strategies
 - Using shortcuts, passing traffic, etc.
 - Understanding tradeoffs
 - Biking to work (brief introduction)
 - Parking your bike
 - Showers, clothes, etc.
 - Managing a busy schedule
 - “Plan B”
 - (Bikes on) buses
- Security
 - Avoiding harassment
 - Avoiding bike theft
 - Avoiding personal crimes
- Health
 - Eating and drinking right
 - Bikes and fitness
 - Avoiding injuries (short and long term)

Appendix C

Sample Flyer/Course Description

Road 1 Bicycle Class

This League of American Bicyclists certification course gives you the skills you need to ride confidently in traffic and to use your bicycle to travel throughout town.

Skills you will learn in this nine-hour course include:

- Vehicle positioning
- Riding strategies
- Danger avoidance
- Commuting strategies

For this course, you will need a bicycle that fits you and is in good working order. This course assumes that you know how to ride a bicycle.

Cost (including book and certificate) \$40. Ages 14 and up. Those under age 16 should enroll with a parent or guardian.

Appendix D

Bicycle League Certified Instructors in the Chapel Hill Area

Jeremy Raw (#757-K-C), telephone 933-0214, e-mail: jraw@igc.org
Bruce Rosar (#319-C), e-mail brucewr@mindspring.com

Jeremy and Bruce have led training courses throughout the Triangle area.

Jeremy has been a bicycle commuter, recreational rider and tourist for many years; he currently lives in Chapel Hill and commutes daily by bicycle and bus to work in Downtown Durham.

Bruce is the former president of the North Carolina Bicycle Club and a current board member and commutes regularly by bicycle from his home in Cary to work in RTP.