

# League of American Bicyclists

Setting the National Standard  
in Bicycle Education Programs



 Founded in 1880 as the League of American Wheelmen

League of American Bicyclists  
1612 K Street, NW  
Suite 800  
Washington, DC 20006  
[www.bikeleague.org](http://www.bikeleague.org)

Visit [www.bikeleague.org](http://www.bikeleague.org) or call 202.822.1333 for more info

Yes! I am interested in taking  
one or more of the following  
**BikeEd** courses:

- Road I
- Road II
- Bicycle Commuting
- Motorist Education
- Instructor Certification Seminar
- Kids I
- Kids II

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Contact the instructor below for a  
course schedule or more information:

**Does** the thought of bicycling on the street make you nervous?

**Would** you like to learn techniques to teach your child to ride a bicycle safely?

**Are** you interested in learning to change a tire or other basics of bicycle maintenance?



**If you said “yes”** to any of these questions, then you should enroll in a League of American Bicyclists BikeEd course. Knowledgeable, certified instructors are available throughout the United States to teach you to be a safe and proficient cyclist. Whether you are a long-time commuter, an avid club rider, or haven't ridden in years, these fun

fact-filled courses are sure to increase your knowledge, skill and confidence.



### **Road I**

Develop your bicycle handling and traffic skills. Learn to ride safely in traffic and on multi-use trails, and to fix the most common mechanical problems.

### **Road II**

Build upon the cycling and mechanical skills learned in Road I.

### **Bicycle Commuting**

Learn tips and tricks for getting to work or running errands by bike.

### **Motorist Education**

Discover how a motor vehicle driver can share the road safely by learning to think like a cyclist.

### **Kids I**

Parents – learn to choose a bike, fit a helmet, and teach your child to ride.

### **Kids II**

Enroll your middle school aged child to learn the traffic rules and skills to bike safely on neighborhood streets.

### **Instructor Certification**

After building your own knowledge and experience base, become a certified BikeEd instructor to teach others to ride safely.

*Short presentations on any of these topics can also be arranged.*



*For more information, or to find a League Cycling Instructor in your area, visit [www.bikeleague.org](http://www.bikeleague.org)*