

# SMART CYCLING



## BICYCLE SAFELY AND CONFIDENTLY

Smart Cycling Course  
by League Certified Instructors



**The Smart Cycling** course covers basic, intermediate and advanced cycling tips and techniques for adult cyclists. The course is broken into two sessions and will include classroom instruction, on-bike training exercises, and a group ride. The practical knowledge and skills received will empower riders to bicycle safely and confidently on multi-use trails and city streets. **Participants will learn...**

- benefits of bicycling
- solutions to bicycling barriers
- riding and crash avoidance skills
- lane position and traffic laws
- how to fix a flat tire
- where to find bicycling resources
- group ride do's and don'ts
- proper helmet fit and use

**Date:** Monday, May 1, 2017 and  
Wednesday, May 3, 2017

**Time:** 6:30 p.m. to 8:00 p.m.

**Cost:** \$25 per participant

**Registration Required:**

Piqua Branch, 223 W. High Street  
(937) 773-9622

<http://www.miamicountyymca.net/>