



Bicycle Commuting Workshop (Traffic Skills – Commuter) Course Syllabus



The Bicycle Commuting Workshop (Traffic Skills – Commuter) is a course for adult cyclists who wish to explore the possibility of commuting to work or school by bike, as well as general utility and touring cycling. This three hour follow-up to Traffic Skills 101 covers topics including route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting, reflection, and foul weather riding. Traffic Skills 101 or a Street Skills class is strongly recommended (but not required) as a prerequisite to this workshop.

Section I	Time	Commuter Student Manual Pages	<i>Smart Cycling</i> Book pages	Test Questions
Classroom Session	3:00			
Benefits of Bicycle Commuting	0:10	2	9-12	16
Encouraging a Bike-Friendly Work Place	0:10	5, 6		17
Who Commutes?	0:05			25
Bike Selection & Setup for Commuting	0:20	3	19, 100-101	15, 18
Riding vs. Business Attire	0:15	4	103	
How to Carry Your Stuff	0:15	4	102	
Finding Time & Opportunity	0:05	8		
Review: Traffic Law & Safety	0:15	7	Chaps. 3-5	1, 2, 3, 4, 6, 7, 8, 9, 11,
Route Selection	0:10	3-4	104-110	
“Bail-out” Options	0:05	5		104
At the Office...	0:10	5	103	22
Bike Parking & Security	0:10	5	101	21
Cleaning Up at Work	0:10	5	103	
Dealing with Inclement Weather	0:10	7	95-96	13, 23, 24
Riding at Night/In the Dark	0:10	7		5, 19
Nutrition & Fitness	0:10	5	132-135	10
Bike Care/Roadside Fixes	0:10		73-82	12, 14, 20

ON THE BIKE...				
	Time	Commuter Student Manual Pages	<i>Smart Cycling</i> Book pages	Test Questions
OPTIONAL: Night Ride				
Night Riding Practice	1:00			
ABC Quick-Check Ride to Demo Area Headlights/Tail light Demo Reflectivity/Conspicuity Demo Return to start <i>(Alternative: Night riding & reflectivity video presentation)</i>				5 19
Written Test/correct				
Evaluation	:15			

Graduation/Certificates	:15		
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References:

- LAB, *Commuter Student Manual* (2008) (handout)
- Ed Pavelka, *Bicycle Commuting for Fun and Profit*. Kutztown, PA, RBR Publishing Co., www.roadbikerider.com (handout)
- Andy Clarke, *Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment*. Champagne, IL, Human Kinetics Press (2010)
- Robert Hurst. *The Art of Urban Cycling: Lessons from the Street*. Guilford, CT. The Globe Pequot Press (2004).
- Dave Glowacz, *Urban Bikers' Tips & Tricks: Low-Tech and No-Tech Ways to Find, Ride, & Keep a Bicycle*. Chicago, IL. Wordspace Press (2004).
- John S. Allen, *The Complete Book of Bicycle Commuting*, Emmaus, PA, Rodale Press (1981)
- Trudy E. Bell, *The Essential Bicycle Commuter*, Camden, ME, Ragged Mountain Press (1998)
- Richard A. Lovett, *The Essential Touring Cyclist: A Complete Course for the Bicycle Traveler*, Camden, ME, Ragged Mountain Press, (1997)
- Ed Pavelka, Ed., *Bicycling Magazine's Bicycle Commuting Made Easy*, Emmaus, PA, Rodale Press (1992)

All times depend on no one being late, and all sessions ending in a timely manner (including me).

Students should bring:

- Functional bicycle (No fixed-gear bikes, please... we'll show you why!)
- Bicycle helmet
- Water bottle, riding gloves, and sunglasses or eye protection (recommended)
- Something to write with
- Headlight, red tail light, and reflective gear for use on night ride

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