

The logo features a stylized grey swoosh that curves around the text. The text is in a bold, italicized sans-serif font.

League of American Bicyclists

www.bikeleague.org

- You must attend both sessions.
- Bring sack lunch both days.
- Bicycle, helmet, water for Saturday session only.

LEAGUE OF AMERICAN
BICYCLISTS PRESENTS
SMART CYCLING -

TRAFFIC SKILLS 101

Tuesday, April 13 5:00 PM-8:00 PM and
Saturday, April 17, 10:00 AM - 4:00 PM
Shadle Park Public Library 2111 W. Wellesley, Spokane, WA

Traffic Skills 101
is the LAB course for every adult
bicyclist. It is the national standard in
bicycle education.

Knowledge is power ~ and the confidence to ride
on city streets for transportation, fitness, and
fun.

- Traffic skills
- Bicycle handling
- Basic mechanical knowledge

Classroom + hands-on bike activities
including city center group road ride.

The League of American Bicyclists course will give you the power to understand how the bicycle fits into the transportation system, and how to predict, prevent and avoid the mistakes of drivers. The course covers both the art and the sport of cycling including traffic laws & principles, communication, handling skills, fitness riding, group riding, and the enjoyment of cycling for life.



*Course limit is 10 per session.
Register today!*

Registration

Name _____
Address _____
City _____ St _____ Zip _____
Phone: _____
Email: _____

*Cost: \$30 per adult; includes book
Students 15 and over with attending adult.*

*Return this form to:
Eileen Hyatt
714 West 17th Ave.
Spokane, WA 99203*

~ OR ~

To register by phone/email, or for additional
information: **509-747-3778**
SpokaneBikeBuddy@aol.com