

**Cycling Savvy is for you** if you agree with any of the following:



- **You want to be able to bicycle everywhere, locally & beyond, with comfort and confidence.**



- You know that bicycling is a healthy and environment friendly alternative to motoring.



- You want the longevity and higher quality of life that bicyclists enjoy.



- You will enjoy the course and becoming **Cycling Savvy**.



**Testimonials:**



- "This experiential form of training was perfect for adult learners. We weren't being lectured to. We weren't being given some meaningless test. We were part of the learning process and the success of each individual in the class was just as important to us as our own small victories." -- John Alexander



- "I learned useful techniques for handling my bike that I didn't know, and hadn't known that I didn't know. The instructors made it enjoyable, and made sure we were set up to feel safe and to succeed... The strategy sessions (on the Tour) analyzing the traffic patterns and different road features were fascinating. Actually riding in traffic through these road features was nothing short of a revelation. Riding my bike solo through traffic on a heavily traveled section ... while the rest of the class watched, was amazing. And empowering." -- Diana Steele



- "The ride (Tour) was awesome. Downtown on a Saturday was so relaxing—I can't wait to get out for a nice family ride! We covered some great exercises, including passing a highway on-ramp and crossing diagonal railroad tracks; these are things that I don't normally experience on my ride, but would hate to be caught off-guard by with no knowledge of how to respond." -- Angie Ross



# How to become a Savvy Cyclist:

## Part 1:

The truth & technique of traffic cycling,

**Date & Time TBD,**

Location in McHenry County.

## Part 2:

Train your bike!

**Date & Time TBD,**

Location in McHenry County.

## Part 3:

Tour of local roads,

**Date & Time TBD,**

Location in McHenry County.

Please let us know

Your interest:

On our website

[www.McBicycleAdvocates.org](http://www.McBicycleAdvocates.org)

"Click Here For The Cycling Savvy and Commuter Route Consulting"

Fill in the form and we will let you know when the next class takes place.

On Facebook "like" McHenry County Bicycle Advocates for updates.



Do you want to go more places on your bicycle? Wish you had another choice for errands besides burning more gasoline?

**You can & you do!**

*Become a savvy cyclist!*

Learn how with us:



[www.McBicycleAdvocates.org](http://www.McBicycleAdvocates.org)

&

*Cycling Savvy*  
EMPOWERMENT FOR UNLIMITED TRAVEL  
**CyclingSavvy.org**

*Ride the Road with Confidence...  
Become a Savvy Cyclist!*

**The Cycling Savvy Course:**

**1) The truth & techniques of traffic cycling (3 hrs):** Through guided discussion with video and animation, this session familiarizes students with bicycle-specific laws, traffic dynamics and problem-solving strategies. Students discover that bicycle drivers are equal road users, with the right and ability to control their space.

**Discover that bicycling is very safe and that with a few simple techniques, you can make your own cycling virtually conflict-free.**

**2) Train your bike! (3 hrs):** This session is conducted in a parking lot. It consists of a set of progressive drills designed to increase students' control and comfort handling their bikes in various situations. Skills include:

- Start/Stop, Power Pedal & Balance Stop
- Snail Race, Slow-Speed Balance
- Drag-race, Gears & Acceleration
- Ride straight, One-handed
- Shoulder Check
- Object-avoidance Handling
- Turning: Slow-speed Tight Turns, High Speed cornering and Emergency Snap-Turn
- Emergency Braking

**Learn how to handle your bike with precision and confidence.**



**3) Tour of Crystal Lake (3.5 hrs):**

This session is an experiential tour of area roads. The course includes some of the most intimidating road features (intersections, interchanges, merges, etc.) a cyclist might find in his/her travels. The students travel as a group, stopping to survey and discuss each exercise location. After observing the feature, discussing the traffic dynamics and the best strategy for safe and easy passage, the students ride through individually and regroup at a nearby location.

**This session is designed to give you the confidence and skills to handle any situation you might encounter.**



**We will show you simple strategies to eliminate obstacles and ride with ease and confidence in places you might never have thought possible.**



*Register by mail:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

email (optional): \_\_\_\_\_

Brief description of your cycling experience: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mail to: Todd Nelson  
P.O. Box 243  
Cary, IL 60013

**Postmark by - - - for classroom seat confirmation.**

For online registration, go to [www.McBicycleAdvocates.org](http://www.McBicycleAdvocates.org) for a link to the registration and payment pages or go directly to

Questions? Call Todd at (847)337-3878

