

Bike Well for Life

League of American Bicyclists Certified Bicycle Education Programs
343 Westmoreland Drive, Richland, WA 99354 / ph 509.591.0430

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

Would you like to learn proper techniques to maximize your cycling enjoyment and performance?

Are you interested in learning how to adjust a derailleur and many other “tricks of the trade” of bicycle maintenance?

If you said “yes” to any of these questions, then you should sign up for a League of American Bicyclists BikeEd course offered by Certified Instructor Damion Miller. Whether you are a long-time commuter, an avid club rider, or haven't ridden in years, these fun fact-filled courses are guaranteed to increase your knowledge, skill, cycling performance, and riding confidence for “recreation, transportation, and transformation”. Effective Cycling has been proven in case study to **reduce accidents and injuries to cyclists by 85%**.

Effective Cycling / ROAD I (age 16 years and older)

Develop and improve your bicycle handling and hazard avoidance skills in this 9-hour interactive BikeEd program. Includes: helmet fitting; bicycle safety inspection; proper biomechanics; review of the most common adult bicycle crashes; on bike hazard avoidance skills training; on road riding through various traffic and road conditions; written test; culminating in Road I Certification.

Fee: \$150. Bring a road worthy bike and helmet.

KIDS I (Parents w/ children age 10 or younger)

KIDS II (Parents w/ children age 11 or older)

Designed to make parents the best bicycle safety instructor for their children. One hour interactive BikeEd program includes: helmet fitting; bicycle safety inspection; proper biomechanics; review of the most common child bicycle crashes; and on bike hazard avoidance skills training.

Fee: \$30 per family. Bring your bike/s and helmet/s.

PARK TOOL SCHOOL BICYCLE MECHANICS CLASS

Designed for all cyclists who want to learn proper techniques to save money and time performing routine maintenance and repairs on their own bicycle/s. This 12-hour BikeEd program gives cyclists the opportunity to learn and work on their own bike/s while being supervised by a League Certified Instructor. Participants will have access to Park Tools while receiving hands on instruction regarding proper tool selection and preventative maintenance as well as: tire and tube installation; gear adjustments; brake adjustments; wheel truing; bearing maintenance on bottom brackets, head sets and hubs, and much more.

Fee: \$225 and includes the Park Big Blue Book Student Manual. Bring your bike.

For more information or to pre-register send email to damionjmillier@msn.com or call Damion at **509.591.0430**.