



# Bike Education Evening Talks

By Al Lauland



**SATURDAY:** Safe cycling basics including helmet fit, hand signals, riding in a group, dealing with dogs, crossing railroad tracks, hydration/fueling, basic efficient riding, how to fix a flat;, information for kids.

**SUNDAY:** Efficient cycling: How to properly shift and use your gears, brakes. Properly adjusting your bike fit.

**MONDAY:** Bike maintenance basics: How to adjust your bike. Emergency road/trail-side repairs.

**TUESDAY:** Common reasons for crashes and how to avoid them.

**WEDNESDAY:** Self-contained touring.

**THURSDAY:** *Enjoy the Ride* video from the League of American Bicyclists.

