

Course Content

Each class will begin with the introduction and instruction of a specific biking skill, tip, or maintenance procedure. The majority of class time will be spent riding around McMinnville. During this time you will be able to apply the skills we have covered at the beginning of class. On occasion, the beginning of a course session may be used to evaluate a certain skill and target possible areas for improvement.

Course Format

Class will meet Tuesdays and Thursdays from 4 pm - 6 pm. During the first 15-20 minutes of class we will cover a specific skill or maintenance tip. We will then ride around McMinnville to provide opportunities to practice skills and enjoy an exciting, fun, aerobic experience. Rides of different lengths and difficulties will be available to accommodate varying skill levels (please note that some more advanced rides may run over the allotted class time of 2 hrs.). Upon completion of the ride a **check-in sheet MUST BE SIGNED** by each student to let the instructor know that you have made it back safely. Failure to sign the check-in sheet will result in lack of credit for that class meeting.

In class and during rides, you will be introduced to many safety principles and laws. **YOU ARE SOLELY RESPONSIBLE FOR YOUR OWN SAFETY DURING ALL ACTIVITIES RELATED TO THIS COURSE.** Bicyclists riding on the street are subject to the same laws as cars. Flagrant violations of traffic laws during class rides may result in immediate failure of the class.

Essential Equipment

You'll need to furnish your own bicycle and helmet. A properly fitted helmet must be worn at ALL times. You must carry an extra tube and patch kit with a working pump on all rides. One water bottle is required.

If you are not sure of the mechanical condition of your bike, have it checked by a reputable bicycle shop.

Although "bike clothing" is not required, synthetic clothing is recommended. Stiff-soled, laced shoes are required. No exposed toes.

Evaluation

Attendance Policy: Students are allowed one unexcused absence. Absences can be made-up at the discretion of the instructor.

Attendance	50 pts.
Biking Skills Checklist	30 pts.
Cycling Event Participation	20 pts.
Total	100pts