



SMART CYCLING QUICK GUIDE



THE LEAGUE OF AMERICAN BICYCLISTS

is the nation's oldest bicycle advocacy organization, leading the movement to create a Bicycle Friendly America for everyone. We believe that, when more people ride bikes, life is better for everyone. Our three areas of focus, PEOPLE, PLACES and POLICY, all support this belief. The League is bringing together the most passionate, action-oriented people to lead the movement.

www.bikeleague.org

OUR SMART CYCLING curriculum provides the tips, skills and strategies to be safe, confident and comfortable riding a bike. Our program also trains and certifies instructors to be effective teachers of the Smart Cycling curriculum.

www.bikeleague.org/ridesmart

THE LEAGUE'S SMART CYCLING program has been the trusted source of bicycle education in communities nationwide for more than three decades. With more than 3,500 certified instructors across the country, Smart Cycling provides bike safety and handling skills for all levels, from beginning to advanced bicyclists.

SMART CYCLING QUICK GUIDE

Our new Quick Guide is a full-color, 24-page, pocket-sized booklet that provides basic bike education for the beginning and intermediate bicyclist. Its convenient size and engaging illustrations make it easy to understand — and share with others.

Are you looking for ways to promote your current education program or add to your student materials? Are you a bicycle or outdoor retailer, interested in giving your customers the basics on bicycling? This guide is a perfect resource.

Content includes:

- » ABC Quick Check
- » What to Wear
- » Fitting a Helmet
- » Rules of the Road
- » Navigating Intersections
- » Principles of Traffic Law
- » Sharing the Trail
- » Riding on Sidewalks
- » And more...

Preview the full guide:
www.bikeleague.org/quickguide

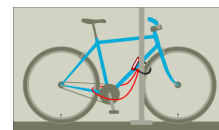
PURCHASE OPTIONS

Because the League is committed to sharing safe cycling knowledge, our Quick Guides are offered at near-cost to our members and partners.

We also provide co-branding options for orders above 2,500. For just a small additional cost, your full-color logo and organization / company website will be added to the outside, back cover.

Place your order at
www.bikeleague.org/quickguide

Questions? Education@bikeleague.org

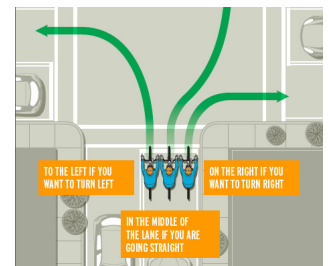


LOCKING YOUR BIKE



SHARING THE TRAIL

- » Be courteous.
- » Know the rules of the trail you are riding.
- » Give a clear signal when passing either by using a bell or your voice.
- » The most dangerous part of a trail is usually where another trail or road crosses, so be cautious and yield to any crossing traffic.
- » Always be predictable by riding in a straight line and warn others when you are turning, slowing, stopping or stopping.
- » If you are riding while it is dark, be sure to use lights.
- » When riding with others, stay on your side of the trail.



TO THE LEFT IF YOU WANT TO TURN LEFT

ON THE RIGHT IF YOU WANT TO TURN RIGHT

IN THE MIDDLE OF THE LANE IF YOU ARE GOING STRAIGHT



TURNING LEFT

SLOWING OR STOPPING

TURNING RIGHT (TRAFFIC)

TURNING RIGHT

Bulk #	Cost
50	\$50
100	\$100
250	\$250
500	\$485
1,000	\$920
2,500	\$2,200
8,000	\$6,560

Co-branded #	Cost
2,500	\$4,200
4,000	\$6,385
5,000	\$7,635