



CyclingSavvy

EMPOWERMENT FOR UNLIMITED TRAVEL

A program of the American Bicycling Education Association | P.O. Box 2466, Orlando, FL 32802 | 321-209-5260 | abea.bike



Essential Skills & Knowledge

The CyclingSavvy education program uses innovative and modern teaching techniques to effectively change the beliefs and behaviors of cyclists. After completing the 3-part workshop, cyclists will have internalized 5 critical truths for empowered cycling:

1. **Knowledge of the Law:** Cyclists have a right & responsibility to the road.
2. **Knowledge of Bicycle Safety:** Cycling is inherently a safe activity and cyclists have the power to minimize over 90% of common crash situations.
3. **Knowledge of Traffic Cycling Problem Solving:** Identify common situations and problem areas so that cyclists have the understanding on how to handle and prevent conflict.
4. **Bike Handling Skills:** 41% of bicycle crashes occur from poor bicycle handling skills.
5. **Traffic Cycling Skills:** Experiential tour of intersections and interchanges provides confidence to cyclists and reinforces sense of belonging and right to the road.

We must change beliefs to change behavior.

Teaching traffic cycling is primarily a battle against cultural myths. Myth-busting requires more than mere “information” or “facts.” It is a social phenomenon that requires a social approach. To that end, six key underlying principles guide the course:

- **Reframing:** Bicycling must be reframed from a dangerous activity to an essentially safe one. How crash data is presented is as important as the data itself. We present crash data by how the bicyclist can prevent the crash, regardless of legal fault.



- **Engagement:** Students are guided to discover for themselves why cycling is safe. When students themselves identify an essential fact it carries far more weight.
- **First Things First:** Essential skills must be second nature before cyclists can comfortably interact with complex traffic conditions. Even “experienced” cyclists are lacking in some of these skills.
- **Vicarious Modeling:** Before people will try something that challenges their fears, they need to believe they will be able to do it and that the results will be worth the effort. In the classroom, we introduce challenging scenarios with point-of-view video demonstrating the ease and rewards of successful behavior.



Success is a terrific motivator! By setting our students up for success through an advancing progression of drills and exercises, we build their enthusiasm to master increasingly intimidating road features. In the end, they have the “Rosetta Stone” for dealing with any kind of traffic situation they might encounter.

- **Progression:** Each step must be reasonably achievable to the novice cyclist. A cycling course cannot “throw students into the deep end of the pool.” Success can only be built upon success.
- **Enactment:** Students put their new skills and knowledge into practice individually through traffic conditions and intersections of increasing complexity. After each section they naturally reinforce for one another the positive and successful experience. This final public “enacting” of the new approach is the nail in the coffin of the old “cycling is dangerous” myth for them.

might encounter, from narrow 2-lane roads to massive, high-speed interchanges. Other cycling topics, such as bike fit and mechanical skills, can be learned via the web, books, or local bike shops. Traffic cycling absolutely requires the social and experiential aspects only found through face-to-face and real-world instruction.

How CyclingSavvy is different from other cycling education programs.

CyclingSavvy focuses on bike handling and traffic skills. Fear of cycling in traffic is the greatest hindrance to successful cycling behavior and bicycle transportation. CyclingSavvy was designed to help students overcome fear and give them a toolset for any traffic situation they

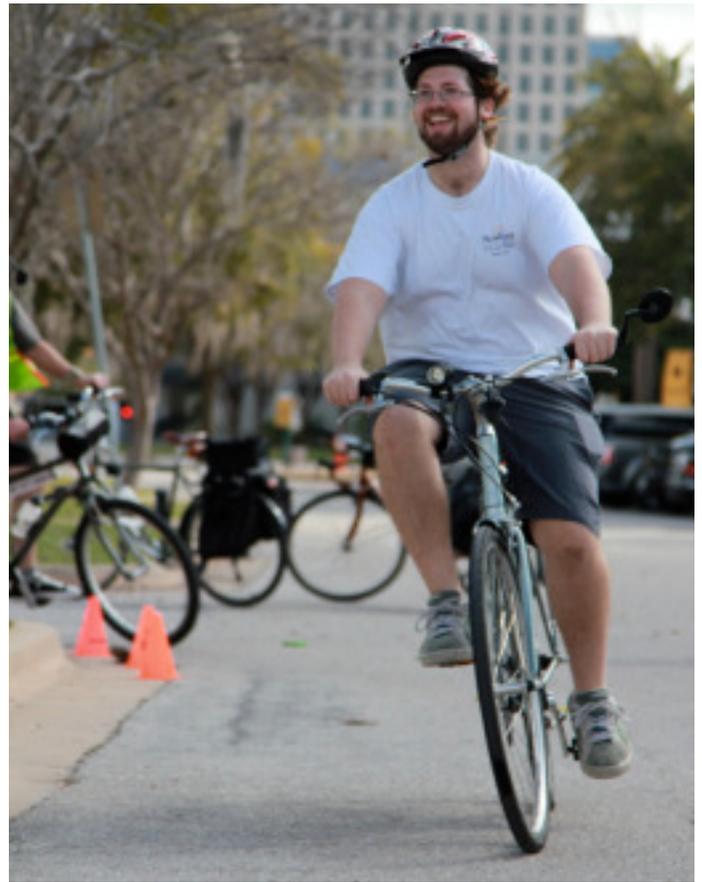
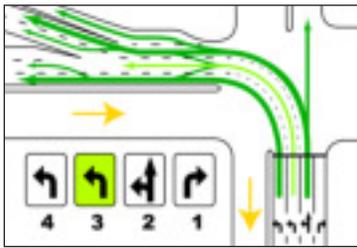


While CyclingSavvy inevitably teaches some of the same essential traffic cycling principles and skills as other cycling courses—such as those offered by the League of American Bicyclists, Law Enforcement Bicycle Association, International Police Mountain Bike Association, CANbike and Bikability UK—it is not based on any existing curriculum. Nor is it based on the original Effective Cycling course (from which the League’s TS101 was derived). CyclingSavvy was built entirely from the ground up. It is built upon an understanding of the needs of adult learners and the challenges of changing behavior that is strongly rooted in our traffic culture. Much of the content in the CyclingSavvy curriculum is completely original. Traditional content is framed and delivered in unique ways to maximize the learning process.

Three-Part Workshop

The weekend workshop is divided into 3 distinct components. Each component may be taken à la carte, but we recommend students take all 3 components in one weekend.

- **Truth and Techniques of Traffic Cycling:** (Classroom/3 hours)
Guided discussion with video and animation, designed to familiarize participants with bicycle-specific laws, traffic dynamics and strategies that make bicycling easier and more enjoyable.
- **Train Your Bike:** (Parking lot drills/3 hours)
Progressive drills designed to increase students' control of their bikes in various situations.
- **Tour of Your City:** (On-road/3.5 hours) An experiential tour of area roads. The route includes some of the most intimidating road features (intersections, interchanges, merging, etc.) a cyclist might find in his or her travels. Traveling as a group, the participants stop to survey and discuss each exercise location. After observing the feature, the group discusses traffic dynamics and the best strategy for easy passage. Each cyclist then rides through individually and regroups at a nearby location. *The classroom and bike handling sessions must be taken as a prerequisite for this session.*



Students build success upon success in a progression of bike handling drills.



During the road tour, students observe and identify patterns in traffic flow that are influenced by signal timing and down-stream destinations.



Our students are our best promoters!

The combination of “ah ha” moments and the fun social setting of the class is an experience that inspires our students to encourage friends and family members to take a CyclingSavvy class. Many students describe the course as life-changing.

I wish I'd taken it sooner

“Taking the CyclingSavvy class was most helpful for me as I learned Safety, Freedom and Fun. I had not ridden a bike in over 20 years and I also feared the Dallas traffic. Getting hands-on practice and learning necessary techniques when sharing the road with vehicles gave me the confidence to start riding my bike. Now I can leave my vehicle parked at home and ride my bike anywhere I want. The instructors are very experienced, patient and dedicate enough time to students to make sure they feel comfortable with their own bike and with the road. I highly recommend the class, wish I'd taken it sooner and thank the CyclingSavvy instructors.”

— Carlos (Dallas, TX)

I am no road warrior

“My previous interpretation of “vehicular cycling” had made me feel like I had to fight for my right to space on the road, and the constant conflict was stressful and demoralizing. CyclingSavvy showed me how to read traffic patterns, how to ride confidently and let other road users clearly know my intentions, and how to gracefully integrate myself as part of the flow of traffic. What a difference! I have gradually expanded my cycling forays, and it just gets easier and more enjoyable. The skills I learned in the CyclingSavvy course will be useful to me wherever I go, and I will be forever grateful.”

— Diana (Orlando, FL)



“It’s made me a better cyclist... and a better driver.”

Harold W. Barley

Executive Director, MetroPlan Orlando

A truly empowering experience

“The effective classroom session provides students with the right information and motivation to take on the ‘big roads.’ A classmate and I changed our habits that very evening on our ride home. And I started thinking and riding differently and more safely on my commute. The accompanying tour was just as great. There are roads I wouldn’t dream of driving because they can be a traffic nightmare, but I will ride them on my bike. I believe everyone who gets around on two wheels and their own power can benefit from the class. It will open your eyes and challenge your assumptions about bicycling.”

— Mark (St. Louis, MO)

Common sense made visible

“CyclingSavvy needs to be incorporated into every cyclist’s psyche when riding their bicycle in today’s world. As a society, we have forgotten to be courteous on our road ways. CyclingSavvy is common sense made visible. Experiencing the entire course, with wonderfully knowledgeable instructors, has made me feel more confident on the road. All cyclists and new bike owners would find greater pleasure in knowing we can “share-the-road” with motorists and get to our destinations with less stress. CyclingSavvy has the potential to reclaim a good name for almost every cyclist.”

— Dorothy (Dallas, TX)



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Making a difference in people’s lives by empowering them to use their bicycles to go anywhere they want, safely and confidently.

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