Smart Cycling Workshop
Campus Recreation Center, Lowell, MA
Friday April 14, 2017, 1 - 4 p.m.

DESCRIPTION: Hosted by League of American Bicyclists Cycling Instructors, this half day course will cover variety of topics including bike safety practices, communication, basic traffic skills, and maintenance checks. This class includes classroom time as well as on bike skills drills and a short group ride through Lowell.

COST: Free for UMass Lowell Students/Faculty/Staff, $20 General Public

INCLUDED IN COST:
- Smart Cycling Quick Gide
- Freewheelers Bicycle and Helmet Rental if needed
- Instruction

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Low to Medium: course includes approximately 1-2 hours of light biking (2-3 miles) and standing

INSTRUCTORS: Kevin Soleil – Kevin_Soleil@uml.edu
Bryce Hoffman – Bryce_Hoffman@uml.edu

TENTATIVE ITINERARY: Due to the nature of classes and workshops, itineraries are subject to change.

- Friday:
  - 12:45 p.m. Arrive at the Rec Center, bring bikes to the meeting room, complete paperwork
  - 1:00 p.m. Course Starts in the Recreation Center Meeting Room
  - 2:00 p.m. Parking lot drills gear shifting, rock dodge, scan signal turn, quick stop
  - 3:00 p.m. Short Group Ride
  - 4:00 p.m. Dismiss

PACKING LIST: The items on this list are HIGHLY recommended. Current temperatures and personal preference should be considered. Please contact us if you have any questions or have trouble acquiring any of the items on the list. A (*) denotes items that can be provided for you at no additional charge.

☐ A Reliable, Functioning Bicycle*
☐ Helmet*
☐ Biking Shoes: Athletic closed toe shoes
☐ Appropriate clothing including Rain Jacket – check weather for conditions
☐ Paperwork – Campus Recreation waiver, Freewheelers Waiver and Registration (UML Only)
☐ Day Bag – Fits snacks, water, extra clothes etc.
☐ Snacks – *bring plenty of snacks to stay fueled!*
☐ Personal medications: inhaler, epinephrine, etc.
☐ *1 water bottle

For further questions or information, please contact us:
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