

South Dakota Bicycle Coalition

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State Bike Coalition Offers On-the-Bike Skills Training

For Immediate Release - (Sioux Falls, SD - Thursday, May 6)

Putting more bicyclists safely on the road. That's one goal of the South Dakota Bicycle Coalition, which will be furthered by a League of American Bicyclists (LAB) training course next week in Sioux Falls.

Michael Christensen - SDBC board member, League Cycling Instructor, bicycle commuter and Sioux Falls bicycle advocate - and fellow SDBC board member and LCI Jim Books, Rapid City, will lead a Traffic Skills 101 (TS101) course in Sioux Falls, May 14-15.

Steve Clark is also assisting in leading the program. Clark is the program manager for Bike Walk Twin Cities in Minneapolis, MN. He also recently spoke at the Plain Green Conference in Sioux Falls at the end of April.

Christensen led a TS101 course last month in Sioux Falls. Course graduate Nancy Cutshall, Parish Nurse in Sioux Falls, said even with her 45 years of bicycle experience, she was surprised by how much she learned.

Cutshall said, "It really has made me more confident in riding in the very busy streets of Sioux Falls, anticipating traffic and taking the lane for my safety. I have been biking for over 45 years and I was surprised on how much I learned and how much confidence I gained managing the streets in Sioux Falls and other areas."

TS101 is an introductory level course offered through League Cycling Instructors with the League of American Bicyclists.

According to the LAB website, the TS101 course gives cyclists the confidence they need to ride safely and legally in traffic or on the trail.

The course covers bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques and includes a student manual. Recommended for adults and children above age fourteen, this fast-paced, nine-hour course prepares cyclists for a full understanding of vehicular cycling.

To register contact Michael Christensen (605) 929-1199 or by email mytzpyk@gmail.com.

Event Specifics:

The South Dakota Bicycle Coalition presents League of American Bicyclists Traffic Skills 101

Friday, May 14 5:30 to 9pm; and Saturday, May 15 9am to 4pm

The Outdoor Campus, 49th & Oxbow, Sioux Falls, SD

To register contact Michael Christensen (605) 929-1199, mytzpyk@gmail.com

For further information:

Michael Christensen, instructor - (605) 929-1199

Jim Books, instructor - (605) 359-5672

Online - <http://www.bikeleague.org/programs/education/courses.php>