

**Traffic Skills 101**  
**April 27, 2013**  
**281 N. College Ave.**

Instructors:

*Nancy Nichols, LCI #2578, nnichols@fcgov.com, 970-416-2357*

*Kim Sharpe, LCI #3900, kbccom@comcast.net*

8:30-8:45 – Welcome and Introductions (coffee, juice and pastries provided)

8:45-10:30 – Classroom Session: All About Bikes and Traffic Skills

10:30-10:45 – Break

10:45-12:30 – Outdoor Practice

- 1) ABC Quick Check, Helmet Check
- 2) Parking Lot Drills (Basic Handling Skills and Hazard Avoidance)

12:30-1:00 – Lunch (free, courtesy of FCCC) and FCCC Ride Leaders Presentation

- 1) Ride Participant, Ride Organizer, and Ride Starter Responsibilities
- 2) Creating Show and Go and Weekend Specials
- 3) Planning a Route and using FCCC's Proposed Ride Form
- 4) Conducting a Pre-Ride Briefing

1:00-1:30 – Review Open-book Written Exam

1:30-3:30 – Get Outside Again, Ride 8- to 10-mile Loop on City Streets

3:30-4:00 – Evaluations and Wrap-up

