

Smart Cycling Training

Do you want to ride your bicycle safely in traffic? Or teach your child to ride safely to school and parks?

Take the Smart Cycling training offered by the Valley Transportation Authority (VTA) and Santa Clara County Public Health Department. 5 in-class Smart Cycling trainings and 3 on-bike sessions are available in April, May, and June 2018.

Sign-Up at www.vta.org/lcitraining



photo credit: Sergio Ruiz

Cost: FREE

Requirements:

4 hours of classroom instruction (Part 1) and 5 hours of on-bike instruction (Part 2). You may take just Part 1 by itself, but to take Part 2 you must first complete Part 1. You must bring your bicycle and know how to ride it for Part 2.

**All participants must be high school age or older.*



Smart Cycling Training



WHY PARTICIPATE?

- Gain confidence and feel more secure when riding a bicycle on city streets.
- Support your local Safe Routes to School Program.
- Understand how traffic laws apply to bicyclists.
- Learn how to teach safe cycling to your own children and others.
- Learn skills that will help bicyclists and car drivers safely share our roadways
- Improve your health, and protect our environment through bicycling!

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This training is brought to you by 1996 Measure B.

Santa Clara County
PUBLIC HEALTH

