

Bringing up Bicyclists



Bicycling is a fun and healthy means of transportation. Powering themselves

The simple route to safe and fun family bicycling for parents of children up to age 10

to school is a source of great self-esteem for children, and they arrive wide-awake and ready to learn. Many parents would like their families to do more bicycling, but are unsure of their children's skills and their own abilities to teach them properly. Children are not just small adults; there are differences in their physical and cognitive development that affect their ability to make traffic-related decisions. This class teaches parents what they need to know to develop and judge their children's skills.

The course covers:

- the differences between children and adults when cycling
- the basic requirements for parents to help their children ride safely
- the mistakes children make when bicycling
- the basic skills that need to be taught
- how to evaluate a child's skills and encourage proper development

The class is for parents, not for children. Please do not bring your children.

Dates:	Wednesday, Oct. 1	Thursday, Oct. 2	Monday, Oct. 6
Times:	7:00 – 8:30 PM	7:00 – 8:30 PM	7:00 – 8:30 PM
Locations:	Palo Verde Elementary School Multipurpose Room	Barron Park Elementary School Multipurpose Room	El Carmelo Elementary School Multipurpose Room
Admission:	Free, sponsored by Palo Verde PTA and Fairmeadow PTA	Free, sponsored by Barron Park PTA	Free, sponsored by El Carmelo PTA

The classes are open to parents from any Palo Alto school.

The class is taught by Richard Swent, a League of American Bicyclists Certified Instructor and former chair of the Palo Alto PTA Council Traffic Safety Committee. He is a parent of two teenagers, and has been bicycling for fun and transportation in the Palo Alto area for 30 years.



For more information, contact Lynn Drake (Palo Verde): lynndrake2004@yahoo.com, (650) 856-4891, Elisabeth Bonnet (Barron Park): elinic@sbcglobal.net, Carrie Manley (El Carmelo) (650) 321-8971 (h) (650) 269-6656 (c) or Richard Swent: BikeClass@swent.net, (650) 493-7979 Also see: <http://bikeclass.swent.net> and <http://www.bikeleague.org>

