

Office Hours: I arrive on campus at 10:15 a.m. on Monday, Wednesday, and Friday. On Tuesday and Thursday, I arrive on campus at 9 a.m. I am usually on campus until 4 p.m. Please come visit any time I am not teaching or in a meeting. You may wish to call to make sure I'm in my office before you come. I have classes on MW at 8, 1, and 2-3:15. On TTH I am in class at 9:30 and 12:30. On Friday I am in class at 8 and 1. You are welcome to come any time, or, if you prefer, you may make an appointment to see me.

email: penglan@emory.edu or type Penny England for LearnLink.

Course Objectives:

1. learn and practice basic on-the-road bike repair
2. learn and practice basic riding techniques
3. learn and practice safe individual and group riding principles

Class activities may include vigorous exercise. If there is any medical condition which would cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, you should have your physician FAX (770/784-4677) a letter stating the nature of your limitation(s) and recommendations for physical activities you can use to achieve the objectives of this course as listed above.

Overview:

Each person comes to this class with differing backgrounds in cycling. Some have had much more experience than others. Some have had little experience other than riding as a child. This class is designed for the person who has had very little experience in cycling. We will ride only on paved, low traffic streets in the Oxford city limits. Those who are experienced riders will be expected to help less experienced riders improve and create a positive, safe learning atmosphere for all students.

Text: Ed Pavelka (editor), New Cyclist Handbook

Class Participation: You are expected to contribute/participate fully in each class period and to come to class prepared (bike in ready-to-ride condition, clothed for the weather conditions, water in water bottle, helmet on and properly fitted, vest on. If you do not feel well enough to ride you should attend class prepared to take notes on an article I will provide. Turn those notes in at the end of class that day. If you miss more than two classes FOR ANY REASON (including sickness, religious holidays, doctor/lawyer appointments) **fifty points per overcut will be deducted from your final grade.** THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS EXCEPT UNDER VERY UNUSUAL CIRCUMSTANCES. If you experience unusual circumstances you must speak with me in a timely manner (within the week) in order for exceptions to be made in this policy. If you arrive after roll is called, see me AT THE END OF THAT CLASS to initiate a change in your recorded absence. Three lates equal one absence.

EMORY UNIVERSITY



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Grading:

Written work

200 points Two Written Tests

Practical work

800 points Riding and bike repair

1. 500 points—you lose 50 points every time you do not ride. You may also lose points for unsafe or inconsiderate riding
2. 200 points--bike repair demonstration
3. 100 points—riding skills test

Extra credit points: Points may be added to your final grade for consistent outstanding demonstration of riding safety and concern for other riders and vehicles

Fifty points will be added to your final grade if you miss NO classes.

Grading Scale A=>899 points; B=800-899; C=700-799; D=600-699

The Honor Code is based on the fundamental expectation that every person in Oxford College will conduct his or her life according to the dictates of the Honor Code and will refuse to tolerate actions in others which would violate the Honor Code. I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a skills test or a written test for this class you are under the dictates of the Honor Code.

Cycling/MW Calendar--England

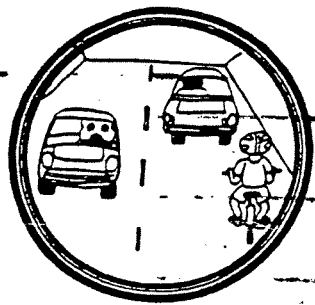
Dates	Class Activity
JANUARY, 2001 (calendar may alter due to weather)	
Monday, 29	ride
Wednesday, 31	ride
FEBRUARY	
Monday, 5	Al: bike adjustments
Wednesday, 7	Al: bike adjustments
Monday, 12	practice drills
Wednesday, 14	ride
Monday, 19	ride
Wednesday, 21	ride
Monday, 26	ride
Wednesday, 28	midterm review
MARCH	
Monday, 5	Midterm Written Test: Anatomy of a Bike, Glossary, Chapters 4,5,6,21,22
Wednesday, 7	ride
Monday-Friday, 12-16 SPRING BREAK	rest and relaxation
Monday, 19	Skills testing begins: riding test
Wednesday, 21	ride
Monday, 26	ride
Wednesday, 28	ride
APRIL	ride
Monday, 2	ride
Wednesday, 4	ride
Monday, 9	ride
Wednesday, 11	ride
Monday, 16	ride
Wednesday, 18	review for final
Monday, 23	Final written test: Chapters 7,8,10,12,13,14
Wednesday, 25	class evaluation/ride
Monday, 30	ride
MAY	
Wednesday, 2	Reading Day

Thoughtful drivers think of cyclists

Remind adults to share the road with cyclists. Bikes have a legal right to the road and should be treated like other vehicles.



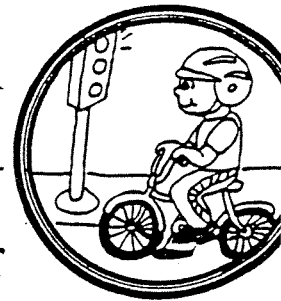
Look before opening your door in traffic.



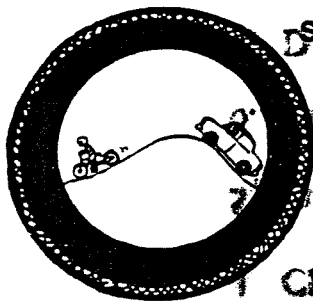
Always cycle with the traffic, on the right side of the road.



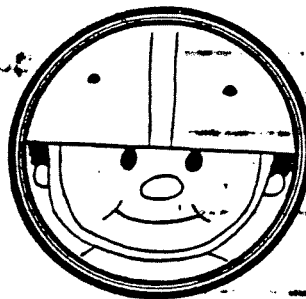
Use your hand signals to show what you plan to do.



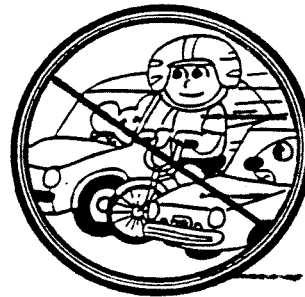
Obey the traffic signs.



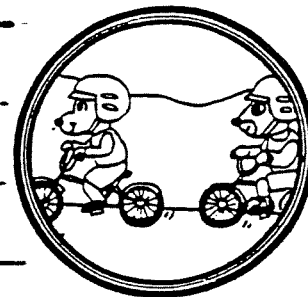
Slow down on hills and around corners that you can't see around.



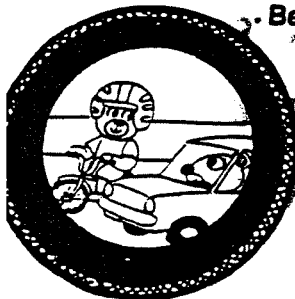
Helmets help prevent head injuries. Wear one!



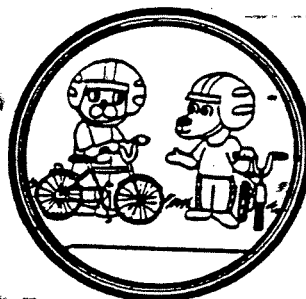
Don't weave in and out of traffic.



Cycle single file and, when possible, in a straight line.



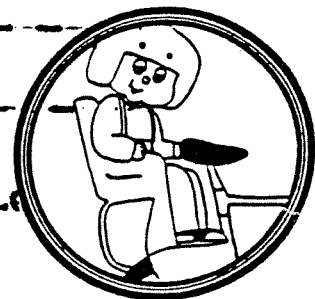
Be certain a cyclist sees you before you make a turn or drive out of your driveway.



Pull completely off the road when you stop to rest or talk.



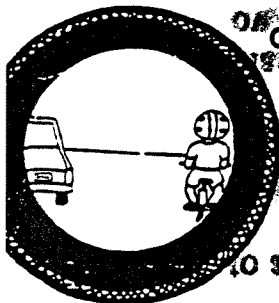
Go slow when cycling on sidewalks or bike paths. Call out when you pass (on the left, please).



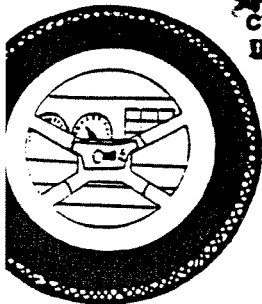
Child seats

Tips for cyclists taking young kids along in seats mounted in the rear:

- Only careful adults should carry young passengers.
- Cycle only on bike paths, on quiet streets and in parks.
- Carry only kids who are old enough to ride (12 months to 4 years).
- All child seats should have sturdy harnesses and spoke guards.



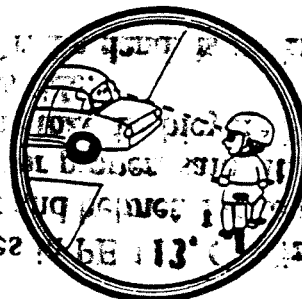
Give a cyclist plenty of room when you pass.



Try not to startle cyclists. Do not blow your horn except in dangerous situations.



Wear bright clothes so you can be seen.



Most accidents happen at intersections. Make certain a driver sees you before you cross.