**SFCC CYCLING EDUCATION COMMITTEE**

**optional INSTRUCTION FOR NEW MEMBERS**

**DEMONSTRATIONs AT A CLUB Ride**

#### Changing a Flat Tire

#### Cycling Skills in Group Rides (drafting, leading, avoiding hazards)

#### Other Bike Handling Skills

#### (shifting gears, braking, riding in hills, drinking & eating on bike)

**Contact: education@sfcyclists.org**