



SmartCycling

LEAGUE CYCLING INSTRUCTOR

course
registration

Name: _____ Phone: _____

Instructor course location/date: _____ Traffic Skills 101 Certification date/location: _____

Street address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ League membership number: _____

Highest degree & specialization: _____ Occupation: _____

How many years have you been riding regularly? _____ Age or Birthdate: _____

Can you adjust your derailleurs? Yes No Have you changed a rear flat? Yes No

Have you changed a cable and housing assembly? Yes No

What is the approximate longest distance you have ridden in one day during the past year? _____ mi.

Check the kinds of riding you do, or have done: Local/recreational Mountain biking Long distance
 Commuting Fitness riding Racing Very little None

Briefly describe your bike: _____

What is the most important reason you are taking this course?

Do you have any physical or emotional conditions that might limit your participation in this course?

*** RELEASE (signature required)**

Helmets are required of all participants.

I am aware of the risk of bicycling and otherwise participating in this event and voluntarily assume such risk. In consideration of being permitted to participate in this event: (1) I release for myself, my heirs, and personal representatives, the League of American Bicyclists, Inc., and the respective directors, officers, volunteers, and staff (releasees) from any claim liability, demand, action, and cause of action whatsoever (collectively, "Claim") arising out of or related to any loss, damage or injury (collectively, "Loss"), to myself or my property, that I may sustain in connection with, or arising out of, this event, whether caused by the negligence of the releasees or otherwise; (2) If registrant is a minor, I (as parent or guardian) agree to indemnify and hold harmless each releasee against any claim for any Loss said minor may sustain in connection with or arising out of, this event, and against legal or other expenses incurred by any releasee in connection with defending any Claim by or on behalf of said minor for any such loss, whether caused by the negligence of the releasees or otherwise; (3) I consent to emergency medical treatment if I am injured; (4) I shall obey traffic laws and practice safety in bicycling; and (4) I agree to wear a helmet on all bicycle-riding activities at this event.

Signature: _____ Date: _____

PAYMENT INFORMATION

Cost of seminar \$200

This fee is non-refundable: if you can't attend or it's postponed, you may take a future seminar. The fee will be payment in full for an alternate seminar.

To take this course, you must be a League member. If you are not yet a member, join now! \$35 Individual
 \$50 Family \$60 Advocate \$85 Advocate Family \$110 Silver Spoke \$1,000 Life \$1,500 Family Life

Total charge: _____

Enclosed is a check payable to the League (or) Charge my: Visa MasterCard American Express

Card Number: _____ Expiration Date _____

Name on Card (print, please): _____ Signature: _____

League Cycling Instructor Certification Seminar

Candidate Expectations

Candidates for the League Cycling Instructor certification sometimes ask what they can expect before and during a seminar. We have developed the following table to provide a comprehensive review of the actions and timing that can be expected by the candidates.

Timing	Item	Description
90 days before	Schedule	Seminar date, location, Site Facilitator and Coach assignments are set.
	Web site	Registration link is available on the web site.
90-30 days	Candidate	Complete registration, Traffic Skills 101 and membership
30 days before	Candidates	All candidates will have registered and paid fees (or made arrangements).
21 days before	Candidates	All registered candidates will receive the LCI manual, DVD, Guide and other materials including the pre-seminar test which must be completed by 10 days before
	Membership	All candidates must be members of the League or have completed and paid membership application
	Traffic Skills 101	All candidates must have completed Traffic Skills 101 with a minimum written score of 85% and a road score of 90%.
14 days before	Seminar Deadline	If 10 candidates have fully qualified the seminar will be approved. If not, the staff in coordination with the SF and LC may postpone or cancel the seminar.
14 days before	Examination	Answers to the pre-examination must be received by the Coach.
3 days before	Assignments	The candidate will be assigned two Traffic Skills 101 modules to prepare for a 10 minute classroom presentation.