

LA SIERRA UNIVERSITY
DEPARTMENT OF HEALTH & EXERCISE SCIENCE
FALL QUARTER - 2011

COURSE : PEAC 126 BICYCLING (.5 Units) \$20 Fee Charged

TIME : 11:00 - 11:50 pm FRIDAY or Rides as Scheduled

INSTRUCTOR: Roger Mc Farland, Ed.S. Associate Professor

Cell Phone : 909-234-9651 E-Mail : rmcfarla@lasierra.edu

TEXT : "New Cyclist Handbook," by Ben Hewitt. Rodale, Inc.; ISBN:-13 978-1-59486-300-4
Recommended Reading: "Complete Bike Book," by Chris Sidwells. DK Publishing.
"Bicycle Repair Manual," by Chris Sidwells. DK Publishing. CD Supplied.

The purpose of this class is to teach daily health habits through bicycling, to help the beginner **road biker** learn how to begin a safe cycling program, and to help the student learn about the many bike trails in Riverside & Orange County.

1. Students will learn proper dress and safety equipment.
2. Students will learn how to keep a bicycle tuned for proper operation.
3. Students will learn safety tips for safe riding while logging road miles.
4. Student will demonstrate gear selection going uphill.

Requirements: Keep a log of all rides. Attend all riding sessions. Trips will be scheduled for longer rides as indicated. Contact me by cell phone for messages or for appointments.

Equipment Required: Helmet, Bike, and Spare Tire. I have 4 bikes to loan, first come basis.

Optional: Gloves, Bike Pants, Jersey

- SEPT. 30 - **INTRODUCTION AND HOW TO GET STARTED. KEEPING A LOGBOOK.**
Ride on track & tune bikes.
- OCT. 7 - Campus area ride.
- 14 - No Class / **Meet on Saturday**
- SAT. 15 - Saturday - Victoria Avenue Bike Trail (Cross-town ride). Time: 3:30 pm Meet at GYM
- 21 - No Class - **Meet Sunday**
- SUN. 23 - Santa Ana River Trail to Riverside, breakfast & return. Time: 8:30 am Meet at GYM
Bring money for breakfast.
- 28 - Bike Maintenance & Repairs (Performance Bikes)
- NOV. 4 - Ride - Independent Ride 10 miles
- 11 - No Class - **Meet Saturday**
- 12 - Saturday - Ride to Loma Linda, eat lunch, and ride back. 15 miles each way.
Time: 8:30 am Meet at GYM
- 18 - NO CLASS
- 20 to 26 - THANKSGIVING RECESS (NO CLASS) Ride on your own.
- DEC. 2 - No Class - Meet Sunday
- 4 - Ride Corona to Surf 30 miles Time: 7:00 am Meet at GYM
- 9 - Last Class - Meet at the Gym

GRADING : ATTENDANCE & TOURS = 80%. LOGBOOK = 20%.

A = 95%, B = 85%, C = 75%, D = 65%, F = 50%