

NEWS RELEASE
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Certified bicycle instructor training offered in Lawrence for first time

(Lawrence, KS) – The Lawrence-Douglas County Health Department and the City of Lawrence have partnered to bring the League of American Bicyclists' League Certified Instructor (LCI) Training to Lawrence for the first time.

The training, June 5-7, is open to Douglas County residents, ages 18 and older. Those who earn certification are considered experts in bicycle education and safety, and will be able to teach:

- Basic- to college-level bicycle skills and safety
- Motorist education courses
- Group riding skills
- Commuting skills for work and school

The instructors will be able to teach independently and offer classes about bicycle skills and safety through schools, Parks and Recreation departments, clubs and bicycle shops. "Having League Certified Instructors in Lawrence will help build a foundation for bicycle education in the community and help support Safe Routes to School efforts," said Rebecca Garza, Health Promotion Specialist at the Health Department. "They also will help improve Lawrence's status as a bicycle-friendly community." Lawrence was first named a bicycle-friendly community in 2000 and it maintains that status at the bronze level.

Bicycle Advisory Committee Chair Lisa Hallberg said, "When I mention that I bike to work regularly, a lot of people say they ought to do the same thing but there are barriers. They don't know the safe routes or they don't feel safe on the road. Providing opportunities to learn cycling skills from certified instructors would help break down those barriers, giving people the skills they need to feel confident on the road."

Cost for the training is \$300. The Health Department has funding to pay the fees for eight individuals. These individuals will be required to provide 30 hours of bicycle skills and safety lessons in the community. The deadline to apply is April 1 and can be done at <https://lawrence.wufoo.com/forms/league-certified-instructor-application/>. For more information, contact Lawrence Recreation Center Programmer Stephen Mason at smason@lawrenceks.org or 785-832-7950.