

Bicycle Education



If you are looking to brush up on your bicycling skills, we have great resources for you right here in the LMA. Through the **REI Outdoor School** located in the Landmark Building on Park Drive, you can sign up for any of the following classes and build your skills by actually getting on a bike and getting on the road! Please contact REI at (617) 236-0746 for more information on class prices and schedules.

Introduction to Road Cycling:

Experience the rush of road cycling with our instructors as they teach you the proper techniques of shifting, braking, efficient hill climbing, safe descending, proper body position, and reading the road for safety. This is an educational ride, not a guided tour; we want to teach you how to get more out of your cycling experience. This class is designed for folks getting back into cycling and beginners alike. We'll start by addressing proper bike fit, making necessary adjustments to improve comfort and performance. Next we'll demonstrate riding techniques and teach important communication and safety skills to prepare you for the ride. Then it's off for a great ride to practice what we've learned! New Novara road bikes provided at no extra cost for those without a bike of their own. **NO RIDER IS LEFT BEHIND!** Please bring your helmet and proper riding apparel.

Intermediate Road Cycling:

If you've been riding for a while, you feel comfortable with your bike and you want to take your cycling performance to the next level, join our expert road cycling instructors as we teach you to refine your technique, work on cadence, and climb hills on some great local rides. We'll build on the skills you've learned in Introduction to Road Cycling with more practice and longer distance. Learn to ride the areas you've wanted to explore but were afraid to attempt on your own. Novara road bikes provided for those without a bike of their own at no extra cost. **NO RIDER IS LEFT BEHIND!**, but this trip is not for beginners, as we ride at a faster pace and cover longer distance.

Introduction to Mountain Biking:

Experience the thrill of mountain biking with our instructors as they teach you the proper techniques of shifting, braking, hill climbing and descent, body and pedal position, and navigating minor obstacles on the trail. This is designed as an educational ride, not a guided tour; we want to teach you how to get more out of your mountain biking experience. We'll start by addressing proper bike fit, making necessary adjustments to improve comfort and performance. Next we'll demonstrate riding techniques and teach important communication and safety skills to prepare you for the ride. We'll teach you the trail etiquette techniques that mountain bikers can use to help keep trails open and safe for all trail users. Then it's off for a great ride to practice all the skills you've learned. Novara mountain bikes provided at no additional cost for those without a bike of their own. **NO RIDER IS LEFT BEHIND!**