

P.E. 112 Cycling

Text:
Meeting time: 2:40-4:20 Tuesday and Thursday, Block 1, 2008
Meeting place: Outside West door of Jones Science
In case of rain: TBD

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“<http://www.cord.edu/faculty/todt/currentcycling.html>”

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Course Goals:

- I. Develop practical bicycling skills (in city traffic, on country roads, etc.)..
- II. Develop appreciation of cycling as a means of transportation, recreation and travel.
- III. Learn the basic mechanical workings of your bicycle.
- IV. Learn some basic mechanical adjustments and maintenance procedures for your bike.
- V. Develop cardiovascular fitness.
- VI. Become aware of safety issues regarding cycling.

Course Expectations:

In order to help achieve these goals your grade will be based on the following:

- I. Prompt, consistent class attendance.
- II. Demonstration of proper bicycle mounting, handling and stopping in a variety of conditions.
- III. Maintenance of a record of your biking activities for the course.
- IV. Successful completion of all class rides (or appropriate make-ups).
- V. Completion of worksheets, activities and evaluations as distributed.

In past years the weather has cooperated with the workings of this course and we will get to ride on most days. In the event of rain we may decide not to ride and meet somewhere to discuss maintenance issues. If this year is typical we will cover about 180 miles by the end of block 1.

On Saturday, September 27 there is a ride originating in Park Rapids (2 hours East of Moorhead). There is a 100 mile race, a 100 mile ride, 75 mile ride and a 45 mile ride. These rides will pass through Itasca State Park (nice biking). The cost is \$30 if you register before September 1st. I will not be able to participate this year.

Below is a list of stores in the Fargo-Moorhead area that I consider to be “bike shops.”

Island Park 101 8th St S. Downtown Fargo (<http://www.ipcycles.com>)
Road bikes and mountain bikes

Scheels Downtown Moorhead
Scheels 45th St in South Fargo
Scheels has the largest volume of new bikes (road and mountain) in the area.

All handouts will be due on the specified day. Points may be deducted for late papers

Name _____

Date	Daily Mileage	Total Mileage	Destination	Conditions/Comments
8/28				
9/2				
9/4				
9/9				
9/11				
9/16				
9/18				
9/23				
9/25				
9/30				
10/2				
10/7				
10/9				
10/14				
10/16				