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# Cycling workshop focuses on safety, road etiquette

By [Craig Peters](#)  
[craig.peters@shj.com](mailto:craig.peters@shj.com)

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Cycling instructors offered safety tips for recreational riding and suggestions for how to use a bike rather than a car for commuting to work or taking care of errands to about 30 people Saturday.

Jean Crow, Paul LeFrancois and Dean Sheorn - all licensed cycling instructors - taught the workshop, which was sponsored by Partners for Active Living and Preservation Trust of Spartanburg.

LeFrancois told the crowd at the Spartanburg Public Safety Service Center that cyclists "fare best when they act and are treated as drivers of a vehicle." He said proper cycling behavior includes not riding on sidewalks, riding in the right third of a lane, using proper signals and making eye contact with motorists.

Crow, associate director of Partners for Active Living, said choosing bike-friendly roads can make the experience "a lot more enjoyable." After the workshop, Crow led about eight people on a three-mile ride to demonstrate a variety of experiences. The group sampled several different road sizes and practiced proper intersection etiquette.

The No. 1 cause of accidents, Crow said during the workshop, is cyclists riding against the flow of traffic. Cyclists are supposed to ride with the flow of traffic and obey traffic control devices such as stop signs and lights.

The workshop also covered helmet selection and basic bike maintenance and stressed the importance of finding a comfortable route, noting that the shortest path may not be the most favorable.

Sgt. Lee Raines, who is one of three full-time bicycle patrol officers in the downtown area, told attendees he has cracked a helmet but not his noggin in the line of duty.



*Alex C. Hicks Jr./alex.hicks@shj.com*  
Partners for Active Living hosted a workshop Saturday for people interested in riding bicycles for transportation. After the session, participants took a spin around the city.

Sheorn pointed out that using a bike to commute or to make short trips is a calorie burner, money saver and reducer of carbon emissions. He said although it's tough to ride a mile without breaking a sweat in the summer, a combination of deodorant and cologne and sometimes a change of clothes has kept co-workers from complaining about odors.

Shelley Robbins started riding her bike to her job at Upstate Forever this year.

"I enjoy cycling, and it's less than 2 miles. There's no reason not to," said Robbins, adding that she has seen an increase in the number of people switching from cars to bicycles.

A couple of other attendees already use bicycles to commute to work. Some others said they were interested in riding to work, and others wanted to cycle for recreation or exercise.

William Hamilton said he wanted to revisit his childhood and encourage others in his neighborhood of Forest Park to cycle.

"I can feel it in my bones again," Hamilton said. "I feel different, exude healthiness, and I want to get the community interested."

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