



LEAGUE OF AMERICAN BICYCLISTS GROUP RIDING SKILLS

League of American Bicyclists guidelines to set up a private team Group Riding Skills class

When contacting a League Cycling Instructor (LCI) to set up a private class for your team be prepared with the discussion points noted below.

- Provide primary contact information for the person coordinating the class with the LCI.
- Propose a few options for class date and times. A typical class is completed in 3-4 hours. Large teams may want to schedule more than 1 class.
- Provide an estimated number of expected students. Generally, classes of 30 or less work well with a ratio of 10 students per instructor.
- Have a proposed location. Ideally a room with a projector for the classroom portion and an empty parking lot or parking garage nearby for the hands-on bicycle drills.
- Plan on a compensation discussion with the instructor(s). Every instructor is an independent contractor. An agreement for Group Riding Skills Class is between the team (or company) and the instructor(s). Generally, the costs per student range from \$20 to \$30. The method of payment will depend on the instructor.

CONTACT ONE OF THESE INSTRUCTORS TO ARRANGE A GROUP RIDING SKILLS CLASS FOR YOUR TEAM

Houston Area League Cycling Instructors as of 1/8/2024

Name	Location	Contact Information
Regina Garcia	Houston, TX	regina@elmeson.com
Vanessa Bissey-Beard	Tomball, TX	vanessabb@gmail.com
Scott Beard	Tomball, TX	sabeard@trafficycling.com
Adam Harris	Dickinson, TX	aharr100@gmail.com
Andrew Rubin	Cypress, TX	andrew.rubin@yahoo.com
Angela Martinez	Pearland, TX	ang.martinez18@gmail.com
Aspen Pflanz	College Station, TX	apflanz@cstx.gov
Bill Bowes, Jr.	Cypress, TX	bill.bowes@archrock.com
Brian Hatt	Houston, TX	brianrhatt@att.net
Carl Ahrens	College Station, TX	cahrens@cstx.gov
Chauncey Taylor	Rosenberg, TX	chauncey.taylor@defurty.com
Chris Gottlieb	Houston, TX	cgottlieb1@gmail.com
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Chuck D'Angelo	Houston, TX	cdangelo@ix.netcom.com
Clark Martinson	Houston, TX	bikewaller@gmail.com
Clint McManus	Houston, TX	clint.mcmanus@gmail.com
Colin Cochran	Humble, TX	rogue001@sbcglobal.net
Connie Scott	Houston, TX	cubscott.42@gmail.com
Conrad Hirsch	Houston, TX	conradhirsch@yahoo.com

**CONTACT ONE OF THESE INSTRUCTORS TO ARRANGE A GROUP RIDING SKILLS
CLASS FOR YOUR TEAM**

Houston Area League Cycling Instructors as of 1/8/2024

Name	Location	Contact Information
Fernando Martinez	Sugar Land, TX	fernando.a.martinez@gmail.com
Gail Wellenkamp	Houston, TX	gailkamp@gmail.com
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Wes Kinsey	Houston, TX	weskinsey@yahoo.com
Willa Williams	Rosenberg, TX	willa.williams@ag.tamu.edu

League of American Bicyclists (LAB) - League Cycling Instructors (LCIs): COVID 19 Safety Guidelines

League Cycling Instructors (LCIs) are independent contractors and not considered Federal Contractors by LAB. LCIs do not have the same requirements for the vaccination policy from LAB as League Cycling Coaches. As independent contractors, LCIs would follow the COVID 19 safety protocols of the team or company that hires them.

Please direct any questions regarding this policy to Alison Dewey, Director of Education, League of American Bicyclists

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