

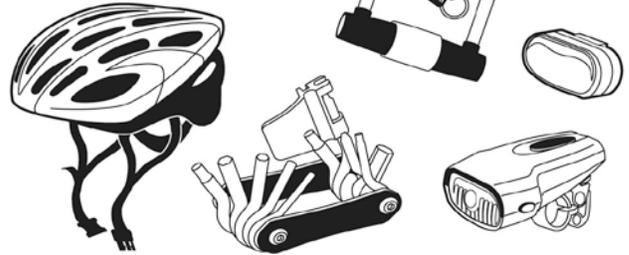
# Free Bike Safety Classes!

July - August 2015



Get Your Choice of Free Items:

- Free Helmet, Bike Light Set, Bicycle U-Lock, or Multi Tool Set



[www.BikePed.pima.gov](http://www.BikePed.pima.gov)

Items may vary • Illustrations approximate

**Classes conducted by L.A.B. League Cycling Instructors and sponsored by Pima County**

**PLEASE NOTE: Participants need to bring a bike in good working condition.**

## GET BACK ON YOUR BIKE

Join us at one of our Get Back on Your Bike classes for an easy 2-hour ride where we get you set up and ready to ride, discuss basic bike topics, and ride local streets to familiarize yourself with how to operate your bike safely within the city. Participants must be able to already ride a bike and bikes in good condition with at least one functioning handbrake or coaster brake are required. Recommended for adults and youth ages 16 and up 13-15 okay with a parent. **Participants will receive a choice of one free item: a free helmet, front & rear bike light set, bicycle U-lock, or multi tool.**

Saturday, July 25<sup>th</sup>, 2015 • 8:30 a.m. to 10:30 a.m. ....Himmel Park Library, 1035 N. Treat Avenue  
Saturday, August 29<sup>th</sup>, 2015 • 8:30 a.m. to 10:30 a.m. ....Himmel Park Library, 1035 N. Treat Avenue

## UA AREA BIKE RIDE

Did you just arrive in town or are you a new UA student? Join us for a fun and free 1-hour bike ride on and around the UA campus. This ride will familiarize you with the UA bike routes and how to cycle safely around campus and the streetcar tracks. **Participants will receive a choice of one free item: a free helmet, front & rear bike light set or bicycle U-lock**

Monday, August 31, 2015 • 9:00 a.m. to 10:00 a.m. ....UA/Pima County Bike Station, UA Mall & Highland

## CONFIDENT and CAPABLE CYCLIST (Traffic Skills 101)

This course is a primer for those cyclists who wish to gain a full understanding of how to safely operate a bicycle in a variety of situations. The class includes learning how to perform a quick safety check, fix a flat, and do minor mechanical adjustments. It also includes review of state and local laws and on-bike skills. All sorts of bicycle topics including route selection and riding gear will be discussed. Recommended for adults and youth ages 16 and up; 13-15 okay with a parent. **Participants will receive a choice of two free items from the list of safety items.**

Part 1, Tuesday, July 7<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street  
Part 2, Saturday, July 11<sup>th</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 1, Wednesday, July 22<sup>nd</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street  
Part 2, Saturday, July 25<sup>th</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

To sign up, call 724-BIKE (2453) or email [Olga.Valenzuela-Ochoa@pima.gov](mailto:Olga.Valenzuela-Ochoa@pima.gov). Continued on reverse side

## CONFIDENT and CAPABLE CYCLIST (Traffic Skills 101)

Part 1, Thursday, August 6<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 2, Saturday, August 8<sup>th</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 1, Thursday, August 13<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Casino Del Sol Resort, 5655 W. Valencia Rd

Part 2, Saturday, August 15<sup>th</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Casino Del Sol Resort, 5655 W. Valencia Rd

Part 1, Tuesday, August 18<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 2, Saturday, August 22<sup>nd</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

## CONFIDENT and CAPABLE CYCLIST Class for WOMEN (Traffic Skills 101)

This course teaches the same skills as the regular Traffic Skills 101 class, but in a supportive all-woman atmosphere. In addition to the regular topics, this class will delve into the history of women and the bicycle, cover women-specific bicycle fit, talk about clothing options if you're just not into that flashy look, and touch on personal security issues while riding alone. Recommended for adults and youth ages 16 and up; 13-15 okay with a parent. **Participants will receive a choice of two free items from the list of safety items.**

Part 1, Thursday, July 16<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, July 18<sup>th</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, August 13<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, August 15<sup>th</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway

## TRAINING and FITNESS (Traffic Skills 201) & GETTING TO WORK SAFELY (Commuting)

For more advanced students who have an understanding of vehicular cycling principles, as evidenced by successful completion of TS 101, this 8-hour course includes fitness and physiology, training for longer rides, advanced mechanics, pace line skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals included. Bikes in good rideable condition with at least one functioning handbrake or coaster brake are required for the Saturday part of the class. Fixed gear bike must have at least one functioning hand brakes. **Participants will receive a free flashing LED leg band and a choice of a free high quality U-lock or bike light set!** Call 243-BIKE (2453) to register.

Part 1, Wednesday, August 26<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 2, Saturday, August 29<sup>th</sup>, 2015 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

## WOMAN'S MECHANICS CLASS

This class will focus on basic mechanical aspects of the bicycle and will include repair and adjustment of the most common problems. Includes flat tire repair, changing & lubing chains, brakes & derailleur adjustment, changing & adjusting cables, wrapping handlebar tape, spoke tension, and recommendations for assembling a tool kit. Bring your bikes and plan on getting your hands dirty! Class size is limited to 10 people. **Participants will receive a free flashing LED leg band and a choice of a free bicycle U-lock, bike light set or multi tool.**

Saturday, July 4<sup>th</sup>, 2015 • 1:00 p.m. to 5:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> Street

Saturday, August 1<sup>st</sup>, 2015 • 1:00 p.m. to 5:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> Street

## MECHANICS CLASS

This class will focus on basic mechanics of the bicycle and will include repair and adjustment of the most common problems. Bring your bikes and plan on getting your hands dirty! Class size is limited to 10 people. **Participants will receive a free flashing LED leg band and a choice of a free bicycle U-lock, bike light set or multi tool.**

Saturday, July 18<sup>th</sup>, 2015 • 9:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> Street

Saturday, August 15<sup>th</sup>, 2015 • 9:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> Street

To sign up, call 724-BIKE (2453) or email [Olga.Valenzuela-Ochoa@pima.gov](mailto:Olga.Valenzuela-Ochoa@pima.gov)