

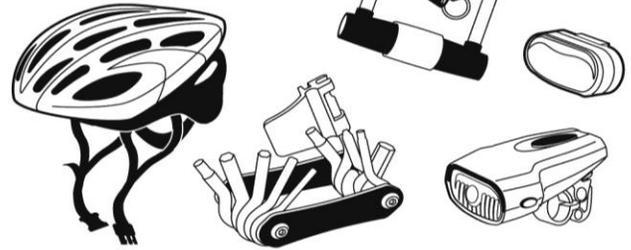
# Free Bike Safety Classes!

July & August 2016



Get Your Choice of Free Items:

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



Items may vary • Illustrations approximate

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

**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 and an approved bicycle safety helmet. To sign up, call 724-BIKE (2453) or email [Olga.Valenzuela-Ochoa@pima.gov](mailto:Olga.Valenzuela-Ochoa@pima.gov).**

## 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. Participants must be able to already ride a bike. 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 30<sup>th</sup>, 2016 • 8:30 a.m. to 10:30 a.m. ....Himmel Park Library, 1035 N. Treat Avenue  
Saturday, August 27<sup>th</sup>, 2016 • 8:30 a.m. to 10:30 a.m. ....Himmel Park Library, 1035 N. Treat Avenue

## MOUNTAIN BIKE CLASSES

Learn techniques to ride the trails with more confidence, control and efficiency. The class is taught by a professional mountain bike instructor improving the skill of riders of all abilities. Recommended for adults and youth ages 16 and up; 13-15 okay with a parent. *Riders need to bring a mountain bike in good working condition. Riders need to be prepared to be outdoors for 2 hours – bring plenty of water, sunscreen and wear a bike helmet. Sunglasses and gloves are highly recommended.* **Participants will receive a choice of one free item: a free helmet, front & rear light set, bicycle U-lock, or multi-tool!**

Saturday, July 16<sup>th</sup>, 2016 • 7:00 a.m. to 10:00 a.m....Sweetwater Trailhead (Tortolita Rd South of Camino del Cerro)  
Saturday, August 13<sup>th</sup>, 2016 • 7:00 a.m. to 10:00 a.m....Sweetwater Trailhead (Tortolita Rd South of Camino del Cerro)

## 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 and how to fix a flat. We will discuss state and local laws and riding gear. Participants will go for a ride and practice bike safety skills in a parking lot. 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, Wednesday, July 6<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m. .... Ward II Council Office, 7575 E. Speedway Blvd  
Part 2, Saturday, July 9<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. .... Ward II Council Office, 7575 E. Speedway Blvd  
Part 1, Friday, July 15<sup>th</sup>, 2016 • 6:00 p.m. to 8:30 p.m. .... REI, 160 W. Wetmore Road  
Part 2, Saturday, July 16<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. .... REI, 160 W. Wetmore Road

**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)**

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- Part 1, Wednesday, July 27<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street
- Part 2, Saturday, July 30<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. ....Ward VI Council Office, 3202 East 1<sup>st</sup> Street
- Part 1, Wednesday, August 10<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m..... Ward II Council Office, 7575 E. Speedway Blvd
- Part 2, Saturday, August 13<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. ....Ward II Council Office, 7575 E. Speedway Blvd
- Part 1, Tuesday, August 16<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m.....Casino del Sol, 5655 W. Valencia Rd
- Part 2, Saturday, August 20<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. ....Casino del Sol, 5655 W. Valencia Rd
- Part 1, Thursday, August 25<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street
- Part 2, Saturday, August 27<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

### **CONFIDENT and CAPABLE CYCLIST (WOMEN'S Traffic Skills 101)**

This course teaches Traffic Skills 101 topics in a supportive all-woman atmosphere. The 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 21<sup>st</sup>, 2016 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
- Part 2, Saturday, July 23<sup>rd</sup>, 2016 • 7:00 a.m. to 1:00 p.m. ....Perimeter Bicycling, 2609 E. Broadway
- Part 1, Thursday, August 18<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
- Part 2, Saturday, August 20<sup>th</sup>, 2016 • 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, Thursday, July 21<sup>st</sup>, 2016 • 6:30 p.m. to 9:00 p.m.....Casino del Sol, 5655 W. Valencia Rd
- Part 2, Saturday, July 23<sup>rd</sup>, 2016 • 7:00 a.m. to 1:00 p.m. ....Casino del Sol, 5655 W. Valencia Rd

### **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, adjusting 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, 23<sup>rd</sup>, 2016 • 9:00 a.m. to 1:00 p.m.....Ward VI Council Office, 3202 East 1<sup>st</sup> Street
- Saturday, August, 20<sup>th</sup>, 2016 • 9:00 a.m. to 1:00 p.m. ....Ward VI Council Office, 3202 East 1<sup>st</sup> Street

### **WOMEN'S MECHANICS CLASS**

This class teaches basic mechanics skills in a supportive all-woman atmosphere 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 2<sup>nd</sup>, 2016 • 1:00 p.m. to 5:00 p.m. ....Ward VI Council Office, 3202 East 1<sup>st</sup> Street
- Saturday, August 6<sup>th</sup>, 2016 • 1:00 p.m. to 5:00 p.m. ....Ward VI Council Office, 3202 East 1<sup>st</sup> Street

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