

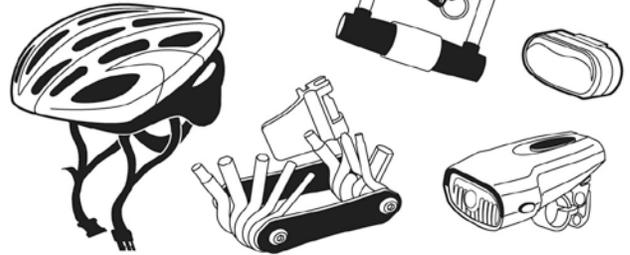
Free Bike Safety Classes!

March & April 2016



Get Your Choice of Free Items:

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



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

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 helmet, front & rear bike light set or bicycle U-lock.**

Monday, March 7th, 2016 • 10:00 a.m. to 11:00 a.m..... Bike Valet, East side of Old Main & UA Mall
Tuesday, April 12th, 2016 • 10:30 a.m. to 11:30 a.m..... Bike Valet, East side of Old Main & UA Mall

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, March 26th, 2016 • 8:30 a.m. to 10:30 a.m.Himmel Park Library, 1035 N. Treat Avenue
Saturday, April 30th, 2016 • 8:30 a.m. to 10:30 a.m.Himmel Park Library, 1035 N. Treat Avenue

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, March 9th, 2016 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, March 12th, 2016 • 8:00 a.m. to 2:00 p.m.....Perimeter Bicycling, 2609 E. Broadway

Part 1, Tuesday, March 22nd, 2016 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, March 26th, 2016 • 8:00 a.m. to 2:00 p.m..... Ward VI Council Office, 3202 E. 1st Street

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

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Part 1, Wednesday, April 6th, 2016 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, April 9th, 2016 • 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 1, Thursday, April 14th, 2016 • 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, April 16th, 2016 • 8:00 a.m. to 2:00 p.m. Perimeter Bicycling, 2609 E. Broadway

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, March 17th, 2016 • 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, March 19th, 2016 • 8:00 a.m. to 2:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, April 21st, 2016 • 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, April 23rd, 2016 • 8:00 a.m. to 2:00 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, Tuesday, April 26th, 2015 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, April 30th, 2015 • 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 E. 1st Street

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, March 26th, 2016 • 9:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st Street
Saturday, April 23rd, 2016 • 9:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st 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, March 5th, 2016 • 1:00 p.m. to 5:00 p.m. Ward VI Council Office, 3202 East 1st Street
Saturday, April 2nd, 2016 • 1:00 p.m. to 5:00 p.m. Ward VI Council Office, 3202 East 1st Street

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