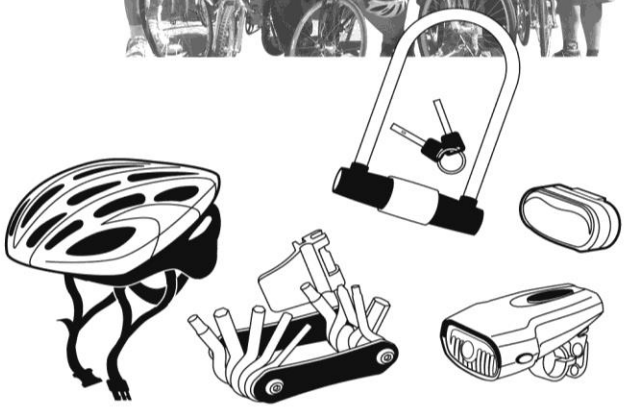
Free Bike Safety Classes!

May & June 2016

Get Your Choice of Free Items:

- **Free Helmet, Bike Light Set, Bicycle U-Lock, <u>or</u> Multi-Tool Set**



PIMA COUNTY
BICYCLE & PEDESTRIAN PROGRAM

League of American Bicyclists

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.

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 <u>one</u> free item: a free helmet, front & rear bike light set, bicycle U-lock, or multi-tool.***

Saturday, May 28th, 2016 • 8:30 a.m. to 10:30 a.m. .....Himmel Park Library, 1035 N. Treat Avenue
Saturday, June 25th, 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, May 14th, 2016 • 9:00 a.m. to 11:00 a.m....Sweetwater Trailhead (Tortolita Rd South of Camino del Cerro)
Saturday, June 25th, 2016 • 9:00 a.m. to 11:00 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 <u>two</u> free items from the list of safety items.***

Part 1, Tuesday, May 3rd, 2016 • 6:30 p.m. to 9:00 p.m. ..... Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, May 7th, 2016 • 7:00 a.m. to 1:00 p.m. ..... Ward VI Council Office, 3202 E. 1st Street

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Part 1, Tuesday, May 24th, 2016 • 6:30 p.m. to 9:00 p.m. ..... Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, May 28th, 2016 • 7:00 a.m. to 1:00 p.m..... Ward VI Council Office, 3202 E. 1st Street

Part 1, Wednesday, June 1st, 2016 • 6:30 p.m. to 9:00 p.m. ..... Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, June 4th, 2016 • 7:00 a.m. to 1:00 p.m..... Ward VI Council Office, 3202 E. 1st Street

Part 1, Wednesday, June 8th 2016 • 6:30 p.m. to 9:00 p.m. ..... Ward 2 Council Office, 7575 E. Speedway Blvd
Part 2, Saturday, June 11th, 2016 • 7:00 a.m. to 1:00 p.m..... Ward 2 Council Office, 7575 E. Speedway Blvd

Part 1, Wednesday, June 22nd, 2016 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, June 25th, 2016 • 7:00 a.m. to 1:00 p.m..... Ward VI Council Office, 3202 E. 1st 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, May 19th, 2016 • 6:30 p.m. to 9:00 p.m. .....Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, May 21st, 2016 • 7:00 a.m. to 1:00 p.m. .....Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, June 16th, 2016 • 6:30 p.m. to 9:00 p.m. .....Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, June 18th, 2016 • 7:00 a.m. to 1:00 p.m. .....Perimeter Bicycling, 2609 E. Broadway

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, May 21st, 2016 • 9:00 a.m. to 1:00 p.m.....Ward VI Council Office, 3202 East 1st Street
Saturday, June 11th, 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, May 7th, 2016 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1st Street
Saturday, June 4th, 2016 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1st Street

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