

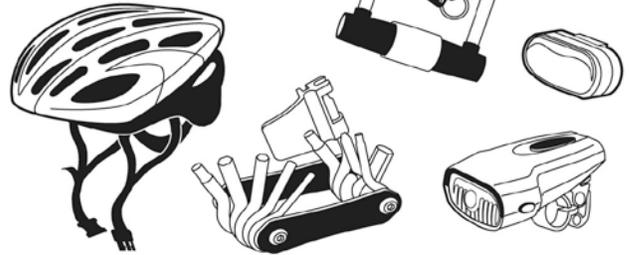
# Free Bike Safety Classes!

May & June 2016



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 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, May 28<sup>th</sup>, 2016 • 8:30 a.m. to 10:30 a.m. .... Himmel Park Library, 1035 N. Treat Avenue  
 Saturday, June 25<sup>th</sup>, 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, Tuesday, May 3<sup>rd</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, May 7<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street  
  
 Part 1, Tuesday, May 24<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, May 28<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street  
  
 Part 1, Wednesday, June 1<sup>st</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, June 4<sup>th</sup>, 2016 • 7:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

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### CONFIDENT and CAPABLE CYCLIST (Traffic Skills 101)

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

Part 1, Wednesday, June 22<sup>nd</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, June 25<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, May 19<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway  
Part 2, Saturday, May 21<sup>st</sup>, 2016 • 7:00 a.m. to 1:00 p.m..... Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, June 16<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway  
Part 2, Saturday, June 18<sup>th</sup>, 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 21<sup>st</sup>, 2016 • 9:00 a.m. to 1:00 p.m.....Ward VI Council Office, 3202 East 1<sup>st</sup> Street  
Saturday, June 11<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, May 7<sup>th</sup>, 2016 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1<sup>st</sup> Street  
Saturday, June 4<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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