

Free Bike Safety Classes!

July - August 2014



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

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 12th, 2014 • 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Ave.
 Saturday, July 19th, 2014 • 8:00 a.m. to 12:00 p.m. Boys & Girls Club, 5901 S. Santa Clara Ave.
 Saturday, August 9th, 2014 • 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Ave.

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 8th, 2014 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street.
 Part 2, Saturday, July 12th, 2014 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street.

Part 1, Wednesday, July 23rd, 2014 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street.
 Part 2, Saturday, July 26th, 2014 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street.

Part 1, Tuesday, August 5th, 2014 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street.
 Part 2, Saturday, August 9th, 2014 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street.

Part 1, Wednesday, August 20th, 2014 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street.
 Part 2, Saturday, August 23rd, 2014 • 7:00 a.m. to 1:00 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

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

CONFIDENT and CAPABLE CYCLIST Class for WOMEN (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 17th, 2014 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, July 19th, 2014 • 7:00 a.m. to 1:00 p.m.Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, August 14th, 2014 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, August 16th, 2014 • 7:00 a.m. to 1:00 p.m.Perimeter Bicycling, 2609 E. Broadway

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 5th, 2014 • 9:00 a.m. to 1:00 p.m..... Ward VI Council Office, 3202 East 1st St
Saturday, August 2nd, 2014 • 9:00 a.m. to 1:00 p.m.Ward VI Council Office, 3202 East 1st St

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 19th, 2014 • 1:00 p.m. to 5:00 p.m..... Ward VI Council Office, 3202 East 1st St
Saturday, August 16th, 2014 • 1:00 p.m. to 5:00 p.m.Ward VI Council Office, 3202 East 1st St

BIKE! BICYCLE INFORMATION for KID'S EDUCATION (for children ages 8-10)

A class designed for parent and child to come together and learn on-the-road bicycle safety. The class will be one 4-hour session held on Saturday morning. Class will be broken into two parts: an indoor session to learn about laws and safe cycling principles and an outdoor session to practice safety maneuvers and other on-the-bike skills. We will also teach some basic mechanics such as fixing a flat tire. Children will need to have a bicycle in good rideable condition and parents may bring their bikes too. Class size is limited to 10 children ages 8 through 10 so sign up early to get your preferred dates. **Children will receive a helmet, safety reflective tape, and fun reflective stickers!**

Saturday, July 5th, 2014 • 8:00 a.m. to 12:00 p.m..... Perimeter Bicycling, 2609 E. Broadway Blvd.
Saturday, August 2nd, 2014 • 8:00 a.m. to 12:00 p.m. Perimeter Bicycling, 2609 E. Broadway Blvd.

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