

# Free Bike Safety Classes!

May - June 2014



## 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**

### 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. **Participants will receive a choice of one free item: a free helmet, front & rear light set, or bicycle U-lock! Riders need to bring a bike in good working condition.**

Wednesday, May 7<sup>th</sup>, 2014 • 9:00 a.m. to 10:00 a.m. ....UA/Pima County Bike Station, UA Mall & Highland

### MOUNTAIN BIKE CLASSES!

Learn techniques to ride the trails with more confidence, control and efficiency. The class is taught by Martha Lemen, a professional mountain bike instructor with over 15 years' experience 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 bike in good working condition. Riders need to be prepared to be outdoors for 3 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, June 14, 2014 • 7:00 a.m. to 9:00 a.m. .... Sweetwater Trailhead (Tortolita Rd south of del Cerro)

### 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 light set, bicycle U-lock, or multi tool!**

Saturday, May 10<sup>th</sup>, 2014 • 8:30 a.m. to 10:30 a.m. ....Himmel Park Library, 1035 N. Treat Ave.  
Saturday, June 14<sup>th</sup>, 2014 • 8:30 a.m. to 10:30 a.m. ....Himmel Park Library, 1035 N. Treat Ave.

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)

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. Bikes in good rideable condition with at least one functioning handbrake or coaster brake are required. **Participants will receive a choice of two free items from the list of safety items.**

Part 1, Thursday, May 15<sup>th</sup>, 2014 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

Part 2, Saturday, May 17<sup>th</sup>, 2014 • 8:00 a.m. to 2:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

Part 1, Wednesday, May 28<sup>th</sup>, 2014 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

Part 2, Saturday, May 31<sup>st</sup>, 2014 • 8:00 a.m. to 2:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

Part 1, Tuesday, June 10<sup>th</sup>, 2014 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

Part 2, Saturday, June 14<sup>th</sup>, 2014 • 8:00 a.m. to 2:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

Part 1, Wednesday, June 25<sup>th</sup>, 2014 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

Part 2, Saturday, June 28<sup>th</sup>, 2014 • 8:00 a.m. to 2:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street.

## 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 all of the same free items as the Traffic Skills 101 class!**

Part 1, Thursday, May 15<sup>th</sup>, 2014 • 6:30 p.m. to 9:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, May 17<sup>th</sup>, 2014 • 8:00 a.m. to 2:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, June 19<sup>th</sup>, 2014 • 6:30 p.m. to 9:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, June 21<sup>st</sup>, 2014 • 8:00 a.m. to 2:00 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, May 3<sup>rd</sup>, 2014 • 9:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> St

Saturday, June 28<sup>th</sup>, 2014 • 9:00 a.m. to 1:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> 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, May 24<sup>th</sup>, 2014 • 1:00 p.m. to 5:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> St

Saturday, June 21<sup>st</sup>, 2014 • 1:00 p.m. to 5:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> 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 and safety reflective tape!**

Saturday, May 3<sup>rd</sup>, 2014 • 8:00 a.m. to 12:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway Blvd.

Saturday, June 7<sup>th</sup>, 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](mailto:Olga.Valenzuela-Ochoa@pima.gov)**