

Free Bike Safety Classes!

July & August 2017



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 and an approved bicycle safety helmet. If you need a loaner helmet, please let us know and we can provide one. 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 free reflective leg band, front/rear reflective bike tape, and a free patch kit.**

Saturday, August 19th, 2017 • 8:00 a.m. to 10:00 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 one free item from the list of safety items and will receive front/rear reflective bike tape and a free patch kit.**

Part 1, Friday, July 7th, 2017 • 6:00 p.m. to 8:30 p.m. REI, 160 W. Wetmore

Part 2, Saturday, July 8th, 2017 • 7:00 a.m. to 1:00 p.m. REI, 160 W. Wetmore

Part 1, Tuesday, July 11th, 2017 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, July 15th, 2017 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 1, Tuesday, July 25th, 2017 • 6:30 p.m. to 9:00 p.m. Casino del Sol, 5655 W. Valencia Rd

Part 2, Saturday, July 29th, 2017 • 7:00 a.m. to 1:00 p.m. Casino del Sol, 5655 W. Valencia Rd

Part 1, Friday, August 11th, 2017 • 6:00 p.m. to 8:30 p.m. REI, 160 W. Wetmore

Part 2, Saturday, August 12th, 2017 • 7:00 a.m. to 1:00 p.m. REI, 160 W. Wetmore

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

CONFIDENT and CAPABLE CYCLIST (Traffic Skills 101)

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Recommended for adults and youth ages 16 and up; **13-15 okay with a parent. Participants will receive a choice of one free item from the list of safety items and will receive front/rear reflective bike tape and a free patch kit.**

Part 1, Thursday, August 24th, 2017 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, August 26th, 2017 • 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 one free item from the list of safety items and will receive front/rear reflective bike tape and a free patch kit.**

Part 1, Thursday, July 20th, 2017 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, July 22nd, 2017 • 7:00 a.m. to 1:00 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

ridable 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 handbrakes. **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, August 22nd, 2016 • 6:30 p.m. to 9:00 p.m.Casino del Sol, 5655 W. Valencia Rd

Part 2, Saturday, August 26th, 2016 • 7:00 a.m. to 1:00 p.m.Casino del Sol, 5655 W. Valencia Rd

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 and lubing chains, brakes and derailleur adjustment, changing and 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 choice of**

one free item from the list of safety items and will receive front/rear reflective bike tape and a free patch kit.

Saturday, July 29th, 2017 • 9:00 a.m. to 1:00 p.m.Ward VI Council Office, 3202 East 1st Street

Saturday, August 26th, 2017 • 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 choice of one free item from the list of safety items and will receive front/rear reflective bike tape and a free patch kit.

Saturday, July 1st, 2017 • 1:00 p.m. to 5:00 p.m.Ward VI Council Office, 3202 East 1st Street

Saturday, August 5th, 2017 • 1:00 p.m. to 5:00 p.m.Ward VI Council Office, 3202 East 1st Street

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