

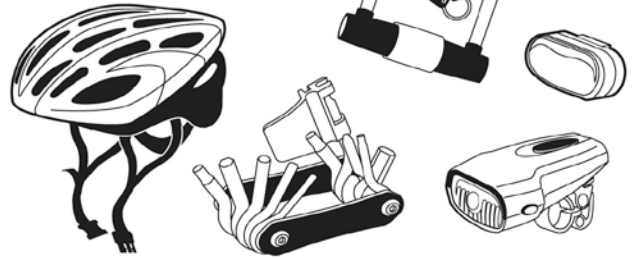
Free Bike Safety Classes!

March & April 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.

UA AREA BIKE RIDE

Just arrive in town or are you a new UA student? Join us for a fun and free 1.5-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 and the streetcar tracks. **Participants will receive a free reflective leg band, front/rear reflective bike tape, and a free patch kit.**

Wednesday, March 8th, 2017 • 10:30 a.m. to 12:00 p.m. Bike Valet, East side of Old Main & UA Mall
 Monday, April 3rd, 2017 • 10:00 a.m. to 11:30 a.m. Bike Valet, East side of Old Main & UA Mall

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, March 25th, 2017 • 9:00 a.m. to 11:00 a.m. Himmel Park Library, 1035 N. Treat Avenue
 Saturday, April 29th, 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, March 3rd, 2017 • 6:00 p.m. to 8:30 p.m. REI, 160 W. Wetmore
 Part 2, Saturday, March 4th, 2017 • 8:00 a.m. to 2:00 p.m. REI, 160 W. Wetmore

Part 1, Thursday, March 9th, 2017 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
 Part 2, Saturday, March 11th, 2017 • 8:00 a.m. to 2:00 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

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Part 1, Thursday, March 23rd, 2017 • 6:30 p.m. to 9:00 p.m. Ward II Council Office, 7575 E. Speedway Blvd

Part 2, Saturday, March 25th, 2017 • 8:00 a.m. to 2:00 p.m. Ward II Council Office, 7575 E. Speedway Blvd

Part 1, Wednesday, April 5th, 2017 • 5:30 p.m. to 8:00 p.m. Summit Hut, 5251 E. Speedway Blvd

Part 2, Saturday, April 8th, 2017 • 8:00 a.m. to 2:00 p.m. Summit Hut, 5251 E. Speedway Blvd

Part 1, Tuesday, April 18th, 2017 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, April 22nd, 2017 • 8:00 a.m. to 2:00 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, March 16th, 2017 • 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, March 18th, 2017 • 8:00 a.m. to 2:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, April 13th, 2017 • 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, April 15th, 2017 • 8:00 a.m. to 2:00 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 rideable 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 choice of one free item from the list of safety items and receive front/rear reflective bike tape, patch kit and leg strap.**

Part 1, Wednesday, April 26th, 2017 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, April 29th, 2017 • 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 E. 1st Street

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, March 11th, 2017 • 9:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st Street

Saturday, April 15th, 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, March 4th, 2017 • 1:00 p.m. to 5:00 p.m. Ward VI Council Office, 3202 East 1st Street

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

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