

FREE BIKE SAFETY CLASSES!

Get Your Choice of Free Items!

- Free Helmet & Bike Light Set
- Free Helmet & Bicycle U-Lock or
- Free Bike Light Set & Bicycle U-Lock
(Safety items vary per class—see details below)



October & November 2013



www.BikePed.pima.gov

Classes conducted by L.A.B. League Cycling Instructors and sponsored by Pima County

September 24, 2013

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 and the streetcar tracks that are currently under construction. **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. Call 724-BIKE (2453) to sign up.**

Wednesday, October 2 nd , 2013.....	9:00 a.m. to 10:00 a.m.	UA/Pima County Bike Station, UA Mall & Highland
Thursday, October 10 th , 2013	9:30 a.m. to 10:30 a.m.	UA/Pima County Bike Station, UA Mall & Highland
Tuesday, October 15 th , 2013.....	10:00 a.m. to 11:00 a.m.	UA/Pima County Bike Station, UA Mall & Highland
Wednesday, October 23 rd , 2013	10:30 a.m. to 11:30 a.m.	UA/Pima County Bike Station, UA Mall & Highland
Thursday, October 31 st , 2013.....	11:00 a.m. to 12:00 p.m.	UA/Pima County Bike Station, UA Mall & Highland
Tuesday, November 5 th , 2013.....	9:00 a.m. to 10:00 a.m.	UA/Pima County Bike Station, UA Mall & Highland
Wednesday, November 13 th , 2013.....	9:30 a.m. to 10:30 a.m.	UA/Pima County Bike Station, UA Mall & Highland
Thursday, November 21 st , 2013.....	10:00 a.m. to 11:00 a.m.	UA/Pima County Bike Station, UA Mall & Highland

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. **You'll receive a choice of one free item: a free helmet, front & rear light set, or bicycle U-lock! Call 724-BIKE (2453) to sign up.**

Saturday, October 12 th , 2013.....	8:30 a.m. to 10:30 a.m.	Himmel Park Library, 1035 N. Treat Ave.
Saturday, October 12 th , 2013.....	8:00 a.m. to 10:00 a.m.	Pima/Palo Verde northeast corner parking lot
Saturday, October 26 th , 2013.....	8:00 a.m. to 10:00 a.m.	Pima/Palo Verde northeast corner parking lot
Saturday, November 2 nd , 2013.....	8:30 a.m. to 10:30 a.m.	Himmel Park Library, 1035 N. Treat Ave.

BIKE RIDE TO THE LOOP!

Join us at one of our Get Back on Your Bike classes for a fun family bike ride to The Loop! You'll receive the same items mentioned above and will get to ride the Rillito River Park section of The Loop, voted for the 11th year in a row by Tucson Weekly readers as Tucson's Best Bike Ride! **Call 724-BIKE (2453) to sign up.**

Saturday, November 2 nd , 2013.....	9:00 a.m. to 11:00 a.m.	Pima/Palo Verde northeast corner parking lot
Saturday, November 9 th , 2013	8:00 a.m. to 10:00 a.m.	Pima/Palo Verde northeast corner parking lot

SEE OTHER SIDE FOR MORE CLASSES.....TO REGISTER, CALL 724-BIKE (2453)

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. **You'll receive a choice of two free items: free helmet & light set; helmet & bicycle U-lock; or light set & U-lock! Call 724-BIKE (2453) to sign up.**

Part 1, Wednesday, October 2nd, 2013 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 East 1st St.
Part 2, Saturday, October 5th, 2013 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 East 1st St.

Part 1, Wednesday, October 16th, 2013 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 East 1st St.
Part 2, Saturday, October 19th, 2013 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 East 1st St.

Part 1, Thursday, November 7th, 2013 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 East 1st St.
Part 2, Saturday, November 9th, 2013 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 East 1st St.

CONFIDENT and CAPABLE CYCLIST Class for WOMEN (Women's 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. **You'll receive the same free items as the Traffic Skills 101 class! Call 724-BIKE (2453) to sign up.**

Part 1, Thursday, October 24th, 2013 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, October 26th, 2013 8:00 a.m. to 2:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 1, Tuesday, November 12th, 2013 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 East 1st St.
Part 2, Saturday, November 16th, 2013 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 East 1st St.

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. **You'll receive a free flashing LED leg band and a choice of a free U-lock or bike light set! Call 243-BIKE (2453) to sign up.**

Saturday, October 26th, 2013 9:00a.m to 1:00 p.m..... Ward VI Council Office, 3202 East 1st St
Saturday, November 2nd, 2013 9:00a.m to 1:00 p.m..... Ward VI Council Office, 3202 East 1st St

WOMEN'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. **You'll receive a free flashing LED leg band and a choice of a free U-lock or bike light set! Call 724-BIKE (2453) to sign up.**

Saturday, October 26th, 2013 1:00p.m to 5:00 p.m..... Ward VI Council Office, 3202 East 1st St
Saturday, November 2nd, 2013 1:00p.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. **Kids will receive a helmet & safety reflective tape! Call 724-BIKE (2453) to sign up.**

Saturday, October 5th, 2013 8:00 a.m. to 12:00 p.m. Perimeter Bicycling, 2609 E. Broadway Blvd.
Saturday, November 2nd, 2013 8:00 a.m. to 12:00 p.m. Perimeter Bicycling, 2609 E. Broadway Blvd.