

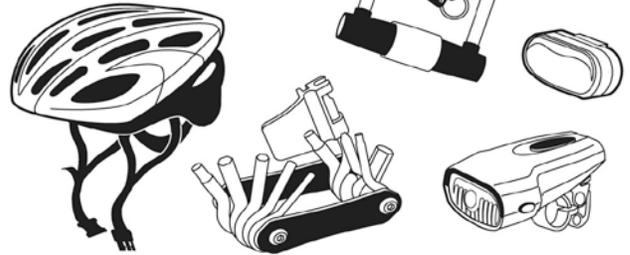
Free Bike Safety Classes!

Sept. & Oct. 2015



Get Your Choice of Free Items:

- Free Helmet, Bike Light Set, Bicycle U-Lock, or Multi Tool Set



www.BikePed.pima.gov

Items may vary • Illustrations approximate

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.

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. **Participants will receive a choice of one free item: a helmet, front & rear bike light set or bicycle U-lock.**

Tuesday, September 15th, 2015 • 9:30 a.m. to 10:30 a.m. Bike Valet, East side of Old Main & UA Mall
 Wednesday, September 30th, 2015 • 10:00 a.m. to 11:00 a.m. Bike Valet, East side of Old Main & UA Mall
 Thursday, October 8th, 2015 • 10:30 a.m. to 11:30 a.m. Bike Valet, East side of Old Main & UA Mall
 Thursday, October 15th, 2015 • 9:30 a.m. to 10:30 a.m. Bike Valet, East side of Old Main & UA Mall
 Friday, October 23rd, 2015 • 9:00 a.m. to 10:00 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 and your bike must be in good condition with at least one functioning handbrake or coaster brake. 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, September 26th, 2015 • 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Avenue
 Saturday, October 31st, 2015 • 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Avenue

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 2 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, September 12, 2015 • 7:00 a.m. to 9:00 a.m. Sweetwater Trailhead (Tortolita Rd South of del Cerro)

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)

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, Wednesday, September 2nd, 2015 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, September 5th, 2015 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 1, Tuesday, September 22nd, 2015 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, September 26th, 2015 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 1, Tuesday, October 13th, 2015 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, October 17th, 2015 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 1, Thursday, October 29th, 2015 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 2, Saturday, October 31st, 2015 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street

CONFIDENT and CAPABLE CYCLIST Class for WOMEN (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 two free items from the list of safety items.**

Part 1, Thursday, September 17th, 2015 • 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, September 19th, 2015 • 7:00 a.m. to 1:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, October 15th, 2015 • 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, October 17th, 2015 • 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 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 hand brakes. **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, Thursday, October 22nd, 2015 • 6:30 p.m. to 9:00 p.m. Casino Del Sol Resort, 5655 W. Valencia Rd

Part 2, Saturday, October 24th, 2015 • 7:00 a.m. to 1:00 p.m. Casino Del Sol Resort, 5655 W. Valencia Rd

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, September 5th, 2015 • 1:00 p.m. to 5:00 p.m. Ward VI Council Office, 3202 East 1st Street

Saturday, October 3rd, 2015 • 1:00 p.m. to 5:00 p.m. Ward VI Council Office, 3202 East 1st Street

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, September 19th, 2015 • 9:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st Street

Saturday, October 24th, 2015 • 9:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st Street

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