

Free Bike Safety Classes!

Jan. & Feb. 2016



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 and an approved bicycle safety helmet. To sign up, call 724-BIKE (2453) or email Olga.Valenzuela-Ochoa@pima.gov.

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.**

Wednesday, January 27th, 2016 • 10:00 a.m. to 11:00 a.m. Bike Valet, East side of Old Main & UA Mall
Tuesday, February 9th, 2016 • 10:30 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 choice of one free item: a free helmet, front & rear bike light set, bicycle U-lock, or multi-tool.**

Saturday, January 12th, 2016 • 1:00 p.m. to 3:00 p.m. East Social Center, 7 S. Abrego Drive
Saturday, January 30th, 2016 • 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Avenue
Saturday, February 20th, 2016 • 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 mountain 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, January 9th, 2016 • 10:00 a.m. to 12 noon...Sweetwater Trailhead (Tortolita Rd South of Camino del Cerro)

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

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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 two free items from the list of safety items.**

Part 1, Tuesday, January 19th, 2016 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, January 23rd, 2016 • 8:00 a.m. to 2:00 p.m..... Ward VI Council Office, 3202 E. 1st Street

Part 1, Wednesday, January 27th, 2016 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, January 30th, 2016 • 8:00 a.m. to 2:00 p.m..... Ward VI Council Office, 3202 E. 1st Street

Part 1 & Part II, Saturday, February 6th, 2016 • 8:00 a.m. to 4:00 p.m.East Social Center, 7 S. Abrego Drive

Part 1, Tuesday, February 9th, 2016 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, February 13th, 2016 • 8:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 E. 1st Street

Part 1, Wednesday, February 24th, 2016 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, February 27th, 2016 • 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 two free items from the list of safety items.**

Part 1, Thursday, January 14th, 2016 • 6:30 p.m. to 9:00 p.m.Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, January 16th, 2016 • 8:00 a.m. to 2:00 p.m.....Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, February 18th, 2016 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, February 20th, 2016 • 8:00 a.m. to 2:00 p.m.Perimeter Bicycling, 2609 E. Broadway

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, 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 free flashing LED leg band and a choice of a free bicycle U-lock, bike light set or multi-tool.**

Saturday, January 2nd, 2016 • 9:00 a.m. to 1:00 p.m.....Ward VI Council Office, 3202 East 1st Street
Saturday, February 27th, 2016 • 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 free flashing LED leg band and a choice of a free bicycle U-lock, bike light set or multi-tool.**

Saturday, January 2nd, 2016 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1st Street
Saturday, February 6th, 2016 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1st Street

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