

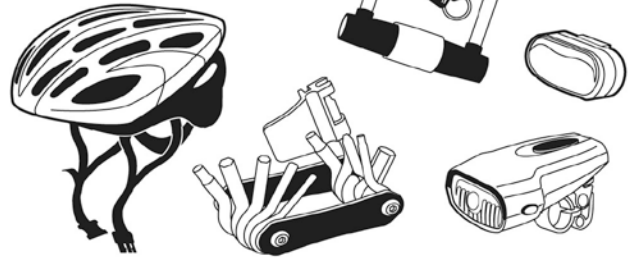
# Free Bike Safety Classes!

Nov. & Dec. 2015



Get Your Choice of Free Items:

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



[www.BikePed.pima.gov](http://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.**

Monday, November 9<sup>th</sup>, 2015 • 9:30 a.m. to 10:30 a.m. .... Bike Valet, East side of Old Main & UA Mall  
Tuesday, December 1<sup>st</sup>, 2015 • 10:00 a.m. to 11:00 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, November 14<sup>th</sup>, 2015 • 8:30 a.m. to 10:30 a.m.....Himmel Park Library, 1035 N. Treat Avenue  
Saturday, December 19<sup>th</sup>, 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, November 7, 2015 • 9:00 a.m. to 11:00 a.m.....Sweetwater Trailhead (Tortolita Rd South of del Cerro)

**To sign up, call 724-BIKE (2453) or email [Olga.Valenzuela-Ochoa@pima.gov](mailto: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, Tuesday, November 10<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 2, Saturday, November 14<sup>th</sup>, 2015 • 8:00 a.m. to 2:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 1, Wednesday, November 11<sup>th</sup>, 2015 • 6:00 p.m. to 8:30 p.m. .... REI, 160 W. Wetmore Rd

Part 2, Saturday, November 14<sup>th</sup>, 2015 • 8:00 a.m. to 2:00 p.m..... REI, 160 W. Wetmore Rd

Part 1, Tuesday, December 15<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street

Part 2, Saturday, December 19<sup>th</sup>, 2015 • 8:00 a.m. to 2:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> 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, December 10<sup>th</sup>, 2015 • 6:30 p.m. to 9:00 p.m. ....Perimeter Bicycling, 2609 E. Broadway

Part 2, Saturday, December 12<sup>th</sup>, 2015 • 8:00 a.m. to 2:00 p.m.....Perimeter Bicycling, 2609 E. Broadway

### **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, November 28<sup>th</sup>, 2015 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1<sup>st</sup> 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, December 12<sup>th</sup>, 2015 • 9:00 a.m. to 1:00 p.m.....Ward VI Council Office, 3202 East 1<sup>st</sup> Street

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