

# Free Bike Safety Classes!

November & December 2016



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

## 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, December 31<sup>st</sup>, 2016 • 8:30 a.m. to 10:30 a.m.....Himmel Park Library, 1035 N. Treat Avenue

## 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.**

Thursday, November 3<sup>rd</sup>, 2016 • 11:00 a.m. to 12:00 a.m..... Bike Valet, East side of Old Main & UA Mall

Friday, December 2<sup>nd</sup>, 2016 • 10:00 a.m. to 11:00 a.m. .... Bike Valet, East side of Old Main & UA Mall

## 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, November 8<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m..... Ward II Council Office, 7575 E. Speedway Blvd

Part 2, Saturday, November 12<sup>th</sup>, 2016 • 8:00 a.m. to 2:00 p.m. .... Ward II Council Office, 7575 E. Speedway Blvd

**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 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, December 13<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street  
Part 2, Saturday, December 17<sup>th</sup>, 2016 • 8:00 a.m. to 2:00 p.m..... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street  
Part 1, Thursday, December 29<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> Street  
Part 2, Saturday, December 31<sup>st</sup>, 2016 • 8:00 a.m. to 2:00 p.m. .... Ward VI Council Office, 3202 E. 1<sup>st</sup> 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, December 8<sup>th</sup>, 2016 • 6:30 p.m. to 9:00 p.m. .... Perimeter Bicycling, 2609 E. Broadway  
Part 2, Saturday, December 10<sup>th</sup>, 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, December 10<sup>th</sup>, 2016 • 9:00 a.m. to 1:00 p.m.....Ward VI Council Office, 3202 East 1<sup>st</sup> 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, November 5<sup>th</sup>, 2016 • 1:00 p.m. to 5:00 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)**