

Free Bike Safety Classes!

September & October 2016

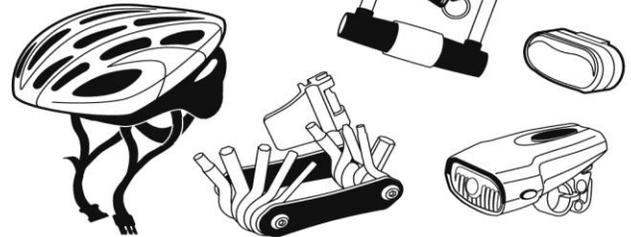


Get Your Choice of Free Items:

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



League of American Bicyclists



Items may vary • Illustrations approximate

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.

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, September 24th, 2016 • 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Avenue
Saturday, October 29th, 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.**

Tuesday, September 6th, 2016 • 10:00 a.m. to 11:00 a.m. Bike Valet, East side of Old Main & UA Mall
Wednesday, October 5th, 2016 • 10:30 a.m. to 11:30 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, Thursday, September 8th, 2016 • 6:30 p.m. to 9:00 p.m. Ward II Council Office, 7575 E. Speedway Blvd
Part 2, Saturday, September 10th, 2016 • 7:00 a.m. to 1:00 p.m. Ward II Council Office, 7575 E. Speedway Blvd
Part 1, Tuesday, September 13th, 2016 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, September 17th, 2016 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 1, Friday, October 7th, 2016 • 6:00 p.m. to 8:30 p.m. REI, 160 W. Wetmore Road
Part 2, Saturday, October 8th, 2016 • 7:00 a.m. to 1:00 p.m. REI, 160 W. Wetmore Road

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Part 1, Thursday, October 20th, 2016 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, October 22nd, 2016 • 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 1, Thursday, October 20th, 2016 • 6:30 p.m. to 9:00 p.m.Casino del Sol, 5655 W. Valencia Rd
Part 2, Saturday, October 22nd, 2016 • 7:00 a.m. to 1:00 p.m.Casino del Sol, 5655 W. Valencia Rd

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, September 22nd, 2016 • 6:30 p.m. to 9:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, September 24th, 2016 • 7:00 a.m. to 1:00 p.m.....Perimeter Bicycling, 2609 E. Broadway
Part 1, Thursday, October 13th, 2016 • 6:30 p.m. to 9:00 p.m.Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, October 15th, 2016 • 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, Wednesday, September 21st, 2016 • 6:30 p.m. to 9:00 p.m.Casino del Sol, 5655 W. Valencia Rd
Part 2, Saturday, September 24th, 2016 • 7:00 a.m. to 1:00 p.m.....Casino del Sol, 5655 W. Valencia Rd
Part 1, Wednesday, October 26th, 2016 • 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 E. 1st Street
Part 2, Saturday, October 29th, 2016 • 7:00 a.m. to 1:00 p.m..... Ward VI Council Office, 3202 E. 1st Street

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, September 24th, 2016 • 9:00 a.m. to 1:00 p.m.....Ward VI Council Office, 3202 East 1st Street
Saturday, October 15th, 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, September 3rd, 2016 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1st Street
Saturday, October 1st, 2016 • 1:00 p.m. to 5:00 p.m.....Ward VI Council Office, 3202 East 1st Street

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