

# FREE BIKE SAFETY CLASSES!

Get Your Choice of Two Free Items!

- Free Helmet & Bike Light Set
- Free Helmet & High-Quality Bike Lock or
- Free Bike Light Set & High Quality Bike Lock

June & July 2012



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

Classes conducted by L.A.B. League Cycling Instructors and sponsored by Pima County :

May 15, 2012

## NEW! MOUNTAIN BIKE SKILLS CLINICS (MTB 101 & 102)

Riders will learn the basics of mountain biking - body position, bike set up & skills to gain confidence on the trail. After a series of skills drills, newer riders will have a grasp of the basics and experienced riders will learn more efficient techniques to ride faster with more control. Class will then venture to the BMX Park to apply the lessons learned on the pump track, a great feature to practice techniques that improve trail riding. BMX parks aren't just for kids! Ages 16 and up, 13-15 okay with a parent. **Class size is limited to 8 riders. Riders need to bring a bike in good working condition, bring water to last 3 hours in hot sun and wear a helmet. Sunglasses and gloves are highly recommended. Call 243-BIKE (2453) to sign up.**

Saturday, June 23<sup>rd</sup>, 2012 ..... 6:30 a.m. to 9:00 a.m. . Flowing Wells/Kory Laos BMX Park, 5510 N. Shannon Rd  
 Saturday, June 30<sup>th</sup>, 2012 ..... 6:30 a.m. to 9:00 a.m. . Flowing Wells/Kory Laos BMX Park, 5510 N. Shannon Rd  
 Saturday, July 7<sup>th</sup>, 2012 ..... 6:30 a.m. to 9:00 a.m. . Flowing Wells/Kory Laos BMX Park, 5510 N. Shannon Rd  
 Saturday, July 14<sup>th</sup>, 2012 ..... 6:30 a.m. to 9:00 a.m. . Flowing Wells/Kory Laos BMX Park, 5510 N. Shannon Rd

## NEW! GET BACK ON YOUR BIKE!

Want to start cycling or get back into cycling after a long time away? 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 your bike and operating it safely within the city. Participants must be able to already ride a bike and bikes in good condition with at least one functioning handbrake or coaster brake are required. Helmets are required to participate in the class. 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 light set, or bicycle U-lock! Call 243-BIKE (2453) to sign up.**

Saturday, June 16<sup>th</sup>, 2012 ..... 7:00 a.m. to 9:00 a.m. .... Himmel Park Library, 1035 N. Treat Ave.  
 Saturday, July 21<sup>st</sup>, 2012 ..... 7:00 a.m. to 9:00 a.m. .... Himmel Park Library, 1035 N. Treat Ave.

## NEW! YOUTH BICYCLE INDEPENDENCE CLASS (for youth ages 11-13)

Do you want a little more independence? Are you tired of waiting for rides to pick you up? Want some transportation freedom? Then take a Youth Bicycle Independence Class so you know how to roll on your own! The class is only 2 hours long during which we will learn bike handling skills and traffic smarts. Participants must be able to already ride a bike and bikes must be in good condition with at least one functioning handbrake or coaster brake. Helmets are required to participate in the class. Recommended for youth ages 11-13. **Participants will receive a free cool BMX helmet and a bicycle U-lock! Call 243-BIKE (2453) to sign up.**

Saturday, June 9<sup>th</sup>, 2012 ..... 8:30 a.m. to 10:30 a.m. .... Himmel Park Library, 1035 N. Treat Ave.  
 Saturday, June 30<sup>th</sup>, 2012 ..... 8:30 a.m. to 10:30 a.m. .... Himmel Park Library, 1035 N. Treat Ave.

**SEE OTHER SIDE FOR MORE CLASSES.....TO REGISTER, CALL 243-BIKE (2453)**

### **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. Bikes in good rideable condition with at least one functioning handbrake or coaster brake are required. **Participants will receive a choice of two free items: free helmet & light set; helmet & bicycle U-lock; or light set & U-lock! Call 243-BIKE (2453) to sign up.**

Part 1, Thursday, June 7 <sup>th</sup> , 2012 .....	6:30 p.m. to 9:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 2, Saturday, June 9 <sup>th</sup> , 2012 .....	7:00 a.m. to 12:30 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 1, Tuesday, June 12 <sup>th</sup> , 2012 .....	6:00 p.m. to 9:00 p.m. ....	NW YMCA, 7770 N Shannon Rd.
Part 2, Saturday, June 16 <sup>th</sup> , 2012 .....	7:00 a.m. to 1:00 p.m. ....	NW YMCA, 7770 N Shannon Rd.
Part 1, Thursday, June 21 <sup>st</sup> , 2012 .....	6:30 p.m. to 9:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 2, Saturday, June 23 <sup>rd</sup> , 2012 .....	7:00 a.m. to 12:30 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 1, Thursday, July 5 <sup>th</sup> , 2012 .....	6:30 p.m. to 9:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 2, Saturday, July 7 <sup>th</sup> , 2012 .....	7:00 a.m. to 12:30 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 1, Wednesday, July 18 <sup>th</sup> , 2012 .....	6:30 p.m. to 9:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 2, Saturday, July 21 <sup>st</sup> , 2012 .....	7:00 a.m. to 12:30 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.

### **CONFIDENT and CAPABLE CYCLIST Class for WOMEN (Women's Traffic Skills 101)**

This course teaches the same skills as the regular Traffic Skills 101 class, but in a supportive all-woman atmosphere. In addition to the regular topics, this 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 all of the same free items as the Traffic Skills 101 class! Call 243-BIKE (2453) to sign up.**

Part 1, Tuesday, June 12 <sup>th</sup> , 2012 .....	6:30 p.m. to 9:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 2, Saturday, June 16 <sup>th</sup> , 2012 .....	7:00 a.m. to 1:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St.
Part 1, Thursday, July 12 <sup>th</sup> , 2012 .....	6:30 p.m. to 9:00 p.m. ....	Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, July 14 <sup>th</sup> , 2012 .....	7:00 a.m. to 1:00 p.m. ....	Perimeter Bicycling, 2609 E. Broadway

### **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 high quality U-lock or bike light set! Call 243-BIKE (2453) to sign up.**

Saturday, June 2 <sup>nd</sup> , 2012 .....	9:00a.m to 1:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St
Saturday, July 14 <sup>th</sup> , 2012 .....	9:00a.m to 1:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St

### **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 high quality U-lock or bike light set! Call 243-BIKE (2453) to sign up.**

Saturday, June 30 <sup>th</sup> , 2012 .....	1:00 p.m. to 5:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St
Saturday, July 28 <sup>th</sup> , 2012 .....	1:00 p.m. to 5:00 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St

### **BIKE! BICYCLE INFORMATION for KID'S EDUCATION (for children ages 8-10)**

A class designed for parent and child to come together and learn on-the-road bicycle safety. The class will be one 4-hour session held on Saturday morning. Class will be broken into two parts: an indoor session to learn about laws and safe cycling principles and an outdoor session to practice safety maneuvers and other on-the-bike skills. We will also teach some basic mechanics such as fixing a flat tire. Children will need to have a bicycle in good rideable condition and parents may bring their bikes too. Class size is limited to 10 children ages 8 through 10 so sign up early to get your preferred dates. **Children will receive a helmet and safety reflective tape! Call 243-BIKE (2453) to sign up.**

Saturday, June 2 <sup>nd</sup> , 2012 .....	8:00 a.m. to 12:00 p.m. ....	Perimeter Bicycling, 2609 E. Broadway
Saturday, June 23 <sup>rd</sup> , 2012 .....	8:00 a.m. to 12:00 p.m. ....	NW YMCA, 7770 N Shannon Rd
Saturday, July 7 <sup>th</sup> , 2012 .....	8:00 a.m. to 12:00 p.m. ....	Perimeter Bicycling, 2609 E. Broadway