

FREE BIKE SAFETY CLASSES!

Get Your Choice of Free Items!

- Free Helmet & Bike Light Set
 - Free Helmet & Bicycle U-Lock or
 - Free Bike Light Set & Bicycle U-Lock
- (Safety items vary per class—see details below)



August & September 2013



www.BikePed.pima.gov

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

July 24, 2013

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 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. Recommended for adults and youth ages 16 and up; 13-15 okay with a parent. **You'll receive a choice of one free item: a free helmet, front & rear light set, or bicycle U-lock! Call 724-BIKE (2453) to sign up.**

Saturday, August 17th, 2013..... 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Ave.
 Saturday, August 31st, 2013..... 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Ave.
 Saturday, September 28th, 2013 8:30 a.m. to 10:30 a.m. Himmel Park Library, 1035 N. Treat Ave.

MOUNTAIN BIKE CLASS

New riders will learn the basics of mountain biking - body position, bike set up & skills to gain confidence on the trail. Experienced riders will learn more efficient techniques to ride faster with more control. After a series of skills drills to fine tune the basics, riders will hit the trail, applying what was learned to the trail. We will analyze lines and take the time to get over/through the various features at Sweetwater. Ages 16 plus, 13-15 okay with a parent. **Class size is limited to 8 riders. Riders need to bring a bike in good working condition, bring enough water to last 3 hours in bright sun and wear a helmet. Sunglasses and gloves are highly recommended. Participants will receive a choice of one free item: bike helmet, front & rear light set, or bicycle U-lock! Call 724-BIKE (2453) to sign up.**

Saturday, August 10th, 2013..... 7:00 a.m. to 10:00 a.m. Kory Laos BMX Park, 5510 N. Shannon Rd.
 Saturday, September 14th, 2013 7:00 a.m. to 10:00 a.m. Kory Laos BMX Park, 5510 N. Shannon Rd.

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. **You'll receive a choice of two free items: free helmet & light set; helmet & bicycle U-lock; or light set & U-lock! Call 724-BIKE (2453) to sign up.**

Part 1, Wednesday, August 28th, 2013 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 East 1st St.
 Part 2, Saturday, August 31st, 2013 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st St.

Part 1, Thursday, September 19th, 2013 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 East 1st St.
 Part 2, Saturday, September 21st, 2013 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st St.

Part 1, Wednesday, September 25th, 2013... 6:30 p.m. to 9:00 p.m. Ward VI Council Office, 3202 East 1st St.
 Part 2, Saturday, September 28th, 2013 7:00 a.m. to 1:00 p.m. Ward VI Council Office, 3202 East 1st St.

SEE OTHER SIDE FOR MORE CLASSES.....TO REGISTER, CALL 724-BIKE (2453)

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. **You'll receive the same free items as the Traffic Skills 101 class! Call 724-BIKE (2453) to sign up.**

Part 1, Thursday, August 15th, 2013 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, August 17th, 2013 7:00 a.m. to 1:00 p.m. Perimeter Bicycling, 2609 E. Broadway

Part 1, Thursday, September 26th, 2013 6:30 p.m. to 9:00 p.m. Perimeter Bicycling, 2609 E. Broadway
Part 2, Saturday, September 28th, 2013 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. **You'll receive a free flashing LED leg band and a choice of a free U-lock or bike light set! Call 243-BIKE (2453) to sign up.**

Saturday, August 17th, 2013 9:00a.m to 1:00 p.m. Ward VI Council Office, 3202 East 1st St
Saturday, September 14th, 2013 9:00a.m to 1:00 p.m. Ward VI Council Office, 3202 East 1st St

WOMEN'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. **You'll receive a free flashing LED leg band and a choice of a free U-lock or bike light set! Call 724-BIKE (2453) to sign up.**

Saturday, August 10th, 2013 1:00p.m to 5:00 p.m. Ward VI Council Office, 3202 East 1st St
Saturday, September 28th, 2013 1:00p.m to 5:00 p.m. Ward VI Council Office, 3202 East 1st 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. **Kids will receive a helmet & safety reflective tape! Call 724-BIKE (2453) to sign up.**

Saturday, August 3rd, 2013 8:00 a.m. to 12:00 p.m. Perimeter Bicycling, 2609 E. Broadway Blvd.
Saturday, September 7th, 2013 8:00 a.m. to 12:00 p.m. Perimeter Bicycling, 2609 E. Broadway Blvd.