

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!**

July-August 2010



www.BikePed.pima.gov

Classes conducted by L.A.B. League Cycling Instructors and sponsored by Pima County and the City of Tucson

June 23, 2010

STREET SAVVY, CONFIDENCE AND SAFETY (ROAD 1)

This course is perfect as 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 bicycle safety check, fix a flat, and do minor mechanical adjustments. It also includes review of state and local laws, on-bike safety skills, and a student manual. Students will gain confidence knowing that they are riding legally and safely. Crash types and crash avoidance techniques will be discussed. **Please call 243-BIKE to sign up.**

Recommended for adults and youth ages 16 and above (ages 13-15 okay with a parent). Participants will receive free safety reflective tape, tire levers, and a choice of a free helmet & bike light set, free helmet & high-quality bicycle U-lock, or a free bike light set & high-quality bicycle U-lock (participants must have a CPSC-approved helmet to take part in the class). **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 bikes must have at least one functioning hand brake.**

Part 1, Wednesday, July 14 th , 2010	6:30 p.m. to 9:00 p.m.	Sam Lena Library, 1607 S. 6 th Ave.
Part 2, Saturday, July 17 th , 2010.....	7:00 a.m. to 12:30 p.m.	Sam Lena Library, 1607 S. 6 th Ave.
Part 1, Wednesday, August 11 th , 2010	6:30 p.m. to 9:00 p.m.	Sam Lena Library, 1607 S. 6 th Ave.
Part 2, Saturday, August 14 th , 2010.....	7:00 a.m. to 12:30 p.m.	Sam Lena Library, 1607 S. 6 th Ave.

STREET SAVVY, CONFIDENCE AND SAFETY FOR WOMEN (WOMEN'S ROAD 1)

This course teaches the same skills as the regular Road I 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 safety issues while riding alone. Participants will receive the same free items as the Road I class.

Part 1, Thursday, July 8 th , 2010	6:30 p.m. to 9:00 p.m.	Ward VI Council Office, 3202 East 1 st St.
Part 2, Saturday, July 10 th , 2010.....	7:00 a.m. to 1:00 p.m.	Ward VI Council Office, 3202 East 1 st St.
Part 1, Thursday, August 19 th , 2010	6:30 p.m. to 9:00 p.m.	Ward VI Council Office, 3202 East 1 st St.
Part 2, Saturday, August 21 st , 2010.....	7:00 a.m. to 1:00 p.m.	Ward VI Council Office, 3202 East 1 st St.

SEE OTHER SIDE FOR MORE CLASSES.....TO REGISTER, CALL 243-BIKE

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! Participants will receive a free flashing reflective leg band and a choice of a free high quality U-lock or bike light set. **Class size is limited to 10 participants. Please call 243-BIKE to sign up.**

Saturday, July 17th, 2010 1:00 p.m. to 5:00 p.m. Ward VI Council Office, 3202 East 1st St

Saturday, August 28th, 2010..... 1:00 p.m. to 5:00 p.m. Ward VI Council Office, 3202 East 1st St

Coed Mechanics Class

This class will focus on basic mechanical aspects of the bicycle and will include repair and adjustment of the most common problems. Bring your bikes and plan on getting your hands dirty! Participants will receive a free flashing reflective leg band and a choice of a free high quality U-lock or bike light set. **Class size is limited to 10 participants. Please call 243-BIKE to sign up.**

Saturday, August 7th, 2010..... 10:00 a.m. to 2:00 p.m. Ward VI Council Office, 3202 East 1st St

BIKE! BICYCLE INFORMATION FOR KID'S EDUCATION (FOR CHILDREN AGES 8-12)

A class designed for parent and child to come together and learn on-the-road bicycle safety. The class will be one four-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 12 participants** (6 children & 6 parents), so sign up early to get your preferred dates. Children will receive a free helmet and free safety reflective tape. **Please call 243-BIKE to sign up.**

Saturday, July 17th, 2010..... 8:00 a.m. to 12:00 p.m.Perimeter Bicycling, 2609 E. Broadway

Saturday, August 28th, 2010..... 8:00 a.m. to 12:00 p.m.Perimeter Bicycling, 2609 E. Broadway