

## USEFUL PHONE NUMBERS



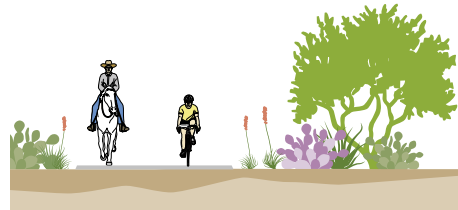
Report polluting vehicles to the Smoking Vehicle Hotline, 622-5700

Report road maintenance needs in Pima County to Pima County Street Maintenance, 740-2639

Report roadway maintenance needs within Tucson to City of Tucson Street Maintenance, 791-3154

Report roadway maintenance needs on state highways to Arizona Department of Transportation, 628-5705

Report aggressive drivers to the Tucson Police Department's Road Rage Hotline, 235-RAGE (7243)



## Cyclists and runners: Don't spook horses

Horses can spook easily if a cyclist or runner comes upon them suddenly. Road cyclists and mountain bikers need to slow considerably when around horses, and if on a trail pull off the side to let the horses and riders get by.

It can help to speak to the horse rider so that horses don't think you're some kind of fast-moving animal and not realize that you're human. When riding your bike along a roadway also slow down, and give them a wide berth.

Sure, most of us hate dodging horse pucky along a trail but please be considerate to the horse and rider, as someone's life depends upon it.

## PROFILE



Road 1 class members pose with their bikes along University Boulevard.

## Back in the Saddle

By Angelica Martinez, local cyclist

You're told that you never forget how to ride a bicycle; it's all of the other stuff that you do forget. Having been an avid bike rider as a kid and getting back on a bike twenty-some years later was easy. Remembering the rules of the road (especially since the rules have changed), how to fix a flat and safely maneuver my bicycle was the hard part. After purchasing a mountain bike and venturing out onto the streets and later onto a bicycle path, I decided that ignorance was definitely not bliss.

While at a local bicycle shop, I had come across a flyer for Pima County's Bicycle and Pedestrian Program. I enrolled in the Street Savvy, Confidence, and Safety (Road I) class. I knew to expect basic road safety rules, bicycle maintenance and an actual ride; however, the class was much more than that. The information provided was extensive and very easy to understand. After learning road safety rules, we practiced our skills on the road in addition to practicing crash avoidance techniques. We then rode to BICAS for a hands-on workshop on basic bicycle maintenance and flat repair. All of the information was presented at a very comfortable and fun pace. It was all extremely useful.

Altogether, this class was as informative as it was fun! If you're like me and are new to cycling, don't think twice about taking this class. Still not convinced? Aside from becoming an informed and empowered rider, the class is free, you get a free bicycle pump or light kit for completing the class, and free lunch on Saturday. In fact, I can't wait to take the Road II class!

FREE!



pima county department of transportation

# WALKIN' & ROLLIN'

news for pedestrians and cyclists

APRIL / MAY 2006 • Available online at [www.dot.pima.gov/tpcbac/](http://www.dot.pima.gov/tpcbac/)

Walkin' & Rollin' is produced by the Pima County Bicycle and Pedestrian Program, Matthew Zoll, Program Manager 520-740-6746



Education Coordinator Daniela Diamente shows two students from TUSD's Newcomer's School how to repair a flat tire in the bicycle classroom at BICAS.

## BICAS, Serving the Tucson Community

By Daniela Diamente, BICAS & Ignacio Rivera de Rosales, Pima County DOT

Bicycle Inter-Community Action and Salvage (BICAS) is a collectively run non-profit 501(c) 3 that promotes education, art, and a healthy environment while providing services and opportunity for those in need.

For over a decade, BICAS has been a catalyst for innovative projects by soliciting the participation of the entire community in the process of bicycle recycling and education.

BICAS is a lively, hip community space filled with locally, cooperatively created (...and waiting) works of art and people from all walks of life. The color-coordinated writing on the walls, in both English and Spanish, eases you through rows of bikes, crates of parts, and a whole wall of tools.

Located in the basement of an artist's warehouse just outside the heart of Tucson, BICAS cradles the old town's train tracks while trying to encourage new healthy forms of transportation.

Through their programs in Tucson, BICAS conducts "build-a-bike" courses for all ages, facilitates a recycling center and a community workspace full of all the tools and stands to fix your bike, leads Bicycle Maintenance workshops, promotes Work Trade, and participates in public art projects utilizing recycled bicycle parts.

Starting March 18th, BICAS will have new sessions for "build-a-bike" courses on Saturdays, 1-4 PM; New Wheel-building courses coming soon; Basic Maintenance courses during Ladies Only Shop every Sunday 1-5 PM; and recycled art making workshops on Wednesdays and Fridays.

In this way, BICAS continues to grow as an integral community resource for education and bicycle advocacy.

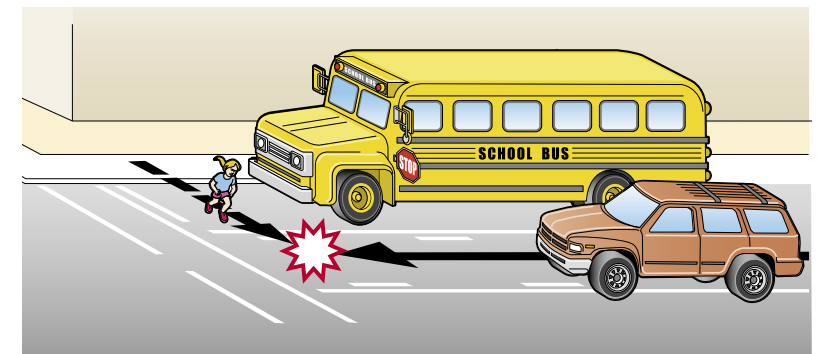
BICAS is located at 44 West 6th Street, Tucson, AZ 85705; Phone: (520) 628-7950. [bicasunderground@yahoo.com](mailto:bicasunderground@yahoo.com).

Check out the calendar on the website [www.bicas.org](http://www.bicas.org) for details, visit, email or call BICAS for more information.

## RULES OF THE ROAD

### Kids can be unpredictable

Motorists (and bicyclists) should always expect children to be around stopped school buses, even if the red lights of the bus aren't flashing as you approach. Children could still dart out into the roadway without warning with serious consequences. It is against the law to pass a stopped school bus with its red lights flashing. (A.R.S. 28-857)



Kurt Weinrich, P.E. Director, Pima County Department of Transportation

### Pima County Board of Supervisors

Richard Elias, Chairman, District 5  
Ann Day, District 1; Ramón Valadez, District 2  
Sharon Bronson, District 3; Raymond J. Carroll, District 4  
County Administrator: C.H. Huckelberry

For more information, please contact the Pima County Bicycle & Pedestrian Program at 520-740-6746 or [Matt.Zoll@dot.pima.gov](mailto:Matt.Zoll@dot.pima.gov)

## CYCLING TIP OF THE MONTH



### Get to Know Your Local Bike Shop

By David Burnham,  
Pima County Graphic Services

If you want a bike for transportation, are thinking of buying a racer to give Mt. Lemmon a try, or if mountain biking sounds like it could be fun, a specialty bike shop is the first place you should look.

Unlike mass market retailers who often only sell mountain bikes and then only in 'adult' and 'juvenile' sizes, a specialty bike shop has dozens of different kinds of bikes in every possible size. You can find a bike that fits your body and your budget.

A \$99 department store full-suspension 'mountain bike' isn't fast enough for the street and isn't tough enough or light enough to take offroad. A real bike shop can find you a real mountain bike and make sure it's safely set up for you. You may think you want a full-on mountain bike, then find out that a fast, flat-bar hybrid bike will serve you better and

save you some money. Most shops even have a selection of used bikes that have been tuned up and inspected for resale.

Do you like beach cruisers? A real bike shop will have them in 1, 3, 7 or even 27 speeds. Do you know how to set your saddle height? A real bike shop does.

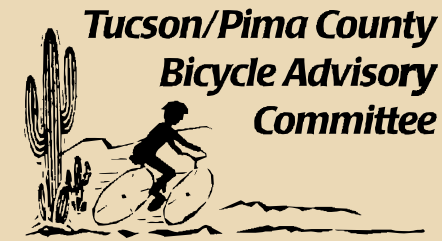
Wandering around a bike shop exposes you to all kinds of products you never knew existed. Cycling shoes, gloves, pannier bags, locks, lights and every kind of safety product. You won't find just one style of helmet, you'll find dozens. Do you want halogen lights, mountain biking lights or LED's? Do you need a cable lock, a U-lock or a type you've never heard of? For a thrill, you can lift up a carbon fiber racing bike and feel its amazing lightness.

Bike shops can save you money in many ways. It is often possible to repair parts that you thought were a lost cause. Wheels can be straightened for as little as \$7. They can show you how to fix a flat or quiet a noisy shifter with a quick adjustment.

Experienced mechanics can spot potentially dangerous problems. A mechanic once noticed a crack in my frame that I was unaware of. It only looked like a small bulge in the paint to me, but to a trained eye, it was a big bummer of a wreck in the making. They showed me how to inspect my bike for such life threatening problems. The bike was a loss, but I took the opportunity to upgrade to a better one.

The most valuable thing you'll find in a specialty bicycle retailer isn't the mix of products, or the bikes themselves. It's the collective knowledge of the staff.

Most bike shop employees ride daily and you can benefit from their advice—the kind you won't get from a department store employee who just transferred over to sporting goods from home electronics.



### Local Hero Rides into Sunset

By Brian Beck, local cyclist

The Tucson-Pima County Bicycle Advisory Committee has said farewell to Jesse Morales, chair for the last three years, who has resigned for personal reasons.

Jesse served as a member of the BAC for nearly six years and said he is leaving impressed with "how a group of concerned citizens can get together and effect some positive changes." He noted the many new miles of bicycle lanes created throughout the area in recent years as a sign of progress and a growing awareness about the value of bicycling. "There's a general

all-around recognition in terms of people getting to think bicycles," he said.

If you see Jesse rolling through the area, as he has done as a serious cyclist for the last 20 years, give him a thumbs-up for the hundreds of hours of time he has devoted to the cause of bicycling in Pima County.

Meanwhile, the BAC continues its business of working to improve bicycling safety and facilities. Recent actions include:

- Initiating and supporting a Tucson Department of Transportation plan to restripe and add a bicycle lane to the Grant Road/Tanque Verde Road intersection. When completed sometime this spring, this will mean westbound bicyclists will no longer have to share a right turn/straight-through lane with motorists.
- Recommending that local governments fund the addition of bike lanes to Irvington Road west of Houghton Road to complete a one-third mile gap; on Kolb Road south from Valencia Road to the Voyager RV Park; and along Sahuarita Road.

- Recommending that the city and the Arizona Department of Transportation study the Baraza-Aviation Parkway intersection with Broadway Boulevard to identify a way to reduce the risks of bicyclist-motorist collisions.

The BAC meets the second Wednesday of each month from 6 P.M. to 8 P.M. at the Himmel Park Branch Library, 1035 N. Treat Avenue. To learn more, call 740-6746 or visit [www.pima.gov/tpcbac/](http://www.pima.gov/tpcbac/).



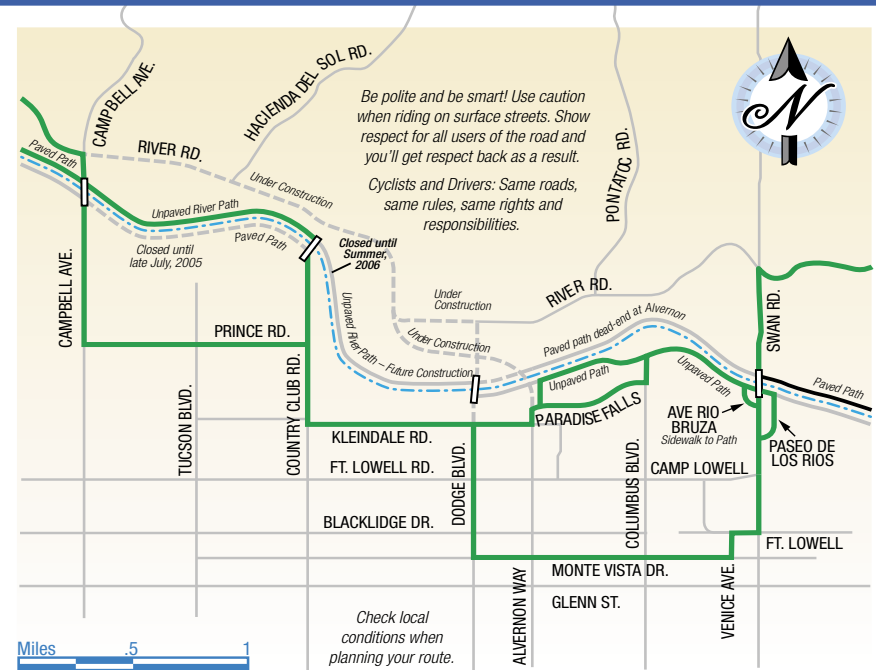
## Avoiding River Road and Rillito Path Construction

### Available Alternate Bike Routes



- Available alternate bike routes
- Under Construction
- Rillito River
- Bridges over Rillito

River Road and Alvernon Way are expected to be under construction until Fall of 2006



## LOCAL EVENTS, CLUBS & WEBSITES

This is a partial listing of bicycling & walking events coming up in the near future. If you would like your event listed in future newsletters, please contact us. Pima County provides this listing as a public service. This listing does not constitute official endorsement of these events by Pima County.

- BICAS Bike-In Movie & Fun Ride, Last Sat. of each month.....<http://www.bicas.org>
- Clean Air Fair, April 6-9, 2006 .....[www.tucsonaz.gov/caf](http://www.tucsonaz.gov/caf)
- Arizona Epilepsy Walk, April 8, 2006..... <http://epilepsyfoundation.org/arizona/>
- Sabino Canyon Sunset Run – 7.4 mi., April 15, 2006..... [www.azroadrunners.org](http://www.azroadrunners.org)
- Spring Cross-Country Classic 5K run, April 22, 2006 ..... [www.azroadrunners.org](http://www.azroadrunners.org)
- Catalina State Park 5 mile/2 mile run, April 29, 2006 ..... [www.everyoneruns.net](http://www.everyoneruns.net)
- Tour of the Tucson Mountains Bike Ride, April 30, 2006 ..... [www.pbaa.com](http://www.pbaa.com)
- Mount Lemmon Hill Climb bicycle ride, May 5, 2006 ..... [www.bikegaba.org](http://www.bikegaba.org)
- High Trek Adventure, May 6, 2006..... [www.hightrekadventure.com](http://www.hightrekadventure.com)
- Tucson Heart Group Cinco de Mayo 10K run, May 7, 2006..... [www.azroadrunners.org](http://www.azroadrunners.org)
- Sara Courtney Memorial Walk/Run, May 13, 2006..... [www.walkforsara.com](http://www.walkforsara.com)
- Sahuarita Lake Triathlon & 5K run, May 29, 2006..... <http://www.tritucson.com/>
- Tour for Tucson's Children bicycle ride, July 4, 2006..... [www.ci.tucson.az.us](http://www.ci.tucson.az.us)
- Arizona Running & Walking Events Calendar ..... [www.arizonarunningcalendar.com](http://www.arizonarunningcalendar.com)
- BICAS homepage ..... [www.bicas.org](http://www.bicas.org)
- Cactus Cycling Club ..... [www.cactuscycling.com](http://www.cactuscycling.com)
- Doo Dah Road Club ..... [www.doodahroadclub.org](http://www.doodahroadclub.org)
- Greater Arizona Bicycling Association ..... [www.bikegaba.org](http://www.bikegaba.org)
- Green Valley Hiking Club Calendar of Events..... [www.gvrhc.org](http://www.gvrhc.org)
- Perimeter Bicycling Association of America..... [www.pbaa.com](http://www.pbaa.com)
- Pima Trails Association Calendar of Events ..... [www.pimatrails.org/calendar.htm](http://www.pimatrails.org/calendar.htm)
- Skate Tucson (In-Line Skating)..... [www.skatetucson.org/ClubMain.html](http://www.skatetucson.org/ClubMain.html)
- Southern Arizona Roadrunners..... [www.azroadrunners.org](http://www.azroadrunners.org)
- Southern Arizona Hiking Club ..... [www.sahcinfo.org](http://www.sahcinfo.org)



# The Safety Zone

April / May  
2006

NEWS from the PIMA COUNTY - TUCSON SAFE ROUTES TO SCHOOL PROGRAM

Donna Lewandowski, Safe Routes to School Coordinator • 520-205-8309 • Donna.Lewandowski@dot.pima.gov



**THANKS!**

Students from Paolo Friere School shown at the 2006 Bicycle Information for Kids Education (B.I.K.E.) Class

Ignacio Rivera de Rosales, Pima County DOT

Thanks to Paulo Freire Middle School for three awesome days! From March 7th to the 9th twenty students from this local downtown charter school participated with Pima County's "Safe Routes to School" program, in collaboration with BICAS, to learn safe bike riding practices and about bicycles in general. The students decided to take this course during a school intersession. Over three days, they learned about bicycles and all their parts, basic maintenance, safety maneuvers, crash avoidance techniques, and even created some recycled bicycle art.

Upon completion, they all passed written and on the road tests that earned them a certificate from the League of American Bicyclists deeming them intelligent and safe bicycle riders.

The students were a blast and on the last day we broke down into three groups and mapped out rides around central Tucson that all ended at Himmel Park for a picnic lunch. If you are



affiliated with an Elementary or Middle School and you would like to participate in something like this please call Ignacio Rivera de Rosales at 205-8311.

Thanks to Paulo Freire Middle School! We hope to have fun with you again soon, so we can hear more student's yelling, "Oh, I want to try!"

## Preliminary Safe Routes to School Survey Results Have Arrived

Pima County and the City of Tucson have received the survey results from four of the seven pilot elementary schools in the Safe Routes to School program. Approximately 550 surveys from parents and teachers were returned from Brichta, Homer Davis, Howell and Hughes Elementary schools.

The school surveys indicate that there is strong parental support for this program. Close to 100 parents volunteered to participate in meetings, organize events or help with bike and walk promotions.

Of the survey respondents, there are approximately 100 children who currently walk to school at least once a week and about 25 students who ride their bicycles at least once a week. With over 300 of the responding families living between 1/4 to 1 mile from their school and an additional 200 students between 1-5 miles from school, there is great opportunity to increase walking and bicycling through the Safe Routes to School program.

The preliminary results indicate that walking programs and infrastructure improvements would increase parents' encouragement of their children to walk and bicycle to school.



The Pima County - Tucson Safe Routes to School Program is funded in part by the Federal Highway Administration and the Arizona Department of Transportation



Ignacio Rivera de Rosales wants to keep your kids safe!

## Pima County Hires Full-Time Bicycle and Pedestrian Educator

By Donna Lewandowski, Pima County Safe Routes to Schools Coordinator

Pima County recently hired a third full-time employee for the Bicycle and Pedestrian Program. Ignacio Rivera de Rosales (AKA "Nacho") will be working primarily with the Safe Routes to School Pilot Program to deliver

## National Public Health Week to Focus on Kids in 2006!

Annual Nationwide Health Event Will Be Held April 3-9

By Donna Lewandowski, Pima County Safe Routes to Schools Coordinator

A healthy built environment – that is the buildings, roads, bridges, and other man-made structures – can benefit children's health in many important ways. Sidewalks and direct walking routes enable children to walk or bicycle to school instead of being driven. Intersections built with a particular eye towards child pedestrian safety can reduce child injury and fatality rates.

At a time when obesity and diabetes are rising among children, and when asthma continues to be highly prevalent, it is crucial to seek, understand, and implement environmental design solutions that might help with these health challenges. Providing an environment

bicycle and pedestrian education to our seven pilot elementary schools. Additionally, he'll be assisting with the adult bicycle education program as well as organizing and teaching bicycle safety rodeos and safety events around the county.

Ignacio comes to us from two and a half years at BICAS (Bicycle Inter-Community Action and Salvage). While there, he helped the co-op build and refine the Build-A-Bike course series for both youth and adults, Ladies-Only bicycle maintenance classes, courses in recycled bicycle art, and assisted with their daily help-yourself education in the community tool area. He has an undergraduate degree from Florida State University in International Affairs, and is currently finishing up a master's degree at the University of Arizona in Bilingual Education.

When asked what his vision is for the Safe Routes to School Program, Ignacio responded: "...that all students in Pima County schools get proper education on how to ride their bicycles safely and that we can change the culture on how students get to school." He would also like to challenge the greater community to discover the joy and benefits of walking and bicycling.

Welcome aboard, Ignacio!

with clean air, opportunities for safe exercise and play, and safe routes to and from schools, libraries, parks and other community centers, can have a definite positive effect on our children's health.

While progress in this area is being made, there is still much we can do to create a healthier built environment. Towards that end, the national observance for National Public Health Week 2006 is from April 3-9.

During NPHW, the American Public Health Association will aim to improve the understanding of the relationship between built environments and the health and safety of children by promoting solutions that families, communities and policy makers can use to improve children's health in their communities.

Each day will focus on the relationship between the built environment and a core children's health issue, with additional focus on effective solutions based on case studies from model communities. Monday's focus will be on Designing Healthy Communities: Raising Healthy Kids; Tuesday will be devoted to Surrounding



## Community Hospitals Sponsor Walk n' Roll to School Day 2006

Walk n' Roll to School day this year is sponsored in part by the Tucson Medical Center and El Dorado Hospital.

These community hospitals have generously provided gifts for the participating Safe Routes Pilot Schools. Many thanks to them for supporting a fun and healthy event for our students.

Walk n' Roll to School day is a once a year event to promote active commuting to school for local kids.

**Walk n' Roll TO SCHOOL DAY!**

**April 7, 2006**

DESIGNING HEALTHY COMMUNITIES: RAISING HEALTHY KIDS

our Kids with Equal Opportunities; Wednesday will highlight Surrounding our Kids with Physical Activity; Thursday's theme is Surrounding our Kids with Safety; and Friday will wrap up with Surrounding our Kids with Clean Air.

If you would like to host an event at your school around one of these themes, or if you are already planning something that fits in, you can find ideas and materials to help promote the week at the NPHW web site. There you will find the Community Pop Quiz to see how your community stacks up on health indicators, a tool kit with customizable materials, a kids corner, and logos and posters for you to use. You can also register your event on their national calendar. For more information visit the NPHW website at [www.nphw.org](http://www.nphw.org)