

# FREE BIKE SAFETY CLASSES

Get Your Choice of a Two Free Items!

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



March-April 2010



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

B-08

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

February 22, 2010

## BEGINNER BIKE CLASSES

The Greater Arizona Bicycling Association (GABA), RC Bicycles, Sabino Cycles, Pima County and the City of Tucson are hosting Free Bike Shop Safety and Maintenance Classes! The first inaugural class will be hosted by RC Bicycles and our host for the second inaugural class is Sabino Cycles. This 2-hour class is designed for persons who would like to get back into bicycling and reconnect with their youth. The class includes basic safety instruction on a leisurely 1-½ hour bike ride, plus a half-hour maintenance demonstration by the host bicycle shop. As an extra bonus the City and County will be supplying **free** front and rear bike light kits and free bike safety reflective tape. GABA will be providing free bike patch kits. Participants must have a bicycle helmet. Open and free to everyone ages 13 and over. **Call 243-BIKE to sign up.**

Saturday, March 13<sup>th</sup>, 2010..... 8:00 a.m. to 10:00 a.m. ....RC Bicycles, 428 N. Fremont Ave.  
 Saturday, April 3<sup>rd</sup>, 2010..... 8:00 a.m. to 10:00 a.m. .... Sabino Cycles, 7045 E. Tanque Verde

## 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 register for a class.**

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, Tuesday, March 9<sup>th</sup>, 2010..... 6:30 p.m. to 9:00 p.m. .... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.  
 Part 2, Saturday, March 13<sup>th</sup>, 2010 ..... 8:00 a.m. to 1:30 p.m. .... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.  
 Part 1, Tuesday, March 30<sup>th</sup>, 2010..... 6:30 p.m. to 9:00 p.m. .... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.  
 Part 2, Saturday, April 3<sup>rd</sup>, 2010..... 8:00 a.m. to 1:30 p.m. .... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.

Part 1, Thursday, April 15<sup>th</sup>, 2010 ..... 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> St.  
 Part 2, Saturday, April 17<sup>th</sup>, 2010 ..... 7:00 a.m. to 12:30 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> St.

Part 1, Wednesday, April 21<sup>st</sup>, 2010 ..... 6:30 p.m. to 9:00 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> St.  
 Part 2, Saturday, April 24<sup>th</sup>, 2010 ..... 7:00 a.m. to 12:30 p.m. .... Ward VI Council Office, 3202 East 1<sup>st</sup> St.

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

## **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. 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, Thursday, March 4<sup>th</sup>, 2010..... 6:30 p.m. to 9:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
Part 2, Saturday, March 6<sup>th</sup>, 2010 ..... 8:00 a.m. to 2:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway

Part 1, Thursday, March 25<sup>th</sup>, 2010..... 6:30 p.m. to 9:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
Part 2, Saturday, March 27<sup>th</sup>, 2010 ..... 8:00 a.m. to 2:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway

Part 1, Thursday, April 8<sup>th</sup>, 2010 ..... 6:30 p. m, to 9:00 p.m. Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
Part 2, Saturday, April 10<sup>th</sup>, 2010..... 7:00 a.m. to 1:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway

Part 1, Thursday, April 29<sup>th</sup>, 2010 ..... 6:30 p.m. to 9:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
Part 2, Saturday, May 1<sup>st</sup>, 2010 ..... 7:00 a.m. to 1:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway

## **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 participants)**

Saturday, March 13<sup>th</sup>, 2010..... 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 8-12)**

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** (6 children & 6 parents), so sign up early to get your preferred dates. Children will receive a free helmet and safety reflective tape.

Saturday, March 20<sup>th</sup>, 2010.....8:00 a.m. to 12:00 p.m..... Perimeter Bicycling Assoc. of American, 2609 E. Broadway  
Saturday, April 17<sup>th</sup>, 2010..... 8:00 a.m. to 12:00 p.m. .... BICAS, 44 West 6th St