

FREE BIKE SAFETY CLASSES

Get Your Choice of a Free Helmet or Front & Rear Bike Light or a High-Quality Bike Lock!

(For successful completion of courses – see details below)



May-June 2009



BICYCLE & PEDESTRIAN PROGRAM
City of Tucson Department of Transportation



www.BikePed.pima.gov

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

March 30, 2009

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. **All participants must call 243-BIKE to register for each class!**

The class includes learning how to perform a quick, easy bicycle safety check, fix a flat, and perform minor mechanical adjustments. It also includes review of state and local laws, on-bike skills and practice, interactive discussion, 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.

Recommended for adults and youth ages 16 and above (ages 13-15 okay with a parent). This course is a pre-requisite for Road 2. Participants will receive free safety reflective tape, tire levers, and a choice of a free helmet or a front and rear bike light set or a high-quality bicycle U-lock (participants **MUST** have a CPSC approved helmet to take part in the class). Bikes in good rideable condition are required for the Saturday part of the class. Fixed gear bikes must have at least one hand brake!

Part 1, Wednesday, May 6 th , 2009.....	6:30 p.m. to 9:30 p.m.....	Sam Lena Library, 1607 S. 6 th Ave.
Part 2, Saturday, May 9 th , 2009.....	7:00 a.m. to 1:00 p.m.....	Sam Lena Library, 1607 S. 6 th Ave.
Part 1, Thursday, May 28 th , 2009.....	6:00 to 8:00 p.m.	Udall Park, 7200 E. Tanque Verde Rd.
Part 2, Saturday, May 30 th , 2009.....	7:00 a.m. to 1:00 p.m.....	Udall Park, 7200 E. Tanque Verde Rd.
Part 1, Wednesday, June 3 rd , 2009.....	6:30 to 9:30 p.m.	Perimeter Bicycling Assoc. of America, 2609 E. Broadway
Part 2, Saturday, June 6 th , 2009.....	7:00 a.m. to 1:00 p.m....	Perimeter Bicycling Assoc. of America, 2609 E. Broadway
Part 1, Wednesday, June 10 th , 2009.....	6:30 p.m. to 9:30 p.m.....	Sam Lena Library, 1607 S. 6 th Ave.
Part 2, Saturday, June 13 th , 2009.....	7:00 a.m. to 1:00 p.m.....	Sam Lena Library, 1607 S. 6 th Ave.
Part 1, Wednesday June 24 th , 2009.....	6:30 to 9:30 p.m.	Ward VI Council Office, 3202 East 1 st St.
Part 2, Saturday, June 27 th , 2009.....	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

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 bike-racer 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). This course is a pre-requisite for Road 2. Participants will receive free safety reflective tape, tire levers, and a choice of a free helmet or a front and rear bike light set or a high-quality bicycle U-lock (participants **MUST** have a CPSC approved helmet to take part in the class). Bikes in good rideable condition are required for the Saturday part of the class. Fixed gear bikes must have at least one hand brake!

Part 1, Wednesday, May 20th, 2009.....6:30 to 9:30 p.m. Perimeter Bicycling Assoc. of America, 2609 E. Broadway
Part 2, Saturday, May 23rd, 2009.....7:00 a.m. to 1:30 p.m... Perimeter Bicycling Assoc. of America, 2609 E. Broadway

TRAINING AND FITNESS (ROAD 2)

For more advanced students who have an understanding of vehicular cycling principles, as evidenced by successful completion of Road 1, this 10-hour course includes fitness and physiology, training for longer rides, advanced mechanics, pace line skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals included. Participants in this class will receive a high-quality bike lock. Bikes in good rideable condition are required for the Saturday part of the class. Fixed gear bikes must have at least one hand brake!

Part 1, Thursday, May 28th, 2009.....6:30 to 9:30 p.m. Ward VI Council Office, 3202 East 1st St.
Part 2, Saturday, May 30th, 2009.....7:00 a.m. to 1:00 p.m..... Ward VI Council Office, 3202 East 1st St.

GETTING TO WORK SAFELY AND CHEAPLY (COMMUTING)

This class is for adult cyclists who have recently started, or who are thinking about, commuting to work or school by bike. This three-hour follow-up to Road I covers topics including route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting, reflectorization, and foul weather riding such as extreme heat, cold and rain. Included with the class are handouts and student materials. Participants in this class will receive a high-quality reflective leg band that has flashing red LED lights on the band. Fixed gear bikes must have at least one hand brake!

Thursday, May 14th, 2009.....6:30 p.m. to 9:30 p.m... Perimeter Bicycling Assoc. of America, 2609 E. Broadway

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 15, so sign up early to get your preferred dates. Children will receive a helmet, tire levers and safety reflective tape.

Saturday, May 30th, 20098:00 a.m. to 12:00 p.m.....BICAS, 44 West 6th St
Saturday, June 13th, 20098:00 a.m. to 12:00 p.m.....BICAS, 44 West 6th St