

# FREE BIKE SAFETY CLASSES

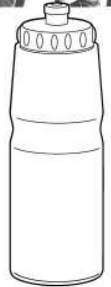
March – April 2008

**Get FREE Lights, FREE Bike Pump,  
FREE Helmet & FREE Lock!**

*(For successful completion of courses – see details below)*



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



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

March 20, 2008

## 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, 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 prerequisite for Road 2. Participants will receive a free helmet, front and rear bike light set, high-quality bicycle U-lock, insulated water bottle, patch kit, tire levers, and safety reflective tape. Bikes in good rideable condition are required for the Saturday part of the class.

Part 1, Wednesday, March 12<sup>th</sup>, 2008..... 6:30 to 9:30 p.m. .... Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
Part 2, Saturday, March 15<sup>th</sup>, 2008..... 8:30 a.m. to 2:30 p.m... Perimeter Bicycling Assoc. of America, 2609 E. Broadway

Part 1, Thursday, March 13<sup>th</sup>, 2008 ..... 6:30 to 9:30 p.m. .... Udall Park, 7200 E. Tanque Verde Rd.  
Part 2, Saturday, March 15<sup>th</sup>, 2008..... 8:30 a.m. to 2:30 p.m..... Udall Park, 7200 E. Tanque Verde Rd.

Part 1, Tuesday, March 25<sup>th</sup>, 2008..... 6:30 to 9:30 p.m. .... Hope United Methodist Church, 6740 S. Santa Clara Ave.  
Part 2, Saturday, March 29<sup>th</sup>, 2008..... 7:30 a.m. to 1:30 p.m... Hope United Methodist Church, 6740 S. Santa Clara Ave.

Part1, Thursday, April 3<sup>rd</sup>, 2008 ..... 6:30 to 9:30 p.m ..... Randolph Recreation Center, 200 S. Alvernon Way  
Part 2, Saturday, April 5<sup>th</sup>, 2008 ..... 7:30 a.m. to 1:30 p.m ..... Randolph Recreation Center, 200 S. Alvernon Way

Part 1, Thursday, April 10<sup>th</sup>, 2008 ..... 6:30 to 9:30 p.m ..... Ward VI Council Office, 3202 East 1st Street  
Part 2, Saturday, April 12<sup>th</sup>, 2008..... 7:30 a.m. to 1:30 p.m ..... Ward VI Council Office, 3202 East 1st Street

Part 1, Tuesday, April 22<sup>nd</sup>, 2008..... 6:30 to 9:30 p.m. .... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.  
Part 2, Saturday, April 26<sup>th</sup>, 2008..... 7:30 a.m. to 1:30 p.m..... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.

Part 1, Wednesday, April 30, 2008 ..... 6:30 to 9:30 p.m. .... Udall Park, 7200 E. Tanque Verde Rd.  
Part 2, Saturday, May 3, 2008..... 7:30 a.m. to 1:30 p.m..... Udall Park, 7200 E. Tanque Verde Rd.

**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. Participants will receive a free helmet, front and rear bike light set, high-quality bicycle U-lock, insulated water bottle, patch kit, tire levers, and safety reflective tape. Bikes in good rideable condition are required for the Saturday part of the class.

Part 1, Thursday, March 13<sup>th</sup>, 2008 ..... 6:30 to 9:30 p.m. .... Ward VI Council Office, 3202 East 1st Street  
Part 2, Saturday, March 15<sup>th</sup>, 2008 ..... 8:00 a.m. to 2:30 p.m. .... Ward VI Council Office, 3202 East 1st Street

Part 1, Tuesday, April 1<sup>st</sup>, 2008 ..... 6:30 to 9:30 p.m. .... Ward I Council Office, 940 W. Alameda  
Part 2, Saturday, April 5<sup>th</sup>, 2008 ..... 7:00 a.m. to 1:30 p.m. .... Ward I Council Office, 940 W. Alameda

Part 1, Wednesday, April 16<sup>th</sup>, 2008 ..... 6:30 to 9:30 p.m. .... Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
Part 2, Saturday, April 19<sup>th</sup>, 2008 ..... 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 free insulated water bottle and high-quality bicycle U-lock. Bikes in good rideable condition are required for the Saturday part of the class.

Part 1, Tuesday, March 25<sup>th</sup>, 2008 ..... 9:00 a.m. to 12:00 p.m. .... Northwest Fire District, 8165 N. Wade Road  
Part 2, Wednesday, March 26<sup>th</sup>, 2008 ..... 9:00 a.m. to 4:00 p.m. .... Northwest Fire District, 8165 N. Wade Road

Part 1, Wednesday, April 23<sup>rd</sup>, 2008 ..... 6:30 to 9:30 p.m. .... BICAS, 44 West 6th St.  
Part 2, Saturday, April 26<sup>th</sup>, 2008 ..... 7:00 a.m. to 2:00 p.m. .... BICAS, 44 West 6th 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/arm band that has flashing red LED lights on the band.

Tuesday, April 8<sup>th</sup>, 2008 ..... 6:30 to 9:30 p.m. .... Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
Tuesday, April 15<sup>th</sup>, 2008 ..... 6:30 to 9:30 p.m. .... Ward I Council Office, 940 W. Alameda

## **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 while it will be optional for the parents. Class size is limited to 15, so sign up early to get your preferred dates. Children will receive a helmet, front and rear bike light set, patch kit, tire levers and safety reflective tape.

Saturday, March 8<sup>th</sup>, 2008 ..... 8:00 a.m. to 12:00 p.m. .... BICAS, 44 West 6th St  
Saturday, April 12<sup>th</sup>, 2008 ..... 8:00 a.m. to 12:00 p.m. .... BICAS, 44 West 6th St

**For more information and to register for these classes, please contact the  
Pima County Bicycle and Pedestrian Program at 243-BIKE (243-2453).  
Also see [www.BikePed.Pima.gov](http://www.BikePed.Pima.gov)**