

# FREE BIKE SAFETY CLASSES

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

(For successful completion of courses – see details below)



January-February 2009



BICYCLE & PEDESTRIAN PROGRAM

City of Tucson Department of Transportation



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

09-028

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

January 5, 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 a free helmet, safety reflective tape, and a choice of a front and rear bike light set or a high-quality bicycle U-lock. Bikes in good rideable condition are required for the Saturday part of the class.

Part 1, Tuesday, January 6<sup>th</sup>, 2009 ..... 9:00 a.m. to 1:30 p.m. .... Saddlebrooke, 38379 S. Mountain View Blvd  
 Part 2, Wednesday, January 7<sup>th</sup>, 2009..... 9:00 a.m. to 3:00 p.m. .... Saddlebrooke, 38379 S. Mountain View Blvd

Part 1, Thursday, January 8<sup>th</sup>, 2009..... 6:30 p.m. to 9:30 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
 Part 2, Saturday, January 10<sup>th</sup>, 2009 ..... 8:00 a.m. to 2:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway

Part 1, Wednesday, January 21<sup>st</sup>, 2009..... 6:30 p.m. to 9:30 p.m. .... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.  
 Part 2, Saturday, January 24<sup>th</sup>, 2009 ..... 8:00 a.m. to 2:00 p.m. .... Sam Lena Library, 1607 S. 6<sup>th</sup> Ave.

Part 1, Thursday, January 22<sup>nd</sup>, 2009 ..... 6:00 p.m. to 9:00 p.m. .... Tour de Cure, Ward VI Council Office, 3202 East 1<sup>st</sup> St.  
 Part 2, Saturday, January 24<sup>th</sup>, 2009 ..... 8:00 a.m. to 2:00 p.m. .... Tour de Cure, Ward VI Council Office, 3202 East 1<sup>st</sup> St.

Part 1, Tuesday, January 27<sup>th</sup>, 2009..... 9:00 a.m. to 3:30 p.m. ....Sun City Rancho Vistoso  
 Part 2, Thursday, January 29<sup>th</sup>, 2009..... 9:00 a.m. to 3:30 p.m. ....Sun City Rancho Vistoso

Part 1, Tuesday, January 27<sup>th</sup>, 2009 ..... 6:00 p.m. to 9:00 p.m. ....Marana 13251 N. Lon Adams Rd.  
 Part 2, Saturday, January 31<sup>st</sup>, 2009 ..... 8:00 a.m. to 2:00 p.m. ....Marana 12375 N. Heritage Park Dr.

Part 1, Thursday, January 29<sup>th</sup>, 2009..... 6:30 p.m. to 9:30 p.m .....Ward I Council Office, 940 W. Alameda  
 Part 2, Saturday, January 31<sup>st</sup>, 2009 ..... 8:00 a.m. to 2:00 p.m .....Ward I Council Office, 940 W. Alameda

Part 1, Tuesday, February 3<sup>rd</sup>, 2009 ..... 6:30 p.m. to 9:30 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway  
 Part 2, Saturday, February 7<sup>th</sup>, 2009..... 8:00 a.m. to 2:00 p.m. . Perimeter Bicycling Assoc. of America, 2609 E. Broadway

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

## **STREET SAVVY, CONFIDENCE AND SAFETY (ROAD 1)**

Part 1, Wednesday, February 11 <sup>th</sup> , 2009 .....	6:30 p.m. to 9:30 p.m. ....	Sam Lena Library, 1607 S. 6 <sup>th</sup> Ave.
Part 2, Saturday, February 14 <sup>th</sup> , 2009.....	8:00 a.m. to 2:00 p.m. ....	Sam Lena Library, 1607 S. 6 <sup>th</sup> Ave.
Part 1, Thursday, February 12 <sup>th</sup> , 2009 .....	6:00 p.m. to 8:00 p.m. ....	Boy Scout Troop Udall Park, 7200 E. Tanque Verde Rd.
Part 2, Saturday, February 14 <sup>th</sup> , 2009.....	8:00 a.m. to 4:00 p.m. ....	Boy Scout Troop Udall Park, 7200 E. Tanque Verde Rd.
Part 1, Tuesday, February 17 <sup>th</sup> , 2009 .....	6:00 p.m. to 9:00 p.m. ....	Marana P & R Coach line Annex
Part 2, Saturday, February 21 <sup>st</sup> , 2009.....	8:00 a.m. to 2:00 p.m. ....	Marana Continental Ranch Neighborhood Park
Part 1, Tuesday, February 24 <sup>th</sup> , 2009 .....	6:30 p.m. to 9:30 p.m. ....	Ward I Council Office, 940 W. Alameda
Part 2, Saturday, February 28 <sup>th</sup> , 2009.....	8:00 a.m. to 2:00 p.m. ....	Ward I Council Office, 940 W. Alameda

## **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, safety reflective tape, and a choice of a front and rear bike light set or a high-quality bicycle U-lock. Bikes in good rideable condition are required for the Saturday part of the class.

Part 1, Tuesday, January 13 <sup>th</sup> , 2009 .....	6:30 p.m. to 9:30 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St
Part 2, Saturday, January 17 <sup>th</sup> , 2009 .....	8:00 a.m. to 2:30 p.m. ....	Ward VI Council Office, 3202 East 1 <sup>st</sup> St

## **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.

Part 1, Thursday, January 29 <sup>th</sup> , 2009.....	6:30 to 9:30 p.m.....	BICAS, 44 West 6th St.
Part 2, Saturday, January 31 <sup>st</sup> , 2009 .....	7:00 a.m. to 2:00 p.m. ....	BICAS, 44 West 6th St.
Part 1, Thursday, February 5 <sup>th</sup> , 2009 .....	6:30 to 9:30 p.m.....	BICAS, 44 West 6th St.
Part 2, Saturday, February 7 <sup>th</sup> , 2009.....	7:00 a.m. to 2:00 p.m. ....	BICAS, 44 West 6th St.
Part 1, Thursday, February 19 <sup>th</sup> , 2009 .....	6:00 p.m. to 9:00 p.m. ....	Tour de Cure, PC Medical Society, 5199 E. Farness Dr.
Part 2, Saturday, February 21 <sup>st</sup> , 2009.....	8:00 a.m. to 4:00 p.m. ....	Tour de Cure, PC Medical Society, 5199 E. Farness Dr.

## **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.

Thursday January 22 <sup>nd</sup> , 2009.....	6:30 p.m. to 9:30 p.m. .	Perimeter Bicycling Assoc. of America, 2609 E. Broadway
Thursday February 19 <sup>th</sup> , 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 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, tire levers and safety reflective tape.

Saturday, January 17 <sup>th</sup> , 2009 .....	8:00 a.m. to 12:00 p.m. ....	BICAS, 44 West 6th St
Saturday, February 7 <sup>th</sup> , 2009 .....	8:00 a.m. to 12:00 p.m. ....	BICAS, 44 West 6th St