

FREE BIKE SAFETY CLASSES

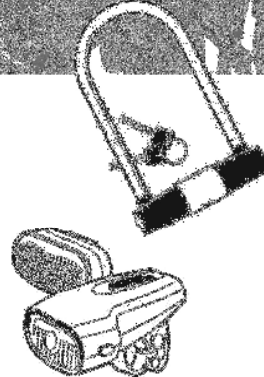
Get Your Choice of a Free Helmet, Front & Rear Bike Light, or a High-Quality Bike Lock!

(For successful completion of courses – see details below)

November-December 2009



BICYCLE & PEDESTRIAN PROGRAM
City of Tucson Department of Transportation



www.BikePed.pima.gov

B-095

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

October 8, 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 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, Wednesday, November 4th, 2009 6:30 p.m. to 9:30 p.m..... Sam Lena Library, 1607 S. 6th Ave.
- Part 2, Saturday, November 7th, 2009..... 8:00 a.m. to 2:00 p.m..... Sam Lena Library, 1607 S. 6th Ave.

- Part 1, Tuesday, November 10th, 2009 6:30 to 9:30 p.m. Ward I Council Office, 940 W. Alameda
- Part 2, Saturday, November 14th, 2009..... 8:00 a.m. to 2:00 p.m..... Ward I Council Office, 940 W. Alameda

- Part 1, Wednesday, November 18th, 2009 6:30 to 9:30 p.m. Ward I Council Office, 940 W. Alameda
- Part 2, Saturday, November 21st, 2009..... 8:00 a.m. to 2:00 p.m..... Ward I Council Office, 940 W. Alameda

- Part 1, Wednesday, November 25th, 2009 6:30 p.m. to 9:30 p.m Ward VI Council Office, 3202 East 1st St
- Part 2, Saturday, November 28th, 2009..... 8:00 a.m. to 2:00 p.m Ward VI Council Office, 3202 East 1st St

- Part 1, Wednesday, December 9th, 2009 6:30 p.m. to 9:30 p.m Ward VI Council Office, 3202 East 1st St
- Part 2, Saturday, December 12th, 2009..... 8:00 a.m. to 2:00 p.m Ward VI Council Office, 3202 East 1st St

- Part 1, Tuesday, December 15th, 2009 6:00 to 8:00 p.m. Udall Park, 7200 E. Tanque Verde Rd.
- Part 2, Saturday, December 19th, 2009..... 8:00 a.m. to 2:00 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. 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 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, December 1st, 20096:30 to 9:30 p.m. Perimeter Bicycling Assoc. of America, 2609 E. Broadway
Part 2, Saturday, December 5th, 2009.....8:00 a.m. to 2:00 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, December 12th, 2009.....1:00 to 5:00 p.m. Ward VI Council Office, 3202 East 1st St

TRAINING AND FITNESS (ROAD 2) & GETTING TO WORK SAFELY AND CHEAPLY (COMMUTING)

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 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, Wednesday, December 9th, 20096:30 to 9:30 p.m. Sam Lena Library, 1607 S. 6th Ave
Part 2, Saturday, December 12th, 2009.....8:00 a.m. to 2:00 p.m..... Sam Lena Library, 1607 S. 6th Ave

Mechanics Class

This class will focus on basic mechanical aspects of the bicycle and will include repair and adjustment of the most common problems. Bring your bikes and plan on getting your hands dirty! **(Class size is limited to 10 participants)**

Saturday, December 12th, 2009.....2:00 to 5:00 p.m. Sam Lena Library, 1607 S. 6th Ave

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 helmet, tire levers and safety reflective tape.

Saturday, November 14th, 2009.....8:00 a.m. to 12:00 p.m.....BICAS, 44 West 6th St
Saturday, December 19th, 2009.....8:00 a.m. to 12:00 p.m..... Perimeter Bicycling Assoc. of American, 2609 E. Broadway