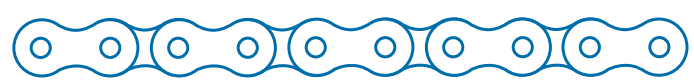




FREE BIKE SAFETY CLASSES!



To sign up, call
724-BIKE (2453)
or visit
bikeped.pima.gov



PIMA COUNTY
BICYCLE & PEDESTRIAN PROGRAM

Pima County Health Department is offering free classes for bike riders of various ages and skill levels!

Get back on your bike!

An easy 2-hour ride where instructors get you set up and ready to ride, discuss basic bike topics, and ride local streets to help you get familiar with safely operating your bike. Participants must already know how to ride a bike.

Recommended for ages 16+. Ages 13 and up OK with parent consent.

Traffic skills 101 (bike safety skills)

This is a primer course for those who want to gain a full understanding of how to safely operate a bicycle in variety of situations. How-to's on performing a quick safety check, fixing a flat, using riding gear as well as an overview of state and local laws. You'll go for a ride and practice bike safety skills in a parking lot.

Recommended for ages 16+. Ages 13 and up OK with parent consent if parent remains on-site.

Mechanics class

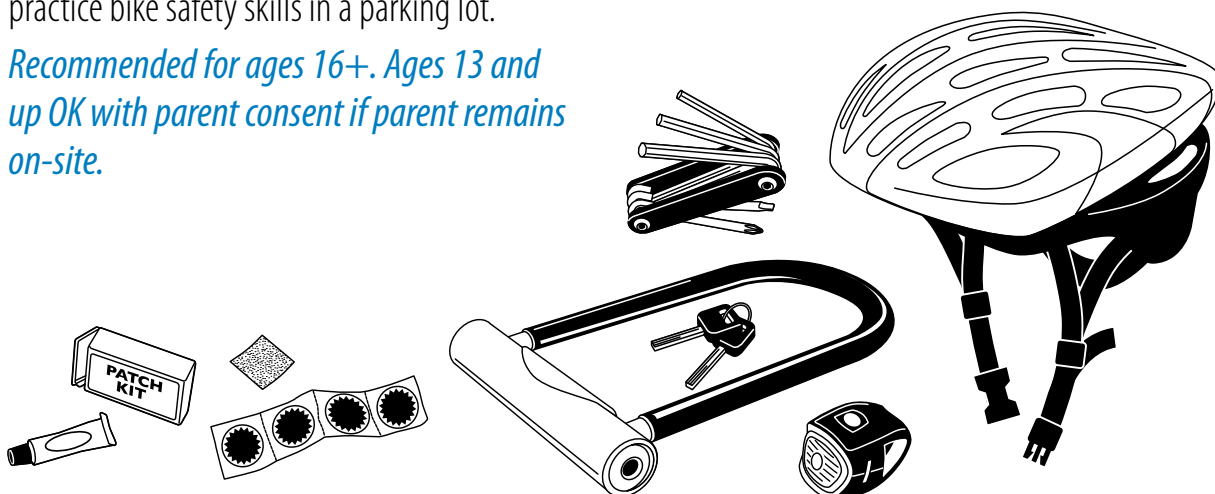
Learn the basic mechanical aspects of the bicycle, how to repair and adjust the most common problems such as flat tires, changing and lubing chains, brakes and derailleur adjustment, changing and adjusting cables, wrapping handlebar tape and adjusting spoke tension. Also includes recommendations for creating a tool kit. Plan on getting your hands dirty!

Class size limited to 10 participants.

FREE STUFF!

Depending on the class, participants may receive reflective tape, leg bands, patch kits and coupons for another free item!

item may vary



Please note: All participants need to bring a bike in good working condition and an approved bicycle safety helmet. If you need a loaner helmet, please let us know in advance and we can provide one.