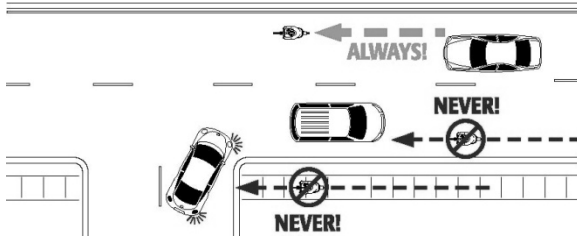


The Coalition of Arizona Bicyclists'

## Arizona Bicycle Institute



The Coalition of Arizona Bicyclists' **Arizona Bicycle Institute** provides education programs and consulting in the interest of creating healthier, bicycle friendly, communities.

We teach:

Street Bicyclists

Off Road Bicyclists

Parents

Children

Police officers

Motorists

Commercial Drivers



The Coalition of Arizona Bicyclists'

## Arizona Bicycle Institute



Our scheduled formal certificate courses include:

**CAZ-095- Basic Bicycle Maintenance-** A four hour class demonstrating how to clean and lube your bicycle, simple derailleur and brake adjustment, and flat tire repair.

**CAZ-101-Road 1, The Science of Street Cycling-** Our Nations' premiere street bicycling program taught by instructors certified by the League of American Bicyclists in Washington DC. Learn the basics of bicycle and helmet fit. Learn state bicycle laws. Learn how to predict and prevent crashes, and how to bail out as a last resort! Learn how to operate your bicycle in a skillful and confident manner, in any traffic-any time! This class is designed to be of value to new and veteran cyclists.

**CAZ-101W-The Science of Street Cycling for Women-** The same material as CAZ-101 in a two day format only. Female instructors, Female mechanics. This class includes a Women's Bicycling History module

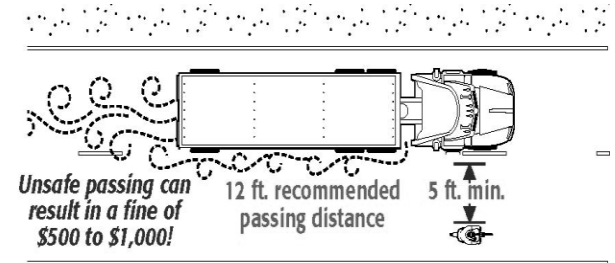
**CAZ-102- Mountain Bike Basics-** Learn the basics of trail riding and etiquette from Former Arizona Women Mountain Bike Champion Mary Halfman! In this introductory class Mary will also teach bike and helmet fit, basic care of the bike, and bike equipment.

**CAZ-201-Bicycle Commuting and Touring-** A three hour class supplementing Road 1. Taught by certified instructors, this class deals with the perks and challenges of bicycle commuting.

**CAZ-202- Road 2-Training and Fitness-** Taught by certified instructors, this supplement to Road 1 covers, the physiology of training and fitness, training for longer rides, paceline skills, bad weather and night riding

The Coalition of Arizona Bicyclists'

## Arizona Bicycle Institute



Our Presentations for your club, employer, public agency, or church include:

**Bicycling for Parents-**What you need to teach your kids and why you need to do it!

**Share the Road for Commercial Drivers –**We teach what constitutes legal bicycling behavior, and how to approach and pass a bicycle on city streets and highways.

**Getting Started Bicycling-** The very basic techniques and equipment needed to get started bicycling.

**Bicycling Enforcement for Police Officers-** A program developed by the Cambridge Mass. Police dept that familiarizes officers with bicycling law, crash statistics, and how motorist and bicycle enforcement can save lives.

**Ride Smart/Drive Smart-** A program developed for teenagers teaching the responsibilities of operating bicycles, and motor vehicles around bicycles.

**To register for classes go to**

[www.cazbike.org](http://www.cazbike.org)

**Questions?**

**Phone 602-686-1302**



Yes, I want to promote more bicycle friendly communities and bicycle education!

\*Advocacy \*Street Cycling Programs \*Off Road Cycling Programs  
\*Law Enforcement programs\*Children's Programs  
\*Motorist Programs

Enclosed is my gift:

\_\_ \$1000 \_\_ \$500 \_\_ \$100 \_\_ \$50 \_\_ \$25

Enclosed is my membership:

Individual Member \_\_ \$25.00 per year  
Family Member \_\_ \$30.00 per year  
Bicycle Club Member \_\_ \$150.00 per year  
Business Member \_\_ \$200.00 per year

*Please make checks payable to CAzB*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

E- Mail address \_\_\_\_\_

Mail to: **CAZB** P.O. Box 54488  
Phoenix , AZ 85078

The Coalition of Arizona Bicyclists

Presents:

## ***Arizona Bicycle Institute***



**KNOWLEDGE IS MORE POWERFUL THAN YOUR  
LEGS WILL EVER BE**

## **Classes for New as well as Experienced Bicyclists**



[www.cazbike.org](http://www.cazbike.org)