

# BICYCLE AND PEDESTRIAN PROGRAM

## Adult Bicycle 101 Workshops

Ready to get out of your car and onto a bicycle? Come to a great introductory workshop on how to start bicycle commuting. You'll get practical tips on how to plan your commute and what you can do to stay safe on the streets. All participants will receive a free "Get Started Safely Kit" that includes a helmet, bicycle lights, and more. *Offered in partnership with Valley Metro's Be Bright Program. Available to libraries, adult groups, senior communities, and more.*

Please call 480-644-3398 for a schedule of upcoming workshops.

## Youth Bicycle 101 Workshops

Are you a Boy/Girl Scout group, an afterschool program, in-school program, or neighborhood group looking to learn more about bicycle and pedestrian safety?

A custom-tailored presentation can be given to any Mesa school or community youth group discussing safety for bicyclists and pedestrians.

Add the "On Bicycle Skills Course" to really help reaffirm the safety lessons taught in the Youth Bicycle 101 Workshop. Kids love this part! We will bring our trailer and set up mock roadways and scenarios for bicyclists. Participants will receive various items that may include a helmet, lock, lights, or more.

## Walk or Bike to School Day Events

Any school that wishes to celebrate Walk to School Day in October or Bike to School Day in April/May and needs assistance from the City can contact our Traffic Safety Educator at 480-644-3398. If you need other ideas on how to increase safe walking and bicycling at your school we are happy to assist.

## Car Seat Education Classes

Designed for parents that need car seat education or staff that transport children on a regular basis, this class will teach best practices for car seat safety, car seat basics, and how to properly install a car seat in a vehicle. The class is taught by a Certified Child Passenger Safety Technician. Call 480-644-3398 to schedule a class.

The Mesa Fire and Medical Department offers car seat check-up appointments for individuals. Call 480-644-2200 to schedule an appointment.

## CycloMesa

Every April join us for a celebration of all things cycling at CycloMesa. Visit our Facebook page <https://www.facebook.com/TheGreatArizonaBicycleFestival> and [www.cyclomesa.com](http://www.cyclomesa.com) for all the latest information about the event!



## City of Mesa Bike2Work Day Event

The month of April is all about encouraging and celebrating those that bike to work or school. The City of Mesa holds a pancake breakfast and Earth Day Expo every April on Earth Day. City departments and employees challenge each other for the coveted traveling trophy and lunch with the City Manager. The breakfast and expo are open to the public and all proceeds are donated to a local organization.

