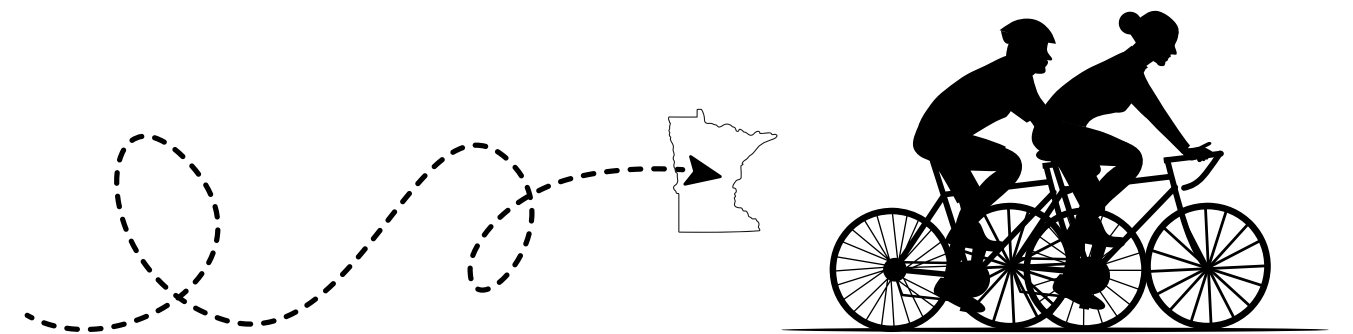


# Adult Learn to Ride

## A Regional Guide

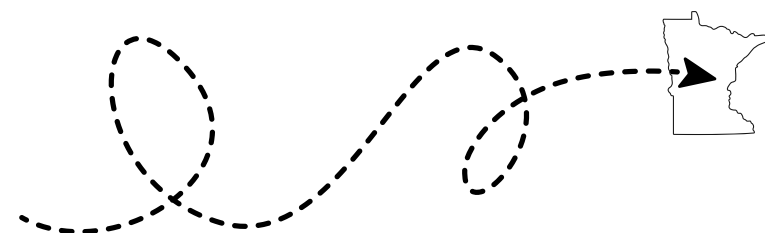
Teaching skills, inspiring confidence, and supporting mode shift in communities across Minnesota

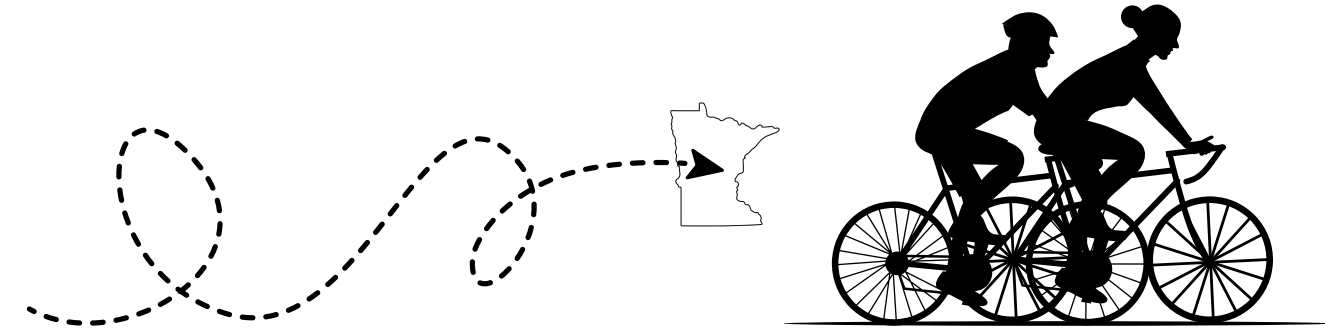


Want to run your own Learn to Ride classes? Great! We need more people teaching adults how to ride bikes across Minnesota. This guide is intended to help interested people or organizations plan and run a Learn to Ride series of 3-4 classes. It is a companion piece to our [Learn To Ride Teaching Guide Zine](#) which covers the basics of organizing/preparation with a focus on the actual curriculum.

### **Why spend time and resources organizing Adult Learn to Ride classes?**

This is a holistic issue; there are many reasons to invest in getting more adults on bikes, to name a few: less cars on the roads, better health and sense of community, better standard-of-living, more transportation options for adults who cannot drive for financial or legal reasons. In the Twin Cities, we primarily teach people of color, immigrants, and refugees; for many, learning how to ride a bike creates freedom of movement and literally provides a way for folks to get to work or wherever else they need to go.



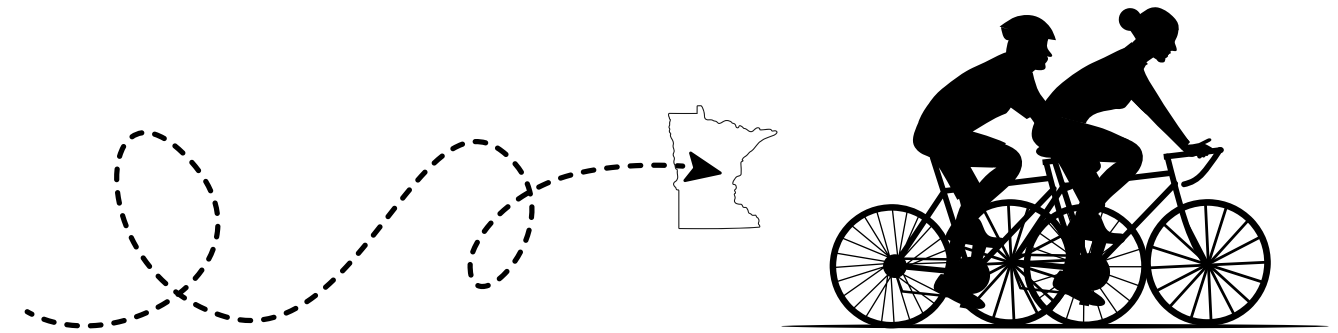


Freedom of movement is a core part of safety, community, and overall wellness in communities. We need to invest in communities where adults of all backgrounds are able to move around safely—and perhaps we should dream even bigger than this—that adults of all kinds are able to move around with a sense of ease, empowerment and joy.\*

The curriculum was developed by The Bicycle Alliance of Minnesota and based on a curriculum created by Cycles for Change and Todas en Bici. It is meant as a four-part series in a big open space like a parking lot or tennis courts. Please see the [Learn to Ride Teaching Guide Zine](#) for the curriculum in-depth, pages 6-23. In summary, the curriculum focuses on teaching participants to balance and pedal, which are the main skills necessary for cycling!

Note: There are options for adjusting the curriculum for participants who may already know how to balance and pedal but do not feel confident as riders.

Sometimes BikeMN staff have offered one-time “Bike Basics” sessions that last two hours and involve reviewing some handling skills but focusing on learning the rules of the road (from the Bike MN handbook).

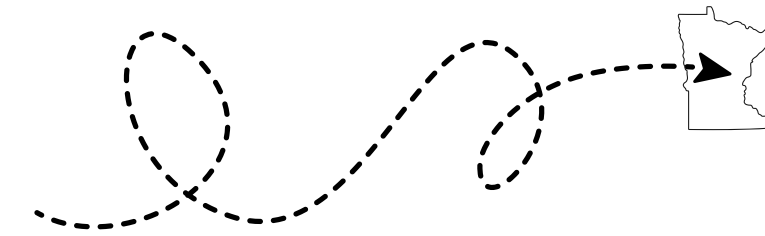


### Sample Curriculum Schedule (p. 6 in LTR teaching guide)

<b>First Class</b>	Orientation: Get to know your bike, Balancing
<b>Second Class</b>	Balancing, Pedaling
<b>Third Class</b>	Shifting, Braking, Turning/Signaling
<b>Fourth Class</b>	Bike safety, Group ride

# Here is What You'll Need...

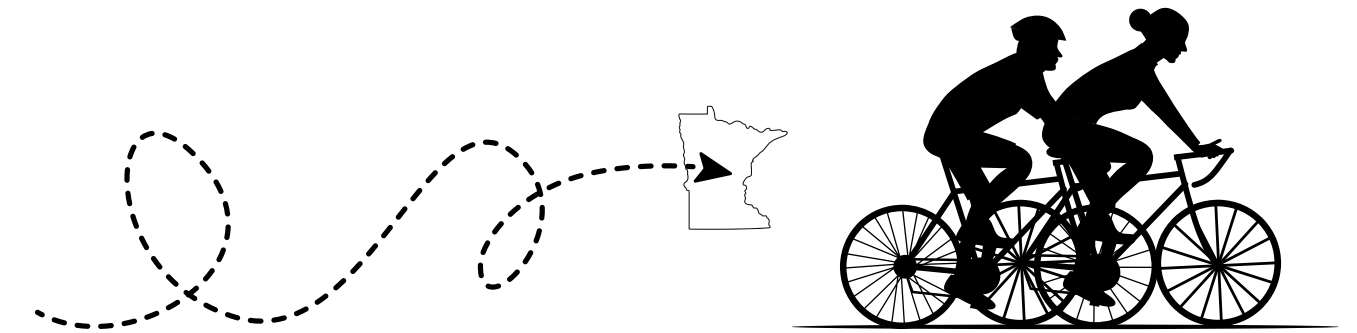
(Pages 2-5 in LTR Teaching Guide)



1. An excited group who wants to learn how to ride! A group of up to 15 people can either be from the general public or could be a targeted population of folks at an organization/community.
2. Two trained Learn to Ride Instructors. There should be at least two trained instructors (either paid or volunteer) who will be the main instructors for the session. BikeMN can provide a one-time training.
3. Volunteers! The more, the better, but even one is helpful.
4. A flat, paved, car-less space to have class. (schools, community centers, church parking lots) (p. 3).
5. A bike fleet for class. One bike per participant, with extras to accommodate different size needs. Could be borrowed or rented (p. 4).
6. Helmets for class (p. 5).
7. Bike tools (p. 9).
8. Other day-of supplies (p. 8).
9. Optional but awesome: A free bike, lock, set of lights, and helmet for each participant to take home after the sessions are finished. (p. 5).

# Potential Community Partners

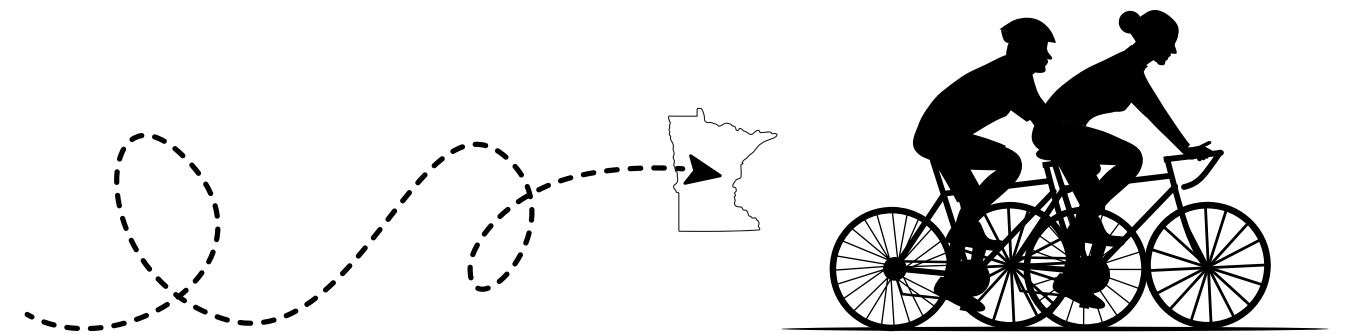
- Local bike shops: mechanic support, bike fleet, discounts on tools and accessories
- Local schools: bike fleet, using parking lot for class (often empty in summer)
- Local SHIP contacts: organizing support
- Local bike organizations/clubs: donate bikes or volunteer time
- Learn to Ride coordinators/instructors from BikeMN: [helena@bikemn.org](mailto:helena@bikemn.org); [ilse@bikemn.org](mailto:ilse@bikemn.org): train instructors, troubleshoot issues, help with planning
- Regional/city parks: co-hosting class, using parking lot
- Local adult education and support organizations: such as language schools, immigrant/refugee services, and community education- co-hosting class, connection to students, using parking lot
- Churches: using parking lot (often empty during the week)



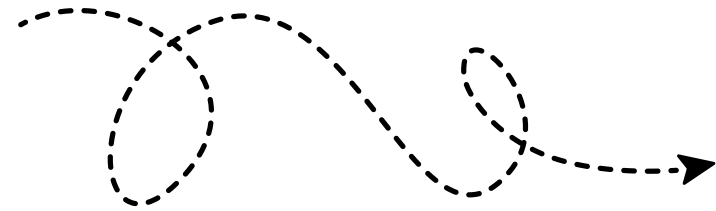
# Registration Tips:

- Eventbrite is a platform you can use for registration. This is nice because you can email folks reminders and set registration numbers.
- We usually set registration space for 20-25 people because there's always a number of registrants that don't show up.
- Add details such as bringing water, close-toed shoes, snacks, etc.
- Make it clear in the event description that this is a three or four-part class.
- We also usually do a day-of registration for folks who actually end up coming (there's always some no-shows). Sample questions for this form are on the next page.

From page 3 in the LTR Guide



# Sample Registration Form:



Name:

Zipcode:

Email Address:

Age:

Preferred Language:

What is your level of bike experience?

- I am not at all confident; I am somewhat confident; I am very confident

How confident do you feel biking now?

- I am not at all confident; I am somewhat confident; I am very confident

Why are you interested in this class?

- I want to travel more by bike
- I want to feel more confident riding a bike
- I want to learn more about how to maintain and fix a bike
- I want to learn more about bike safety
- I want to explore the bike trails and paths in my neighborhood

+ Safety waiver at the end

In consideration of being permitted to participate in the Adult Learn to Ride, led by the Organization \_\_\_\_\_, I, for myself, my personal representative, assigns, heirs, and next of kin:

- 1) Acknowledge, agree and represent that I understand and know that bicycling is a sport carrying significant risk of personal injury and I know that there are natural and man-made obstacles, hazards, surface and environmental conditions and risks which, in combination with my actions, can cause me severe or fatal injury, I also agree that I, and not the Organization or partner organization members, staff, volunteers, contractors and sponsors, are responsible for my safety while I participate in or train for Adult Learn to Ride.
- 2) Hereby release, discharge, and covenant not to sue the Organization, sponsors, organizers, associated entities and all of their employees, directors, officers or any of the persons connected with the Adult Learn to Ride program (Here in after the Releases), from all liability, claims, demands, losses or damages on my account caused in whole or in part by negligence of the Releases or otherwise.
- 3) Agree to wear an approved bicycle helmet during this event.
- 4) Agree that this Release and Waiver shall be valid for and apply to all activities and events connected with Adult Learn to Ride.

# Volunteers

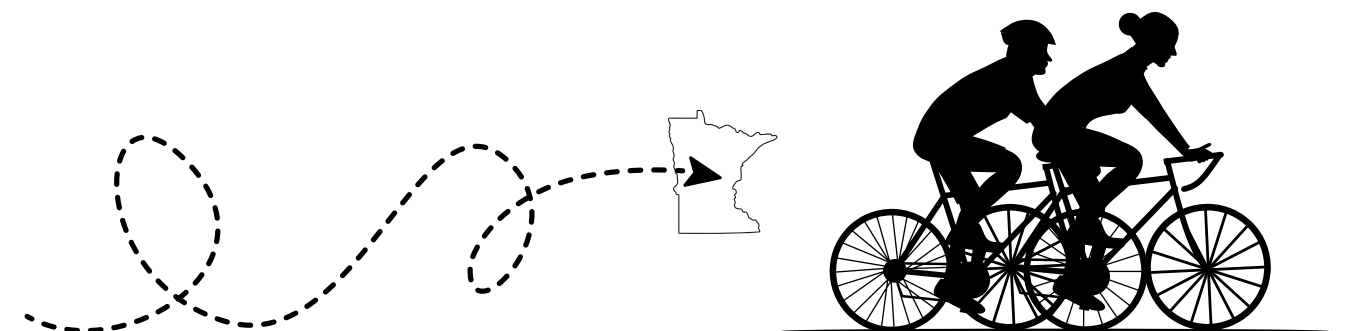
From page 3 in the LTR Guide

Learn to Ride classes benefit greatly from volunteers because students learn a lot faster when they have 1-on-1 attention and support. Volunteers can assist with:

- day-of check in
- bike/helmet fitting
- pedals/seat installation
- assisting students during class.

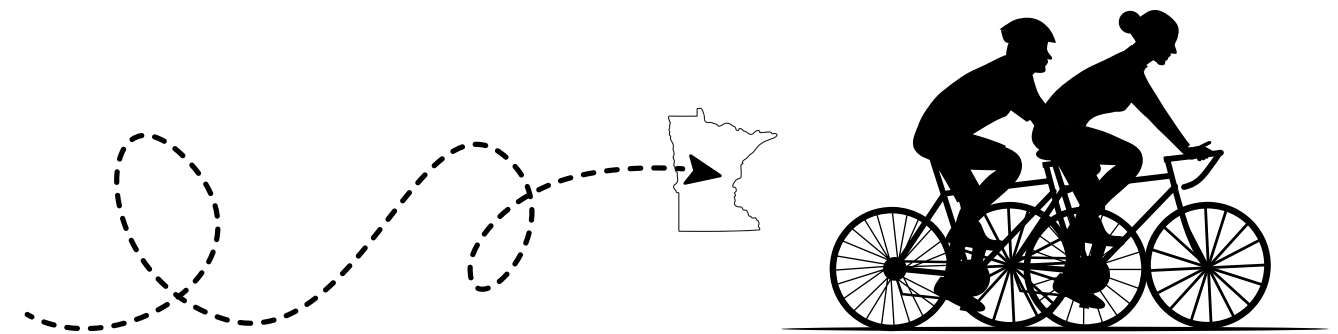
We recommend holding a volunteer orientation and going over the curriculum and how we teach learn to ride, basic bike adjustments/repair, and volunteer roles so that everyone feels comfortable jumping in.

We've included a sample planning timeline on the next page.



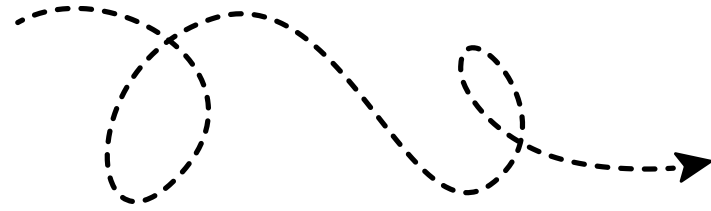
# Sample Planning Timeline:

3 months ahead of time	Identify an interested community (for example, students at an adult education center; a certain neighborhood)
3 months ahead of time	Identify partners to find volunteers, bicycle fleets, other folks willing to help plan, such as bike shops, bike organizations, schools, etc.
3 months ahead of time	Secure space for classes.
3 months ahead of time	Recruit volunteers.
2 months ahead of time	Train volunteers.
2 months ahead of time	Create registration on eventbrite; do outreach/flyering.
2 months ahead of time	Find bicycle fleet for the class, helmets
2 months ahead of time	If possible, secure free bikes for participants to take home after class.
1 week ahead of time	Send out reminder email to participants.



# Class Evaluation:

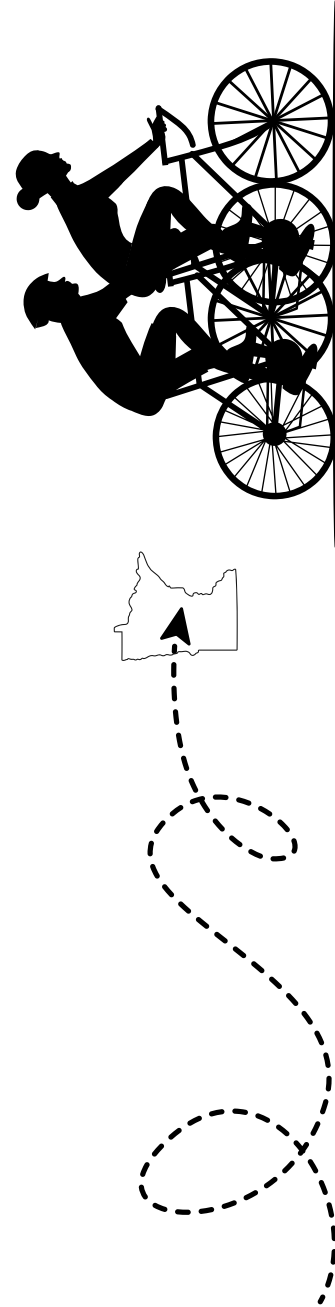
Class planners or instructors may want to give an evaluation to participants after the class is finished to see if goals were met.



## Sample questions:

- I would consider riding my bike to (check all that apply):
  - Work, grocery store, other store, places of worship, family or friend's home, bus stop, park
- I plan to ride my bike for (check all that apply):
  - Transportation, health/fitness, fun/recreation
- Currently, my main form of transportation is:
  - My own car, carpool, bus, bike, other
- I will try to ride my bike \_\_\_\_\_ days/week
- I think my average miles a day will be:
  - 3 miles or less (less than 15 min); 4-6 miles (15-30 min); 7-9 miles (30-45 min); 10 miles or more
- How confident do you feel biking now?
  - I am not at all confident; I am somewhat confident; I am very confident
- I believe biking will help me improve my health
  - Strongly agree; somewhat agree; somewhat disagree; strongly disagree

# Frequently Asked Questions...



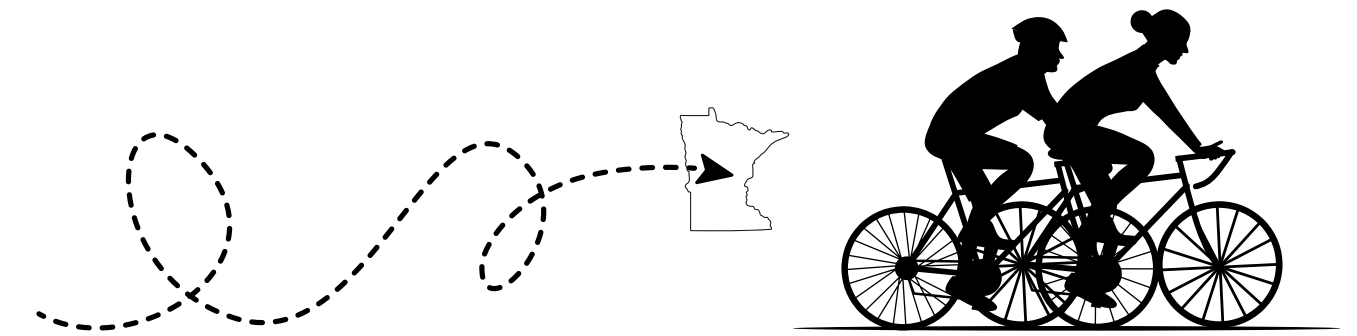
What if learners speak different languages?	It's great if you can get an interpreter who speaks the target language and English! If this isn't possible or if the learners speak multiple languages, Learn to Ride can be taught by relying on modeling skills and by using less complex language (and less talking in general from the instructors!). Visual learning aids are super helpful, too. <a href="#">See this slide deck with examples of roads</a> which you can print much bigger.
What's an ideal participant to instructor ratio?	We recommend at least two instructors for 15 students. Bonus if you have more than 1 volunteer! The more the better.
Weather Considerations	We recommend coming up with a weather plan for high heat, high AQI and storms. For us, we generally cancel class when the heat index is above 95 degrees, the AQI is above 100, or if there is lightning.
Is there flexibility in the structure of Learn to Ride?	Yes! While we usually teach the session in 3-4 sessions spaced out over a week, you can adapt it to your setting and time constraints! You could do one day-long session, two half-day sessions, etc, and space them out however works best for participants.

# What Can I Expect to Buy?

Below we have included a sample budget from a past Learn To Ride series organized in Washington County. Costs will vary widely depending on whether there are paid volunteers or instructors, purchasing of bikes and accessories to give away, etc. Please note that the below budget does not include labor/staff time.

Item	Cost per item	Amount	Total Cost
Refurbished bicycles--Express (optional, for giveaways)	\$100	15	\$1500
Transportation to class (varies!)	.725/mile	115 miles	\$83.36
Helmets	\$11.58	15	\$165
Locks (optional, for giveaways)	\$23.75	15	\$356
Lights (Optional, for giveaways)	\$22.90	15	\$345
Partner Organization/Interpreter stipends	\$100	3	\$300
Fleet rental (varies!)	\$15	15	\$225
<b>Total</b>			<b>\$2974.36</b>

# Regional Resources



## Rochester

### Local bike shops:

- Rochester Cycling
- Bicycle Sports
- Erik's
- My Bike Guy

### Local SHIP contacts:

Jennifer Nelson, [jennifer.nelson@swhhsmn.gov](mailto:jennifer.nelson@swhhsmn.gov)

### Local bike orgs who may be able to donate bikes or time

Pata de Perro: [patadeperrorbikeclu.wixsite.com/rochester-bike-club](http://patadeperrorbikeclu.wixsite.com/rochester-bike-club)

Rochester Active Sports Club (RASC): [www.rasc-mn.org/](http://www.rasc-mn.org/)

Bikes 4 Kids: [bikes4kidsmn.org/](http://bikes4kidsmn.org/)

**BikeMN's Rochester Chapter**, We Bike Rochester: [www.webikerochester.com/](http://www.webikerochester.com/)

**BikeMN's Southeast Regional Coordinator**, Lucy Kriesel; [lucy@bikemn.org](mailto:lucy@bikemn.org).

**Learn to Ride Coordinators/Instructors from Bike MN**; [info@bikemn.org](mailto:info@bikemn.org).

## Duluth

### Local bike shops:

- Twin Ports Cyclery
- Continental Bike & Ski
- Skihut

### Local SHIP contacts:

- Susan Michels, [MichelsS@communityhealthboard.org](mailto:MichelsS@communityhealthboard.org)
- Taylour Blakeman, [blakemant@communityhealthboard.org](mailto:blakemant@communityhealthboard.org)

### Local bike orgs who may be able to donate bikes or time

- Bike Cave: [www.loavesandfishesduluth.com/bike-cave](http://www.loavesandfishesduluth.com/bike-cave)
- Bikes 4 Kids: [bikes4kidsmn.org/](http://bikes4kidsmn.org/)

**BikeMN's Duluth Chapter**, Vibrant Streets Duluth: [vibrantstreetsduluth.org/](http://vibrantstreetsduluth.org/)

**BikeMN's Northeast Regional Coordinator**, Val Langer; [val@bikemn.org](mailto:val@bikemn.org).

**Learn to Ride Coordinators/Instructors from Bike MN**; [info@bikemn.org](mailto:info@bikemn.org)

# Resources and Links

**MN Bicycling Handbook:** [bikemn.org/mn-bicycling-handbook/](http://bikemn.org/mn-bicycling-handbook/)

**Ambassador's Guide for Walk!Bike!Fun!:** [walkbikefun.org/ambassador](http://walkbikefun.org/ambassador)

**BikeMN's Learn to Ride Teaching Guide:** [bikemn.org/bikemn-learn-to-ride-guide/](http://bikemn.org/bikemn-learn-to-ride-guide/)

**Contact:** [info@bikemn.org](mailto:info@bikemn.org)

