

Active Transportation Safety Training Program:

With grant funding from the Minnesota Department of Transportation, BikeMN is collaborating on the Active Transportation Safety Training Program. Along with Safe Routes to School (SRTS) National Partnership, Zan Associates, and project lead Alta Planning, BikeMN has been tasked with creating easy to use materials for schools, free of charge, that meet basic state education requirements for bicycle and pedestrian safety. This program is a precursor to Walk!Bike!Fun! and will roll out into schools across Minnesota in the fall of 2025.

Walk!Bike!Fun! Educator Training:

A free, two-part training utilizing BikeMN's Walk!Bike!Fun! Bicycle and pedestrian safety curriculum. Part one is an asynchronous online module, and part two is an in person training focused on putting the curriculum into action. With a mix of curriculum reading, discussion, and hands-on practice, the Walk!Bike!Fun! Educator training is a great primer for implementing bicycle and pedestrian safety lessons at your school or organizations.

- What students get:
 - Increased confidence to safely bike, walk, and roll in their neighborhoods
 - Improved health, learning capacity, and independence
- What educators get:
 - Access to training, educational materials, bike fleets, coaching, and more!
 - CEUs upon training completion
 - A curriculum with lessons meeting MN physical education standards and benchmarks
 - Funds to the district to cover the cost of substitutes

In addition to the WBF curriculum training program, BikeMN also offers Ambassador training, our training and resource program for community members, informal educators, parents, and volunteers looking to lead and assist with bicycle and pedestrian safety events in their communities. This training is a three hour session with hands-on activities, and is perfect for anyone interested in learning more about supporting youth learning in community settings.

As part of this program, we also provide bicycle maintenance classes for participating schools/community organizations. In this basic maintenance session, BikeMN educators will lead participants through a comprehensive bike safety check, fix-a-flat, brake, and derailleur adjustments. A maintenance training is perfect for schools or organizations tasked with maintaining their own fleets, or community members looking to assist with bike maintenance.

Adult Learn to Ride

Adult Learn to Ride is BikeMN's metro based program designed to teach adults who have never learned to ride or those needing a refresher after a long hiatus. With funding from Minnesota's Department of Health, we are now able to provide Train the Trainer classes across Minnesota including in Duluth and Rochester. The program is free to participate in and consists of four parts:

- Learn to Ride
 - The first step is learning to ride! In this session, participants will learn the basics of balancing, pedaling, and skills like riding with one hand to signal a turn, and maneuvering through obstacles.

- **Bike Basics**
 - Our half hour class on basic bike laws and safety practices. Students will learn about applicable laws, types of bike infrastructure, safety practices such as driving through intersections, and how to properly lock up bikes.
- **Group Riding**
 - After mastering riding individually, participants will learn how to ride as a group through a curated group ride designed to practice their riding skills in real world situations.
- **Basic Maintenance**
 - Participants will learn how to maintain their bicycle, including a basic safety check, fixing a flat, and adjusting brakes and shifting.

Participation in Adult Learn to Ride is free of charge, and upon completion of the program, students receive a refurbished bicycle and a new lock, helmet, and set of lights. The program is a prime opportunity for partnering with community servicing organizations.

People Friendly Driver

BikeMN's pilot program, PFD, is an hour-long course focused on sharing the road. Designed for motor vehicle drivers, the course covers basic MN road laws, types of bicycle and pedestrian infrastructure, best practices when encountering a biker or pedestrian, and how to navigate common real world situations. The program teaches that we all deserve to get to where we are going safely and confidently, regardless of how we travel. Participants will leave the training with deeper knowledge of issues not typically covered in basic driver's ed. The presentation can be facilitated in person or virtually, and is currently offered on a sliding scale fee system.

Ebike Commuter Assistance Program (ECAP):

Funded by the Met Council in the metro area, and by the Minnesota Department of Transportation in Red Lake and Duluth, ECAP is an expansion of our Learn to Ride program to support folks commuting to and from work using e-bikes. ECAP has recently expanded to greater Minnesota to Red Lake and Duluth. This program is a partnership between BikeMN and businesses/organizations and offers:

- A FREE e-bike fleet for workers to use to and from work, as well as outside of work.
- Training and orientation to learn about your e-bike and the program.
- A public campaign, [ibikemn challenge](#), which inspires participants to replace at least one car trip a week with their bike to win prizes and have fun!

Also available to those in the ECAP program is the [Minneapolis Cargo Bike Library](#) in collaboration with Cyclehoop, Laura Mitchell, and Lyndale Neighborhood Association

For more information:

Bikemn.org

Walkbikefun.org

Contact BikeMN's Education Director: angela@bikemn.org