

Walk!Bike!Fun! Educator Training:

A free, two-part training utilizing BikeMN's Walk!Bike!Fun! (WBF) Bicycle and pedestrian safety curriculum. Part one is an asynchronous online module, and part two is in person focused on putting the curriculum into action. The WBF 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
 - Lessons meeting MN physical education standards and benchmarks
 - Funds to the district to cover the cost of substitutes

BikeMN also offers Ambassador training for community members, informal educators, parents, and volunteers. This three hour training is perfect for anyone interested in supporting youth learning in community settings.

As part of this program, we provide bicycle maintenance classes that will lead participants through a comprehensive bike safety check, fix-a-flat, brake, and derailleur adjustments. This training is perfect for schools or organizations who maintain their own fleets, or community members looking to assist with bike maintenance.

Adult Learn to Ride

Adult Learn to Ride is BikeMN's free metro based program designed to teach adults who have never learned to ride or those needing a refresher after a long hiatus in four parts.

- Learn to Ride
 - Participants will learn the basics of balancing, pedaling, and skills like riding one-handed to signal a turn, and maneuvering through obstacles.
- Bike Basics
 - This half hour class focuses on laws, infrastructure, safety and securing bicycles.
- Group Riding
 - Ride as a group to practice skills in real world situations.
- Basic Maintenance
 - Learn a basic safety check, fixing a flat, and adjusting brakes and shifters.

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 (PFD)

PFD, is an hour-long pilot program (in person or virtual) designed for drivers to gain a deeper knowledge of issues not typically covered in basic driver's ed. PFD covers MN road laws, bicycle and pedestrian infrastructure, and best practices when encountering a biker or pedestrian in common real world situations. PFD is currently offered on a sliding scale fee system.

For more information:

Bikemn.org

Walkbikefun.org

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