

spinning the wheels Of Active Transportation

by Maya Sheikh, Communications Manager

BikeMN has started supporting communities around the state that have successfully applied for active transportation planning grants. We successfully lobbied for the creation of a state level active transportation grant program several years ago but it was not funded by the Legislature until 2021. The case for doing so was that the demand for federal Transportation Alternatives funds had grown so much in the first two decades of the program that it had gotten to the point where it was only funding about one-quarter of the grant requests from around the state.

The first funding for the program was \$5 million dollars appropriated by the Legislature from the General Fund during the 2021 session. The fact that it was General Fund, not bonding, meant that the funds were available for both infrastructure and programs like planning and education. Therefore, MnDOT decided to use more than half the funds to hire a planning consultant to develop active transportation plans for more than 40 communities by mid-2023. The idea is that these plans will guide program and infrastructure investment in coming years.

With some of the support coming from members, the McKnight Foundation, and other supporters and some from the Minnesota Department of Health's Statewide Health Improvement Partnership, BikeMN staff and a few board members are fanning out around the state to help with ten plans during the first round of grants. Natalie Gille, BikeMN's Greater Minnesota Program Manager, is coordinating the project and bikeMN staff Ted Duepner, Dorian

Grilley, Angela Olson, and Maya Sheikh are helping with one, two, or three communities/counties each. Many of the meetings have been virtual so far but we are planning to attend the in person meetings when we can. Communities for this round of plans include: La Crescent, New Ulm, Richfield, Jackson, Albert Lea, Mahanomen, St. Louis County, Marshall, Wheaton, and Chippewa County.

"BikeMN is very excited to be invited to support these communities/counties, MnDOT, and the planning consultant, said Dorian Grilley, BikeMN's Executive Director. I really enjoyed seeing La Crescent's Complete Streets and trail connection plans and the new bike/pedestrian bridge over Highway 61 that connects downtown to the trail along the Mississippi River during my visit in October."

Be sure to watch for round two of the grant application process and make sure your community leaders consider applying. •

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moving forward together WALKING AND BIKING TO SCHOOL



by angela olson, BikeMN Education Director

When adults are asked what their favorite outside activity as a child was, 75 percent say biking. That's how they moved. Biking and walking was a way to play with friends, to go to school, and to get around their communities. The odds are pretty good that you walked or biked around your neighborhood when you were a kid.

Everyone deserves to have these fond memories. That's one reason BikeMN developed the Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum for students and educators. We've been training educators across Minnesota with this curriculum for over six years, even adapting it for distance learning during COVID-19. Our train the trainer model supports lifelong education in schools, and supports biking and walking encouragement activities like bike rodeos, Bike and Walk to School Day, and more. To date, BikeMN has developed, organized, and conducted more than 70 educator trainings and distributed hundreds of copies of the curriculum. With participation from more than one-thousand educators, we are now reaching more than 100,000 kids per year!

BikeMN recently launched a newly updated Walk! Bike! Fun! Bicycle and Pedestrian Curriculum. Our new curriculum has twice as many lesson sets uniquely suited for each grade level, updates to our adaptive learning lessons,

and a new lesson about public safety. This work was made possible thanks to funding from the Minnesota Department of Health and the Centers for Disease Control and Prevention.

Studies show that children who walk and bicycle to school are more physically active, have improved mental health, and are more likely to walk or bike to other destinations in the neighborhood. Additionally, strong evidence connects physical activity to improvements in attendance rates, classroom behavior and student academic performance — including grades and standardized test scores.

The extensive road, and specifically on-the-bicycle lessons offered by this program are designed to increase bike ridership, physical activity, and safe and predictable riding among youth. All educators who have completed the Walk! Bike! Fun! Educator Training can request bike fleet rentals, co-teaching facilitation, and basic bicycle maintenance training throughout the year. Educators who have already participated in a Walk! Bike! Fun! Training previously are encouraged to join a training next season to brush up on their existing knowledge and to be led through our updated curriculum. •

Bike Fleet Update

BikeMN was recently awarded a grant from the Centers for Disease Control and Prevention and the Minnesota Department of Health, a portion of which was used to secure two new adaptive bicycles to add to our adaptive bicycle fleet in support of our Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum.

The launch of the newly updated curriculum and adaptive bike fleet use opportunities is another important step Minnesota is taking to expand access to physical activity opportunities for students of all abilities. BikeMN's adaptive bicycle fleet furthers our goal to help students to learn traffic rules, be able to identify and respond to potential hazards and learn important handling skills needed to walk and bike safely for transportation, physical activity, and fun.

Learn more at walkbikefun.org/reserve-a-bike-fleet. •



Reflecting on a season of Adult Learn to Ride

by Helena Howard, Education Associate

BikeMN just finished our first season of Adult Learn to Ride classes throughout the Twin Cities Metro. Cycles for Change, a community bike shop, previously directed the Adult Learn to Ride program in the Minneapolis area. Community members at Cycles for Change saw a continued need for these classes, and gave BikeMN funding resources to continue the course after they closed. We've been able to expand the program beyond Minneapolis to the wider Twin Cities metro region, and have made great strides in accomplishing our goals for the Adult Learn to Ride Program (ALTR).

The Adult Learn to Ride program supports adults who have never learned how to ride a bike, or who want to brush up on their skills, progress from striding and gliding to pedaling. The program helps participants get hands-on bike mechanic experiences, join group rides, and learn to ride confidently and safely. Participants can also earn a free refurbished bikes after completing the three to four week course.

Since the beginning of the program this past summer, BikeMN has educated 315 participants who have successfully completed the learn to ride and bike basics classes as well as participated in group rides, and attended local open shop bike maintenance opportunities. To date, BikeMN has given away 75 refurbished bicycles, helmets, locks, and sets of lights, nearly a quarter of our goal of 400.

The majority of our participants have been People of Color, immigrants, women, and have ranged across ages from 19 to 72. Many participants shared that the Learn to Ride program has provided opportunities to learn a new skill that was previously inaccessible to them. A number of participants have pledged to use their newfound bike confidence to replace trips typically made by car.

My sincerest appreciation to BikeMN for helping adults like myself realize their dreams of riding a bicycle. Most of the participants I spoke with over the four weeks had similar stories of not having an opportunity to ride as a kid and never would have imagined accomplishing this dream as an adult. Wow, imagine blossoming at any stage in one's life with the right supportive environment!

Adult Learn to Ride Graduate

The program is as popular as ever, and BikeMN made valuable connections with organizations, too. This year alone, we've been able to partner with Vail Place in Hopkins, African Community Services in Minneapolis, African Community Education Resources in Brooklyn Park, and Sarah's Oasis in Saint Paul. Further, Saint Paul Public Housing Agency and Camden Cycles in North Minneapolis have been critical partners for our open shop maintenance classes.

BikeMN is eager to support graduates of the program who wish to deepen their learning and skills. We have recruited (and arranged scholarships for) 5 participants from Learn to Ride to participate in the League of American Bicyclists Smart Cycling and League Cycling Instructor Seminars. These seminars provide professional level training so that participants can hone their expertise and continue to develop their own teaching skills with the intention of spreading bicycle education to their own communities. BikeMN is immeasurably proud of their achievement, as participation in the League of American Bicyclist's program is rigorous and shows excitement and commitment to growing as cyclists and becoming educators.

We are currently doing intense outreach as we plan for next season and continuing to offer maintenance classes and open shops for participants to learn more about maintaining their bicycles year-round. Learn more about our Adult Learn to Ride program, volunteer, and find more ways to engage on our website, bikemn.org.



The newest League Cycling Instructors!

Read more about our LCIs on page 6.



Building Bike Advocacy in Cities

by Ted Duepner, Supporter Relations Manager

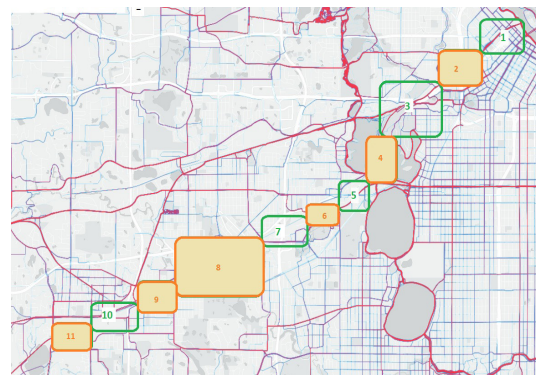
If you've ridden bicycles before May of 2019 in the Twin Cities area then you're no doubt familiar with one of the best paved loops in the area of about 25 miles that encompasses Minneapolis, Saint Louis Park, and just crosses the border into the 4 square mile gem that is Hopkins Minnesota. Regrettably, beginning in May of 2019, a key section of that cherished route was closed with the arrival of construction of the Southwest Lightrail Transit line and with it, a seemingly ever expanding timeline.

Fortunately, BikeMN Chapter, Access Hopkins has been tirelessly keeping the public up to date on trail detour options, and advocating for openings by making phone calls, sending emails, posting to social media and hosting multiple spirited public forums with key stakeholders and elected officials. Access Hopkins has effectively communicated to the public why bike and walk infrastructure is not only important for transportation, physical and mental health, and

recreational use, but also for economic vibrancy and highlighting why robust bike/walk/transit corridors make these areas great places to live.

"Access Hopkins started hearing a lot of frustration from the community when the significantly delayed trail opening dates were announced at the start of 2022. Plus, folks could see that segments of the trail were complete, but remained closed to trail users. We decided to use our relationships with city leaders to help us with efforts to reopen completed trails," Chris Nelson, founder of Access Hopkins said.

Thanks to efforts like these, Access Hopkins and many other BikeMN Chapters around our state, represent the very alliance of state, county, and hyperlocal advocates we need to be to get active transportation the attention it deserves. In addition to being a BikeMN member, you can also designate a portion of your membership contribution go directly to a local chapter by selecting a Chapter Affiliation on the drop down menu on our donation page. •



A map detailing trails that have been impacted by the Green Line Extension project. Green portions are open segments, and orange portions represent closed segments.

Do you know a local advocate group that may want to become a BikeMN Chapter? Learn more at bikemn.org/local-advocacy-groups.



Access Hopkins: There are a lot of exciting things happening in the Hopkins area thanks to its local bicycle coalition. If you haven't made it to Hopkins for one of the delightful social rides the group has planned or promoted, then at least visit for the new bike facilities they've helped develop. Access Hopkins has been working to provide bicycle education classes with the help of local experts, displaying safety education information with help of local jurisdictions, and sharing public trail updates for the community. All in all, Access Hopkins is a supremely effective organization—and we couldn't be more excited to have them as a chapter. And, we believe, there's plenty more to come! •



Photo by Ted Duepner

recognizing BikeMN's Walking Fellow!

by Maya Sheikh, Communications Manager

BikeMN staff are always looking for ways to learn more and deepen our knowledge of biking, walking, and rolling advocacy and community engagement. Natalie Gille, BikeMN's Greater Minnesota Programs Manager and host of the Bike Walk Leadership Network Webinar, recently completed the 2022 Central Region Walking College Fellowship.

The Walking College, supported by America Walks and AARP, offers participants an opportunity to hone their skills and knowledge around creating vibrant, safe, accessible communities for all. Fellows are paired with experienced advocates, and learn about the historic legacy of our car-centered transportation landscape, the basics of design and policy of non-motorized transportation, and develop essential leadership skills.

Bemidji, Minnesota, is just five-miles wide and has a bustling downtown packed with local businesses, scenic views on Bemidji's lakefront, and fun parks. The area is surrounded by three sovereign nations, and Band members travel to downtown Bemidji to access groceries that are unavailable in food deserts on the reservations. Like most places in Minnesota, the infrastructure prioritizes cars over people. In Bemidji, car-centered planning looks like requiring people to cross busy roads, with lights that give preference to cars traveling through spaces, instead of making it easier for people of all ages to visit fun destinations in Bemidji.

Through Natalie's Walking College Fellowship, she created a walking school bus implementation plan. A walking school bus is a school bus powered not by an engine, but by legs. Importantly, a walking school bus doesn't just benefit children or our schools, it has benefits for the wider community as well. Local initiatives like a walking school bus offer positive and healthy travel choices for children, build essential safety skills, support individual health, and encourage time outdoors.

Over six months, Natalie held a successful walking audit throughout Bemidji, met with local educators and administrators, talked with families, advocates, and local decision-makers, shared biking and pedestrian safety resources before successfully implementing her Superhero Steppers Walking School Bus. Natalie's Superhero Steppers Walking School Bus was put into action at Lincoln Elementary School alongside a pedestrian demonstration project installed through the Bemidji Walking Implementation Team. Her Walking Action Plan, shaped throughout the Walking College Fellowship, is being used by Headwaters Regional Development Commission (HRDC), who are writing the Superhero Steppers Walking School Bus into their Safe Routes to School Plans!



Photo of Natalie Gille, BikeMN's Greater Minnesota Programs Manager



Natalie is BikeMN's own superhero. We're so proud of her for deepening her learning through the Walking College program. Congratulations!

Walking and biking to school helps students build physical activity into their day, arriving at school energized and ready to learn. You can also start a walking school bus or bike train in your community! For more information, look into the Walk! Bike! Fun! Ambassador program at walkbikefun.org.

We encourage you to join the Bike Walk Leadership Network! The purpose of this group is to connect local bike walk leaders to share stories and ideas about how they're lifting up the walking and biking culture in their communities. **We consider everyone who is involved in local biking and walking efforts to be a leader.**

Join the Network and tune in for monthly Webinars:
bikemn.org/network



Meet Minnesota's Newest League Cycling Instructors

by Maya Sheikh, Communications Manager

Meet some of our state's newest League-certified ambassadors for better biking! In October, BikeMN hosted a BIPOC League Cycling Instructor (LCI) seminar that certified nine new LCIs in the Twin Cities area. LCIs get more people in their community safely and confidently riding and we love to see more joining our movement to build a safe and inclusive Bicycle Friendly America for everyone!

Last year, our friends at Quality Bicycle Products partnered with the League of American Bicyclists to offer LCI Seminar Equity Scholarships for Black people, Indigenous people, and people of color (BIPOC) who want to become League Cycling Instructors (LCIs). BikeMN was able to utilize these scholarships for participants during both LCI trainings. An equitable LCI Seminar includes being taught by a BIPOC instructor, which is why we were thrilled with League Cycling Coach Neil Walker led the seminar for the second year in a row with BikeMN. LCI Seminars taught by and for BIPOC people support a more representative LCI network.

Under the mentorship of Neil, as well as BikeMN Education Director angela olson and League Cycling Coach Jan Mattheus, participants spent three days learning how to teach the Smart Cycling curriculum. Participants spent classroom-time on presentations

about pre-assigned cycling topics, and went outdoors to learn how to teach evasive maneuvers and group riding, and brainstormed how to support encouraging more bicycling within the community.

According to Neil, "Throughout the seminar, there was a lot of discussion around the diversity of cycling and participants communicated their desire to instruct a variety of groups that included youth, adults, seniors and persons with disabilities."

Check out what a few of our newly-minted cycling educators look forward to achieving with their certification:

"The resources, national network, and training opportunities within the League of American Bicyclists are what attracted me to become an LCI. I plan on sharing bike mechanic and road safety knowledge with various communities of color. I would like to encourage other Indigenous, Black, and Brown people to become LCIs and to keep bicycling!" - L. Galavis

"I grew up in Monterrey, Mexico, but I came to Minnesota a few years ago and I now work as a volunteer with different non-profits. I am a cyclist and I would love to see more of the Latino community using bikes as transportation and I want to encourage my people to be outside." - R. Lopez



"I am 39 years old, born and raised in Minneapolis, Minnesota, and the owner of a community bicycle shop. Becoming an LCI not only gave me the training needed to be an informed instructor but it allows me to teach my community the information provided by the League. I look forward to teaching small group classes about the importance of bicycle safety and group riding techniques! If I can do this, then anyone can!" - K. Littleton

We're so proud of our newest League Cycling Instructors, and are excited to offer bike safety and education courses next season. •

MILES OF FUN!

At BikeMN, we love seeing people on bikes. The more people riding, the healthier, happier, and safer Minnesota is for us all. Bike tourism isn't just fun, it's also great for the local economy and a super way for people to get to know local landmarks.

We were delighted that more than 9,000 people participated in our fundraiser rides this summer and fall. The money raised on these rides goes toward funding local bike-friendly efforts, as well as BikeMN's education, advocacy, and safety efforts throughout the state.

If you rode with us in 2022, spread the word about one of our rides, volunteered, or even "liked" one of our posts on Facebook, Twitter, or Instagram—thank you! You're helping us to make our events bigger and better each year.

Interested in becoming a ride sponsor? Email info@bikemn.org for details.

Photos by Jerry Hass.



SAVE THE DATES

May 6

Lake Alice 100

The Lake Alice 100 is held in Fergus Falls, one of Minnesota's most bike-friendly communities. Loop around Lake Alice and stop at any time and enjoy the views, or visit the organizations and activities that make up a mini-festival at the ride's start. The Lake Alice 100 is free—and everyone is welcome, especially families!

July 16

Tour of Saints

Wend your way through a rich green and rolling landscape, along quiet country roads. With sinfully scrumptious pastries and bushels of fresh strawberries, this event is not to be missed! tourofsaints.com

August 12

Rock 'n' Roll the Lakes

Bust up those "Summertime Blues" and come down to cruise around the beautiful lakes of Albert Lea. bikemn.org/events/rock-and-roll-the-lakes/

September 10

Saint Paul Classic Bike Tour

Celebrate the scenic and historic Saint Paul Grand Round. The 28th Annual Saint Paul Classic will be bigger and better than ever. bikeclassic.org

October 8

Mankato River Ramble

Explore the autumnal beauty of the Minnesota River Valley at the 13th Annual Mankato River Ramble. bikeriverramble.org

BikeMN members get discounts on the Tour of Saints, Saint Paul Classic, Mankato River Ramble, and more! Sign up at bikemn.org/join.



Welcome BikeMN Board Members!

Earlier this year, BikeMN's newest Board members were welcomed to the Board and have served in various committees alongside staff to discuss our current priorities and future goals. We're so excited to welcome them to the team, and we want to take this chance to introduce a few new Board members to our readers.

Andy Lambert

Andy's passion for making streets more bike friendly started as a bicycle courier for a local coffee roaster. Pulling a 300lb trailer full of coffee beans through traffic made him realize the importance of well designed cycle infrastructure. In 2013, Andy joined Bike Fixation who designed and manufactured the repair stands and pumps that his current work, Cyclehoop distributes. That company was later acquired by Saris Infrastructure where he was the Global Sales Manager for 5 years. Andy feels lucky to do work he is passionate about, especially as that passion is reflected in Cyclehoop; breaking down barriers to cycling by making it safe and attractive. Andy loves that Cyclehoop supports cycling culture through social rides and facilitating open and inclusive events that encourage people to ride.

Mario Hernandez

Mario believes nonprofits and their leaders can build and sustain a more just society. He's been in the sector for nearly 25 years in numerous executive leadership and board roles. In his current role as Strategic Services Director at Propel Nonprofits, he's privileged and excited to share what he's learned leading nonprofit organizations with other current and emerging nonprofit leaders. He enjoys talking strategy

with anyone who will listen; creating operational plans that bridge strategy into practice; furthering inclusive leadership development; and, paying for it all through sustainable business models. St. Paul is his home. He (pre-pandemic) crosses the river daily. He enjoys riding his bicycle on Minnesota's vast number of trails. Family and connection to the community matter to him.

Cindy Winters

Cindy Winters spent the past 20 years working in public health, helping communities improve access to physical activity by increasing safety for walking and bicycling through education and infrastructure changes at the state and local levels. She was the program manager for the Heart of New Ulm Project, a 10-year research project to reduce heart attacks in New Ulm, MN. She recently retired from the Minneapolis Heart Institute Foundation but continues to provide consulting services on population health strategies to improve health and community vitality. Cindy lives in Mankato with her husband and two rescue dogs. They enjoy hiking, biking, kayaking, and camping. Basically anything outdoors, and enjoying all that nature has to offer.

Luke Ewald

Luke grew up in Monticello, MN bicycling the scenic-wooded trails of Mississippi Regional Park and blazing goat trails of his own from bicycling to and from school year-round. He moved to Jackson, MN in 2014 to start a career in public health at Des Moines Valley Health and Human Services in 2014. Luke works under the Statewide Health Improvement Partnership (SHIP) grant program, with a particular interest in Community Active Living and Healthy Eating, Community Tobacco Prevention/Control, School Wellness, and Clinical-Community Linkages. Of these specialties, he really enjoys Community Active Living, helping communities, counties, and schools create and implement Active Living Plans, Land Use/Zoning Plans, and Safe Routes to School Plans.

Additional new Board members to be included in the next Shift Newsletter:

Dina Khaled

Reyna Lopez

Paul Acito

Bob Bierscheid

Here's to a fantastic 2022 and the work of the Board, staff, members, and supporters to make Minnesota an even better place to walk, bike, and roll!

thank you,

FOR A SPECTACULAR 2022!



The BikeMN team would like to extend a heartfelt thank you to those members, volunteers, ride participants and supporters who have made our work possible this year. We're so humbled to have such a passionate community helping us make Minnesota a place where everyone, everywhere can easily move by biking, walking and rolling. Thank you for being part of the movement! Together, through education, advocacy and fun events we've provided leadership for biking, walking, and rolling education and advocacy. We're excited for 2023 to be another great year for BikeMN.

Sincerely,
BikeMN Staff & Board

Membership

What is it good for?

Ride for less: Members get a discount on all of our fun events. BikeMN Members also get \$5 off the Saint Paul Classic Bike Tour, Mankato River Ramble, Tour of Saints, Minnesota Bike Walk Summit on Capitol Hill and more!

Education in reach: We want you to be safe while riding, which is why BikeMN members also get a discount on education. Save \$10 on Traffic Skills 101 classes and \$30 off of League Cycling Instructor seminars.

Member premiums: We send thank-you gifts for various levels of contribution. These change all the time, but include socks and other merch, stickets, art and vouchers for free classes.

And more: Visit www.bikemn.org/members for our ever-growing list of benefits.

show your support and become a member!

Want to join the movement or renew your membership? Membership earns sweet discounts on statewide rides, discounts on classes, and sweet thank you gifts from BikeMN. **Save a stamp by visiting our donor page at www.bikemn.org/join to pay safely and securely with a credit card.** Consider making a sustaining monthly contribution to support bicycling all year long.

If you prefer to mail us a check, please mail it to our headquarters at Bicycle Alliance of Minnesota, 3745 Minnehaha Ave, Minneapolis, MN 55409. Thanks for joining BikeMN! Let the adventure begin!

thank you NEW AND RENEWING MEMBERS

We extend our deep gratitude to all the members, donors, volunteers, and supporters who make BikeMN a great and effective organization. The list below represents contributors between Jan. 2, 2022 - Nov. 23rd 2022.

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* = Sustainer

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Make Sure Legislators Support Better Biking, Walking, & Rolling

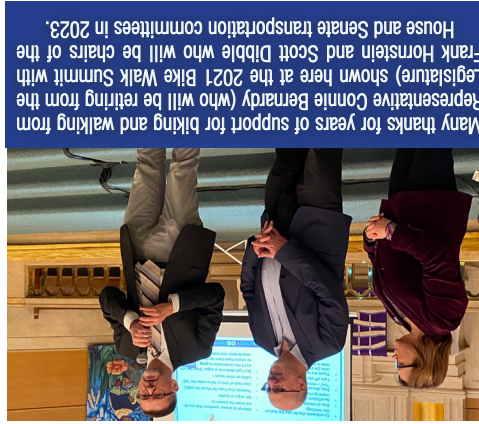
2023 MN Bike Walk Summit on Capitol Hill

BikeMN members tell us that our advocacy work at the state and local level is most important to them – so when opportunity presents itself we need to be ready. Earlier this year, we didn't know if we'd be playing offense or defense at the Capitol. But now, after more than a decade of advocating and relationship-building, we have supporters in the House, Senate and Governor's office. We're ready with policy, funding ideas, and draft bills that will help make it safer, easier, and more fun for everyone to bike, walk and roll in communities across the state. Join us and come along for the ride on February 9th, 2023 when the Minnesota Bike Walk Summit returns to Capitol Hill!



Hosted by BikeMN
Summit/2.9.23

We're still finalizing the details, so be sure to watch your emails, e-news and our website closely. The day will focus on building relationships with dozens of new legislators and new leadership in the Senate with the goal of enlisting them in support of funding and needed policy changes. Participants will get an inside scoop from Capitol experts and guests from all over Minnesota and maybe outside Minnesota. BikeMN will schedule meetings with legislators for those who register in advance. These meetings will take place after (and sometimes during) the event program to discuss legislative priorities related to biking, walking, and rolling. Talking to your legislator may seem intimidating, but we'll show you the ropes! And, for those whose jobs don't permit them to lobby, we'll also have opportunities for learning and round table discussions about safe routes to school, active transportation planning, Adult Learn to Ride Programs, e-bike programs and infrastructure, sustainable transportation (including biking and walking) goals, strategies, and programs to watch for, and more. See you there. •



Many thanks for years of support for biking and walking from Representative Connie Bernady (who will be retiring from the House and Senate transportation committees in 2023). Frank Hornstein and Scott Dibble who will be chairs of the

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