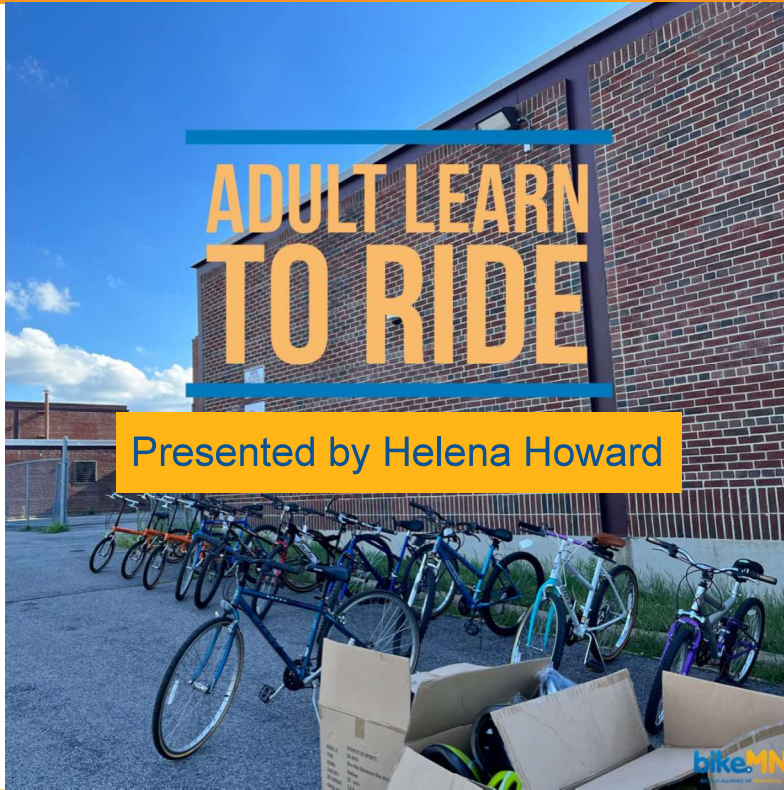


ADULT LEARN TO RIDE

Presented by Helena Howard



www.bikemn.org • info@bikemn.org • [t](#) [f](#) /bikemn

LEARN TO RIDE A BIKE, FOR ADULTS!



THIS CLASS TEACHES ADULTS HOW TO RIDE A BIKE.

Students will progress from walking with a bike, to striding and gliding, to pedaling on their own, to riding with a group. BikeMN will supply bikes and helmets for use during class, and an opportunity to earn a free bike.

bikeMN



www.bikemn.org • info@bikemn.org • [t](#) [f](#) /bikemn



"I grew up in Kenya, and we were never taught how to ride a bike. It takes forever to get to my clinicals, my classes, or from point A to B using public transportation, so I got motivated to learn."

–Kulthum

"Back home in Afghanistan women were not allowed to ride bikes. When I ride my bike, I feel free as a human being, I am proud of being a woman and I feel that biking gives me more confidence and motivation, I love it."

–Morsal

History of the Program

- Currently funded by the Metropolitan Council
- Aim: reduce vehicle miles traveled, pollution, congestion
- Expanded the program to 13 cities in Metro Area
- In 2022: 25 classes, 120 students, distributed 75 bikes
- In 2023: will offer more classes, distribute 300 bikes

Community Partners

- African Career and Education Resources
- African Community Services
- St. Paul Public Housing
- International Institute
- Huellas Latinas
- Ukrainian American Community Center



Our Vision

- Expand Learn to Ride state-wide!
- Train-the-trainer model
- Utilize BikeMN chapters
- Connect with local organizations
- Pilot program in Rochester, St. Cloud, Mankato



Thank you!