



Bike Walk Ambassador Program

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Program Summary

Bike Walk Ambassadors provide outreach and education encouraging people to bike more, walk more, and drive less. We provide information, presentations, clinics, workshops, and instructional courses on biking and walking as a part of everyday trips. We also assist others in developing bike and walk friendly events, businesses, and communities. The Bike Walk Ambassador Program serves the City of Minneapolis.

Program Focus Areas:

- **Youth Education**
- **Higher Education Outreach**
- **Community-based Programming**
- **New Immigrant Communities**
- **Communities of Color**
- **Women-focused Programming**
- **Workplace Outreach**
- **Bicycle & Pedestrian Planning and Technical Assistance**
- **New Project Openings**

Bicycle & Pedestrian Encouragement and Education

Below you will find a list of topics we can cover through classes, fairs, rides and other special events. When working with a group on planning an event this list is used as a guide to highlight what we offer. Each event we do is customized for the particular needs and skill sets of the group we are serving as well as what limitations or opportunities we have in regards to time, space and access to equipment.

Youth

Safety Education

- Helmets
 - Why use a helmet
 - How to properly fit a helmet
 - Examples of obsolete or damaged helmets
- Bicycle sizing
- Brakes
 - Coaster vs. Hand
- Bike security
 - Locks
 - Cables
 - Bike parking
- Riding in parks and on trails
- Crossings
 - Streets
 - Alleys
 - Driveways

Rodeo

- ABC Quick Check
- Helmet Fitting
- Signaling
- Scanning
- Rock Dodge
- Quick Stop
- Brian injury simulation
- Snail Races
- Chaos Box

Guided Rides

- Group riding on trails

Mechanics

- Changing a flat tire
- Adjusting bicycle fit
- Cleaning and lubricating
- Bike checks

Family

Safety Education

- Helmets
- Bicycle Fitting
- Crossings
 - Streets
 - Alleys
 - Driveways
- Special Considerations when riding with family

Gear

- Child Seats
- Trailers
- Tag-a-Longs
- Balance Bikes

Rides

- Guided rides on trails

Adult

Bicycle Education

- Helmets
- Bicycle sizing
- Rules and Responsibilities
- Riding at night
- Bike security
 - Locks
 - Cables
 - Bike parking
- Vehicular Cycling
 - League of American Bicyclists 'Need to Know'-
 - 30 minute talk about the basics to riding safely on trails, on the street and in traffic.
 - League of American Bicyclists Smart Cycling Course
 - 5-9 hour comprehensive cycling bicycling course.
 - Prerequisite for League Certified Instructor Course
- The Bicycle as Transportation
 - Why it is important and how to get started
- Bikeability assessment
 - How bike friendly is your home, neighborhood, etc

Skills and Drills (Adult Rodeo)

- ABC Quick Check
- Helmet Fitting
- Signaling
- Scanning
- Rock Dodge
- Quick Stop

Guided Rides

* All rides will start with a 20-30 minute 'Need to Know'

- Guided rides on trails
- 2-3 hour short courses
 - Bicycling in traffic (on-bike class)
 - Trips for work, play, and daily life

Mechanics

Basic Bike Maintenance

- Changing a flat tire
- Adjusting bicycle fit
- Cleaning and lubricating
- Bike checks

Program Planning & Support Services

Youth & K-12 Schools

- Youth Service Learning Lesson Planning
- Safe Routes to School
- Walkability & Bikeability Assessments
- Bike Program Model
 - Bicycling Lessons structured much like swimming lessons

Adults, Workplaces, Higher Education & Communities

- Bicycling and Walking Presentations
- Brown Bag Need to Know Talk
- Information Packages
- Walkability and Bikeability assessments
- Technical Planning Assistance
- New Project Grand Openings
- Conference Presentations & Mobile Workshops
- Group Walks or Bike Rides