



2015 LEARN-TO-RIDE END OF SEASON REPORT



In 2015, Cycles for Change taught over 100 people how to ride a bike. These courses have a huge impact on people's lives. The smiles on their faces when they balance and pedal are gold.

I want to ride!

At the beginning of the course, we asked our students why they wanted to learn to ride:

- When I take my kids to the park, I'm running behind them as they bike there. I want to be riding in front of them.
- I want to learn so I can teach my new daughter to ride.
- I need to get more exercise so I can be healthier.
- I want transportation that is more flexible than Metro Transit.
- I'm tired of not being able to go riding with my friends.
- I want to surprise my husband. I want to go on bike rides with him.
- Back in Somalia, women don't ride bikes. I'm in America now and I want to ride.

I feel like a five-year-old!

Richard Chin of the *Pioneer Press* gathered some great quotes from our students for a story he wrote in summer 2015:

- Wow. How much I missed. It is a very big deal for me.
- I felt like a five-year-old. It's amazing. It's like I'm a bird. I'm flying.
- It feels great. I can't wait to get out every day and do it.
- Hey, look at me. I'm pedaling!
- I had this idiotic smile on my face like the smile that kids get.





Learn-to-Ride courses are one of the most diverse groups of people you will see in the Twin Cities. We have recent immigrants, as well as people whose ancestors came to this country over 100 years ago. Our students' ancestors cover five continents.

Numbers

Some additional 2015 Learn-to-Ride details:

- The ages of our students ranged from 13 to 70.
- We taught 9 four-week classes.
- Courses were held in Minneapolis, St. Paul, Hopkins, and Brooklyn Park.
- 109 total people attended the courses.
- 91% of students who attended at least three of the four classes were balancing, pedaling, turning, and braking by the end of the four weeks.
- Almost 80% of our students were women.

Thank you!



Health Partners was the primary funder of Learn-to-Ride courses in 2015. Without their generous support this would not have been possible.



Hennepin County Human Services and Public Health provided funding (through the Statewide Health Improvement Program) to provide courses in Brooklyn Park and Hopkins.

Nice Ride donated one-year memberships for all our 2015 students, so they could practice on Nice Ride bikes until they got one of their own.



The American Academy of Neurology donated Bell helmets for all 2015 students.



Minneapolis Parks and Recreation Board and Matthews Park staff provided use of the Matthews Park tennis courts for classes.

We had a great group of volunteer instructors who helped teach all classes. We could not have done this without their great help!

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