

Learn-2-Ride



**** While practicing this specific Learn-2-Ride method, it is important to not hold onto the rider or their bicycle. Holding on hinders the rider's balance and prolongs the entire Learn-2-Ride*

Step 1 - Make sure that the bike rider wears a properly fitting helmet; shoelaces and pant legs are tucked in or rolled up.

Step 2 - Check that the bike seat is low enough that the rider can touch her/his feet flat on the ground. Take the training wheels off.

Step 3 - While sitting on the bike, have the rider practice slowly pushing off with both feet. If you have a pedal wrench you can also try taking off the pedals so they're out of the way. Once the kids are pretty good at pushing off and staying balanced add the pedals back on.

***Tip:** Remind the rider to keep his or her chin up, pointing in the direction he or she wants to go (not looking down) and to keep elbows straight—"no noodle arms!"

Wait until the bike rider is comfortable doing this procedure before moving onto the next step.

Step 4 - Have the rider put one pedal forward in the **"Power Pedal Position"**, step down on the pedal and coast forward while the other foot is out to the side. Then switch feet. Normally, with natural progression the rider will begin the linking pedal strokes. If not move on to Step 5. Introduce Coaster brakes, pedaling or stepping backwards slows and stops the bike.

***"Power Pedal Position"** - if the front chain ring was the face of a clock, the pedal would be in the 2 o'clock position - the "Power Pedal Position".

Step 5 - When rider begins to feel comfortable balancing have her/him try pedaling a few strokes while steering straight ahead. Remind him or her to look up and ahead and "no noodle arms".

***Tip:** If a small incline is available, have the rider start at the top of the incline helps the rider gain momentum. This momentum makes lifting both feet off the ground a bit easier.

Step 6 - Once they are comfortable pedaling, practice turning and stopping. Try a game of Red Light, Green Light.

Step 7 - Keep giving the bike rider positive feedback and watch him or her learn the life skill of bicycle riding!!!