

Pathway to Ride
 Bike Clinic
 April 25th, 9:00am - Noon
 Participation time assigned during online registration
 Amelia Earhart Elementary
 19201 W 23rd St S, Goddard KS 67052
 (Clinic will begin following breakfast, announcements,
 and group photo at Goddard District Football Stadium)

Thank you for registering for Pathway to Ride. We are excited to have you and hope that this event will be fun and successful. Following is information about the event that we hope will answer any questions you have.

- When you arrive please follow the signs to the check in table	- We will work with participants in the order in which they arrive
- There is no lower weight limit, but our ability to work with larger riders will depend on the availability of strong volunteers.	- This is a one day event. If your rider needs additional assistance beyond this clinic please visit with us before you leave.
- We will use best practices for helping riders discover how to balance on two wheels based on our experience with thousands of riders of varying abilities.	- We will teach advanced skills of stopping, starting and navigating once balance is achieved.
- Bring your riders bike and helmet.	- Participants will receive a new helmet if they do not have on that is appropriate.
- Please remove the training wheels before you come if you are able and LEAVE THEM AT HOME.	- Please remove the pedals before you come if you are able and BRING THEM WITH YOU.
- If you are unable to remove either the training wheels or the pedals we have the ability to do that at the clinic. It will just take time away from riding.	- Knee pads, elbow pads, gloves or anything else that will help your rider feel confident and relaxed are encouraged
- Participants will be matched with one or more volunteers who will be with them at all times serving as "spotters". We may change spotters on occasion.	
- At least one parent or guardian must be on the premises while we are working with your rider.	- Before we begin we will evaluate each participant bike for proper fit for learning. If your bike is not well suited for learning we will have bikes of various sizes to use as they are available.
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- We may make adjustments to the seat height and may eventually add the pedals back on.	- We will visit with you about your rider before you leave and discuss recommended next steps.

<ul style="list-style-type: none"> - Be patient as you observe this process. Any stress a parent adds to their rider will slow the process. Tension and bike riding do not go well together. 	<ul style="list-style-type: none"> - Wear comfortable clothing given the weather conditions. Do not wear loose fitting clothing that could get caught in the chain or other bike parts.
<ul style="list-style-type: none"> - Your rider may participate as long as they need or want to. We will prescribe breaks for each rider for their safety and the safety of our volunteers and to allow others time at the various stations. 	<ul style="list-style-type: none"> - Wear closed toed shoes. Sandals, crocs, flip flops or other. <u>Open toed shoes are not allowed under any circumstances.</u>
	<ul style="list-style-type: none"> - Not all riders will achieve the goal of balancing on two wheels during this clinic. However, we believe our time together will create progress toward that goal and give parents tools to use to finish the task.
<p>Your rider's success will depend on their own desire to ride more than anything else. If you are pushing your child to do this and they really don't want to the results will most likely be disappointing to everyone.</p>	
<p>If you have questions, call Donna Estep at 316-619-5161.</p>	