Learn to bike, without training wheels!

Guidelines for learning to bike:
- Build confidence by scooting with your feet on the ground.
- Develop balance from the start!
- Avoid streets and driveways until you know safe riding skills.
- Adult supervision required.
- Raise seat when you are ready.
- Try it on a grassy slope.

Make sure your helmet fits snugly.
- Two fingers space above the eyes to protect your face, with secure straps.

Watch:
Bicycle Alliance of Washington Learn to Bike without Training Wheels Youtube

1. Lower the seat, so your feet are flat on the ground.
With your feet on the ground, steady yourself. Practice braking, with one foot.

2. Scoot down a slight slope, to get balance, before pedaling.
Scoot and stop with your feet. Momentum helps balance. Use pedals & brakes when you are balanced & confident.

3. You are pedaling! Now you are stopping!
A day to remember!
Please visit our website!
BicycleAlliance.org
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