Learn to bike, without training BICYCLE ALLIANCE OF WASHINGTON

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

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Lower the seat, so your feet are flat on the ground.

With your feet on the ground, steady yourself. Practice braking, with one foot.

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.

Thanks to PE teacher Joanie Mass, & student Mary, McGilvra Elementary School.

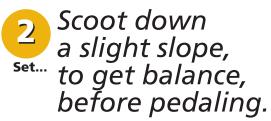


Make sure your helmet fits snugly.

Two fingers space above the eyes to protect your face, with secure straps.

Design & photos Andy Goulding 2010





Scoot and stop with your feet. Momentum helps balance. Use pedals & brakes when you are balanced & confident.



You are pedaling!
Now you are stopping!

A day to remember! Please visit our website! BicycleAlliance.org Donna Govro 206 224 9252 x300