



Your **Cycling** Connection

## Ride the Road course

Students, teachers and parents at Minnehada Middle School have become cycling enthusiasts, thanks to a Port Coquitlam Community Foundation grant. The \$4,315 grant funded a week-long HUB Cycling Ride the Road course that was delivered to more than 150 Minnehada Middle School students in September 2016 and provided advanced instruction on cycling skills and road rules, along with bike care, safe cycling practices, and on-road practice.

The grant allowed HUB Cycling instructors to teach the Grade 6 students how to cycle safely and joyously. Staff and parents volunteered throughout the program and have since said they, too, are cycling more often. Sharon McKay, vice-principal at Minnehada Middle School, says the parents were super supportive and the program, which saw students learning together in groups for an hour each day and culminated in a road ride at the end of the week, was very well received by students and staff. She says the school kicked in additional dollars to ensure every Grade 6 student could participate in the program, which also helped integrate the new students into the middle school. We closed the cafeteria for the week so students could leave their bikes at school and not have to take them home each night, McKay says, adding that the first lesson was on the school grounds as several students were tentative about riding bikes. Most students reported increased confidence in riding to and from school, according to Tim Welsh, HUB Cycling's director of programs, and close to 20% of the students are now riding their bikes more often as they go to and from school and friends' houses.



HUB Cycling, founded in 1998 to improve cycling conditions in Metro Vancouver, believes cycling leads to healthier, happier, more connected communities and Welsh says it's Ride the Road course has a demonstrated track record of getting young people cycling safely in urban areas. Over the past six years, more than 33,800 Metro Vancouver students have taken HUB courses and school feedback shows that students are more likely to continue biking to school after taking a course, Welsh says. He adds that HUB instructors are in schools daily from April to November, inspiring a love of bikes in a new generation of Metro Vancouver students.

