

## #MoreKidsonBikes Is Key to Building Better Bicycling in Your Community

*Applications are open for Outride's 2023 Riding For Focus program, which provides middle schools everything they need to get students bicycling - improving physical, mental, and community health while students ride.*

Outride is proud to open the 2023 Riding For Focus application cycle, a middle-school-based bicycle education program that provides teachers with everything they need to get their students riding - a fleet of bikes, helmets, curriculum, and teacher training. Outride has partnered with over 225 middle schools to get #morekidsonbikes around the country with applied research demonstrating the physical, mental, emotional, and community health benefits bicycling provides students on the way.

"Riding for Focus is transformative — not only does it change students' lives through cycling, but it also transforms teachers' lives, school culture, and the surrounding community," says Lauren Freeman, Outride's Riding For Focus program manager. "Now more than ever, students need access, encouragement, and motivation to develop healthy lifestyle skill sets. Riding for Focus teaches youth how to take care of their bodies, minds, and hearts via the bike."

Riding For Focus' 12-lesson curriculum empowers students to ride bikes safely and with the confidence to keep pedaling into adulthood. Riding For Focus also teaches many students to ride bikes for the first time! On average, 10-20% of students at a school do not know how to ride a bike. By the end of the program, students feel confident riding.

"This has been the greatest thing that I have ever been associated with in my P.E. classes," says Mechelle Byrd, PE Teacher at Clover Middle School in South Carolina. "Students were excited. Disappointed when it was not their day to ride. Students soaked up the information and training like sponges. It was so cool to witness. Not only did they learn, they actually tried to get better! I cannot say enough about this program!"

Beyond creating confident bike riders, Riding For Focus can transform student health outcomes. Applied research in participating schools has demonstrated positive effects ranging from increased student motivation to improved self-esteem and reduced screen time. Outride is thrilled to expand the number of youth with access to the powerful benefits of two wheels.

Riding For Focus helps kids achieve half of their daily recommended activity levels during class and 87% of students report having fun in the program, even those who typically do not like school or PE. In addition to their teachers, R4F students directly speak highly of the socialization, time outdoors, and skill development that accompanies the program.

"I got to ride with my friends and we could take a break from overwhelming schoolwork," said one student. "I liked learning about the many things I have to check before riding," said another.



Schools that serve historically marginalized, under-resourced communities can acquire Riding For Focus by applying for a program grant. Outride is dedicated to supporting youth of color and youth from low-income communities who are disproportionately shouldered by the record levels of physical and mental health challenges facing youth in the United States.

[Visit Outride's website](#) to learn more about Riding For Focus and apply for the program today. The 2023 Riding For Focus grant application cycle closes April 28, 2023. Schools that have the funding may purchase the program at any time — contact [lauren@outridebike.org](mailto:lauren@outridebike.org) to learn more about this option.