



What TFKTC Does

Trips for Kids Twin Cities offers schools, communities, and other organizations a cost-free opportunity to get kids riding bicycles under adult supervision. Sometimes these rides take place on Twin Cities area mountain bike trails, and other times our rides take place on paved trails like the Midtown Greenway or the Cedar Lake Trail. TFKTC provides bicycles, helmets, water bottles and ride leaders who will help get the kids outfitted properly on the bikes and out on the trail. Typically, our rides range from one to two hours and take place on Thursdays and Fridays during the summer months.

What a Community Organization or School Needs to Know About TFKTC

Our rides take place at a variety of locations throughout the Twin Cities. Kids taking part in a TFKTC ride need to be brought to a location and picked up after our ride. Available dates for rides can be found on our web site www.tripsforkidstwincities.com. By contacting TFKTC, dates and locations can be arranged. Additionally, each kid on a TFKTC ride needs to have a waiver signed by a parent or legal guardian prior to the ride taking place. Waivers can be downloaded from the TFKTC web site. TFKTC will provide ride leaders for each ride who have undergone background checks and have experience working with both bicycles and kids. Before you head back from a TFKTC ride, we'd also appreciate your cooperation in completing a brief form listing number of kids riding, gender, ethnicity, etc., for our records. TFKTC rides are free – there is no cost to the community organizations or schools taking part in the rides.

What Kids Should Know About TFKTC Rides

We can take kids of all ability levels on our rides. All you need to know is how to ride a bike. You don't need to wear anything special, but we encourage riders to wear shorts; if you have long pants we can use a strap to keep your pants leg from getting caught in the chain. We'll provide the right size bike for you to use, make sure it fits you and is adjusted properly, and make sure you're properly fitted with a helmet. You'll also get a filled water bottle to use and keep, and we'll also provide Cliff bars if you get hungry. Before the ride, we'll make sure that you understand how to shift gears, work the brakes, and are comfortable riding your bike. Typically, our rides are fairly slow at first but might speed up as kids realize how much fun riding a bike on a trail can be. But our rides are not races – our ride leaders will keep the group together or split the groups based on skill levels. The main thing is to enjoy the ride!

About Trips for Kids Twin Cities

TFKTC is a non-profit 501C3 affiliate of the Trips for Kids national organization based in Marin, California. TFKTC is hosted by Quality Bicycle Products, the nation's largest distributor of bicycle products, based in Bloomington. More information about TFKTC can be found on our web site www.tripsforkidstwincities.com.