

trips for kids



Our Mission

Trips for Kids Twin Cities (TFKTC) introduces kids to the joys of bike riding in wide-open spaces. As a chapter of Trips for Kids National, it is our mission to help young people gain life skills by having the time of their lives on bikes. Kids and teens from across the Twin Cities metro area learn to ride on paved and mountain bike trails, perform basic bicycle maintenance, and build a sense of teamwork and environmental awareness. In the process, they increase personal fitness, develop valuable new skills and gain self-confidence.

Open to kids from ages 11 to 17, TFKTC works with schools, community organizations and churches to offer rides on a variety of trails throughout the Twin Cities. To learn more or set up a ride for your organization, please visit www.tripsforkidstwincities.com.



Fast Facts

Can all kids participate in TFKTC?

TFKTC takes groups of up to 15 kids, aged 11 to 17, across the Twin Cities metro area and surrounding suburbs. Our young cyclists come from public schools, alternative schools, community recreation programs, scouting groups, churches, and other youth organizations. Administrators from these sources should contact TFKTC to find out more about available dates and locations.

Are there fees to enroll kids in the TFKTC program?

No. TFKTC is a non-profit organization run by volunteers. Administrators only have to transport kids to a location and back again after the ride. TFKTC takes care of everything else.

Where do TFKTC biking adventures take place?

Each ride is held at one of several local locations in the Twin Cities. Mountain bike rides will use trails at Harmon Park, the Minnesota River Bottom Trail and other locations. Paved trail rides will take place on the Midtown Greenway, Cedar Lake Trail and a variety of excellent trails. All trails are rated beginner to intermediate. During these slow to medium-paced rides, kids learn fundamental biking and mountain biking skills and some basic mechanics. Above all, the focus is on fun.

Keep the Good Times Rolling!

Donations

TFKTC, as a 501C3 non-profit organization, needs your continuing support in order to grow, thrive and reach the widest possible spectrum of kids. Maintaining our fleet of bicycles and equipment takes money and labor. Your generosity paves the way for many rides to come!

For more information about making a tax-deductible contribution to TFKTC, or to make a donation, please visit www.tripsforkidstwincities.com.

Corporate Sponsorships

Add your company's name to our distinguished roster of corporate sponsors. Your material and financial contributions provide the firm foundation we need to serve upcoming generations of young riders. Learn more about donations and corporate sponsorships by visiting www.tripsforkidstwincities.com.

TFKTC would like to thank the following sponsors:

- AVID
- Jagwire
- Kryptonite
- LAKE
- LAZER
- Optic Nerve
- Penn Cycle
- QBP
- Rock Shox
- Salsa Cycles
- SRAM
- THULE



What every kid should know

How long is the ride?

The average ride is about two hours. We'll end back where we started.

What should I bring?

Nothing but a willingness to learn and have fun. TFKTC loans every kid a size-appropriate bike, helmet, sunglasses and gloves. We even supply energy bars and water.

Do I have to be an expert cyclist?

While it helps to know the basics of bike riding, you don't need to be an expert to participate in our rides. Our trained ride leaders teach you everything you need to know, including techniques for shifting and braking and how to signal. Mountain bike adventures will focus on climbing and descending small hills, as well as hopping rocks and small logs. You'll also learn the dos and don'ts of the trail, how to fix a flat tire, and a few things about the natural world as seen from the seat of a bicycle.

Contact Us

To learn more about how your organization can work with TFKTC or to find out about donation and sponsorship opportunities, contact Gary Sjoquist or Jason Grantz
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trips for kids

Twin Cities

Getting kids on bikes