

GLIDE TO RIDE

Taking the leap to riding a bike without training wheels can be daunting. Here is a safe and simple way to start riding a bike without training wheels. First learn to glide, then you'll start to ride!

Follow these easy & simple steps and videos that show you how its done.

[Watch the full 3-step Video](#)

1 WALK YOUR BIKE



Remove the pedals, so you can use your bike like a balance bike, push bike or glider.

Sit on the bike seat, and walk your bike. This helps the rider get comfortable with controlling their bike. Get some practice walking, then go to step 2.

[Step 1 Video](#)

2 GLIDE - COAST



Now you get to glide. Give coasting a try!

Sit on the seat, and start walking your bike forward so you have a bit of momentum. Then lift your feet in the air!

How far can you coast?

Once you're comfortable coasting and can do it well, you get to RIDE!

[Step 2 Video](#)

What you need

- Bike
- Close-toed shoes
- Helmet
- Water - to stay hydrated!

3 RIDE YOUR BIKE



Put the pedals back on.

Get on your bike, take a few walking steps to get some speed. Then put your feet on the pedals and start pedaling!

[Step 3 Video](#)

Step Review [Check out this short review](#)

**BIKE EVERYWHERE
MONTH**