



***PARKS & RECREATION  
SUPPORT PROGRAM***





# STRIDER™

**No-Pedal Balance Bike**

## What are STRIDER™ Bikes?



*STRIDER 12" Sport for kids 18mos-5 years old*

*STRIDER 16" No Pedal Balance Bike For Ages 6-10 years old*

### **STRIDER No-Pedal Balance Bikes**

are designed specifically to help toddlers and young children learn balance and coordination BEFORE pedaling. The simple, no-pedal design allows even the youngest children to learn to ride on two wheels, avoiding tricycle tip-overs and training wheel wobbles, and instilling considerable confidence and stellar bike handling skills. STRIDER Bikes encourage the development of spatial awareness, balance and basic motor skills so that all children can reach their maximum riding potential faster, better and safer.



## Advantages of Riding a STRIDER™

1. STRIDER balance bikes are ultra light weight (under 16 pounds) and very easy for young children to control.
2. Research shows that learning balance and coordination with exercise jump-starts a child's growth and development.
3. Riding the STRIDER bike not only teaches balance and coordination, but it **develops glittering confidence**.
4. The STRIDER No-Pedal Balance Bike is a simple pedal-less design that allows children to focus solely on learning balance first.
5. The STRIDER is free of cables, chains, sprockets, pedals or protrusions that can harm a child.
6. The STRIDER provides for a safe, speedy, smooth and natural transition to a pedal bike.
7. The seat and handlebars are adjustable, so that one bike fits children 6-10 years of age.
8. The patented, integrated footrests provide a place for children's feet while coasting along.
9. Durable, steel frame and fork for years of service.



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***Strider is excited to provide organizations like yours with helpful tools to encourage kids to ride! Here are a few ideas of ways we can help:***

- Strider is THE bike for all abilities! AND all sizes! Now available in 12", 16" and 20" models there is a Strider for everyone!  
Visit [www.StriderBikes.com/bikes](http://www.StriderBikes.com/bikes) for more details!
- Please call and ask about special pricing on bikes for use within your recreation programs.  
**Strider Education Department (605) 342-0266**
- Strider Camp is curriculum that can be added to your recreation programming for toddlers and young kids to learn balance and begin a lifetime of fun on two wheels. (More information about the Strider Camp on the following page)
- Events such as Adventure Zones and Strider Racing will create excitement and fun for your parks and city events. Visit [www.StriderBikes.com/events](http://www.StriderBikes.com/events) for more information.





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## ***Strider Camp 2014 Press Release***

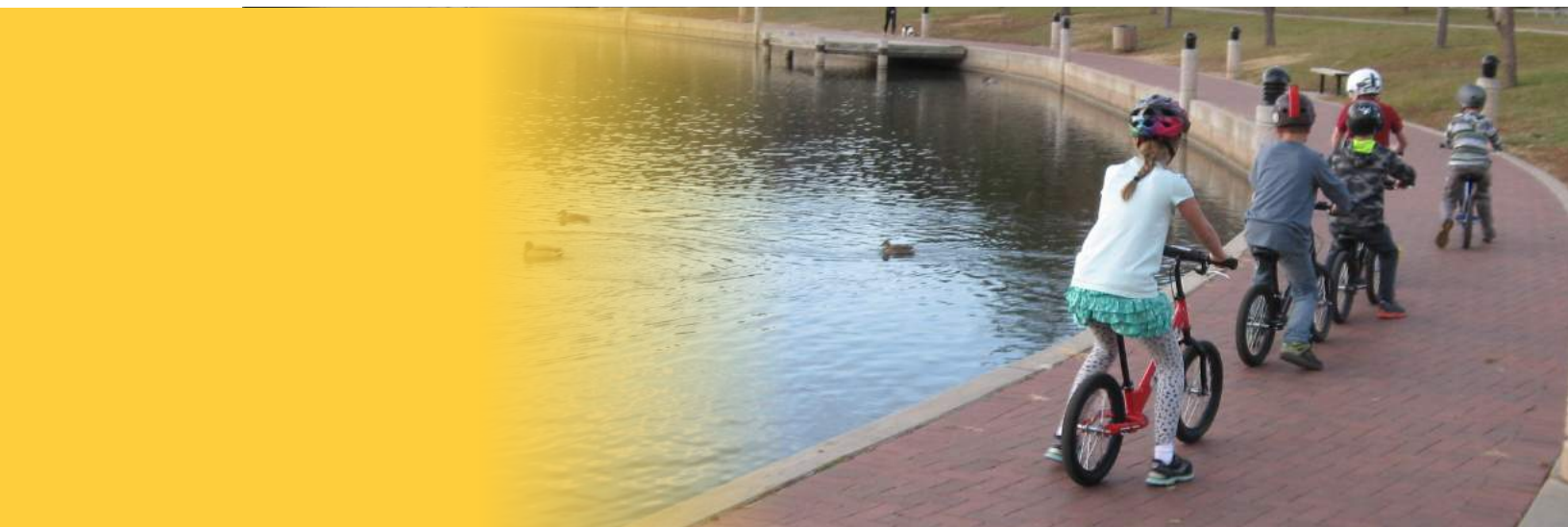
### **Strider Bikes Announces New Program to Teach Balance and Riding Skills Strider Camp Curriculum and Kit Praised by Educators**

Strider Sports International, the world's leading manufacturer and marketer of children's no-pedal balance bikes, has created a new "How to Balance and Ride" Train the Trainer Curriculum known as STRIDER Camp™. This turnkey kit and lesson plan, complete with five sessions of hands-on learning, fun, and instruction, makes it easy for Strider Dealers, Educators, Park and Recreation programmers or any parent to teach balance and riding skills to groups of toddlers or young children of all abilities.

Strider Camp is a Train the Trainer Program with the goal of teaching balance and the ability to stride. The Strider Camp Kit includes a detailed five session lesson plan, as well as the materials needed to conduct the camp for kids 2-12 years of age. After reading the materials, instructors will have all the knowledge needed to host/teach a camp. Upon completion of the course, youngsters will have the tools and skills necessary to perfect bike handling and the balance needed to ride a bike. STRIDER riders quickly gain confidence and have fun while improving coordination and motor skills. And best of all, the kit includes the ability to order bikes at discounted prices, so that Strider Camps can be used as fundraisers for non-profit organizations.

According to Kim Burke, PT, MPT at Children's Care Hospital and School in Rapid City, SD, "Striders rock!!! Our (Strider) camp at Children's Care opened the door to riding for every child who participated in the bike camp. All the families have given me feedback that their children love to ride their Striders! What a great tool to utilize to increase balance, strength, and motor coordination for children."

Call the Strider Bikes Education Department (605) 342-0266 or email [Education@StriderBikes.com](mailto:Education@StriderBikes.com) for more details on this educational program or to order your Strider Camp Kit.





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## ***Tips for Successful Riding***

### **1. Adjust the bike properly to fit the child.**

Saddle height is the most critical adjustment, followed by handlebar height. Set the saddle height so the child's feet are flat on the ground and both knees have a slight bend in them when seated. A good starting point is 1" less than the child's inseam. Set the handlebar height with respect to the saddle. If the saddle is at its lowest setting, set the handlebar also to its lowest setting, etc. Kids grow quickly. Be sure to adjust the bike every couple months.

### **2. Be a Cheerleader, Not a Coach.**

Children will instinctively throw a leg over the Strider and want to go. Encourage them to do this and give them praise for any amount of time they spend on the Strider.

### **3. Let the Child Set the Pace.**

Some kids jump on the bike and go, go, go. Other kids are more cautious; some may not even sit on the seat at first. This is OK! Their security is in their feet at this point, and we want them to feel secure. As they get comfortable walking around with the bike between their legs and working the handlebar, they will start to 'trust' the saddle. Some kids get to this point within minutes, others may take weeks but all will eventually get there. Striding is attained when they transition from 100% of their trust in their feet to 100% of their trust in the saddle (feet off the ground and balancing). Let them transition at their own pace... they'll be striding along with feet up on the footrests before you know it!

### **4. Support the child - NOT the bike!**

We instinctively want to help the child by holding onto the bike to keep it from tipping; **don't do this**. The child **must** be allowed to feel the bike tip sideways to be able to learn how to keep it from tipping. If the adult supports the bike when it tips to one side, the child mistakenly thinks that the most stable place for the bike is tipped over to the side. If the child needs assurance, we suggest you walk next to them and hang onto the back of their shirt so that they can feel safe.



## ***Fun, Free Activity Ideas***

Children naturally crave mental stimulation. To keep them engaged in active play, the play must challenge or entertain them mentally, as well as physically. Riding a bike is no exception... if the riding area is flat and boring, the children will seek other activities that offer mental stimulation. To this end, the STRIDER bike was designed to be 'off-road' and 'adventure' capable. Encourage children to explore their world, experiment with their abilities, and have an adventure on their bike. Here are a few ideas to get you started:

- Play follow-the-leader and pick creative routes
- Lay some boards on the ground for the children to ride over
- Put some bubble wrap on the floor to ride over and pop
- Set up a course with some chalk lines and cones and have a race

***Bottom line, get the kids thinking creatively about riding, and soon they'll be seeking adventures (without being led) and riding for hours on end.***



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## **University Of South Dakota Shows STRIDER Bike Helps Toddlers Improve Balance And Coordination During Four-Week Study**

**STRIDER Bike Scientifically Proven To Increase Balance Skills in Pre-School Age Children**

Rapid City, SD (November 26, 2012) – Strider Sports International, developer of the patented STRIDER™ No-Pedal Balance Bikes, is pleased to announce the results of a recent study of the STRIDER bike at the University of South Dakota's Division of Kinesiology and Sport Science. The study was conducted over a four-week period with three to five-year-old children and concluded that participants benefited from using a STRIDER bike by improving their balance and functional fitness, while likely reducing future injuries during their daily routines.

The data analysis showed a "significant improvement" in the Limit of Stability scores (the subject's ability to lean in different directions without a loss of balance) for the experimental group after four weeks of targeted training with the STRIDER bike. The study concluded that society could benefit from the knowledge that pedal-less bicycles are a tool for improving stability in three to five-year-old children and are possibly a safer alternative to using training wheels for bicycle riding acclimatization.

"This scientific proof is truly groundbreaking for us at Strider Sports," says Ryan McFarland, Founder and CEO of Strider Sports International, Inc. "We have witnessed thousands of anecdotal instances of children learning balance and coordination after using a STRIDER bike. Now the empirical evidence has been gathered and supports what we have seen for years – the STRIDER bike significantly improves a child's gross motor skill development as it relates to balance. This, in turn, lets toddlers and young children enjoy life on two wheels like never before!"

"We think the results of this study are fascinating," says Dr. Andrew Shim, Department Chair of the University of South Dakota Division of Kinesiology and Sport Science. "According to our data collected from the study, the STRIDER bike product really does increase balance in 3-5 year old riders. Ultimately, this increase in balance may eliminate the need for training wheels and tricycles."

Strider Sports is the world's premier no-pedal balance bike manufacturer. The easy-to-use balance bikes are designed to encourage toddlers as young as 18 months to ride, learn and explore the world on two wheels at a very early age, instilling a love for cycling that is sure to build a safer, stronger, healthier, more environmentally sound future.

### **About Strider Sports International, Inc.**

Strider Sports International, Inc. designs efficient, no-pedal balance bikes that encourage toddlers to ride, learn, and explore the world on two wheels. Founded in January 2007 Strider Sports is a company full of passionate riders of dirt, mountain, street, and road bikes. The goal of Strider Sports is to simplify a bike to its essence, so that proper size, lightweight and simplicity combine to eliminate any fear of riding and instill confidence in young new riders. The patented STRIDER™ No-Pedal Balance Bike is now distributed in over 35 countries. To learn more and to find a retailer in your area, visit <http://www.Striderbikes.com>.

### **About the University of South Dakota**

Founded in 1862, the University of South Dakota is designated as the only public liberal arts university in the state and is home to a comprehensive College of Arts and Sciences, School of Education, the state's only School of Law, School of Medicine, School of Health Sciences, the accredited Beacom School of Business and the College of Fine Arts. It has an enrollment of more than 10,200 students taught by more than 400 faculty members. More information is available at [www.usd.edu/press/news](http://www.usd.edu/press/news)

**Call the Education Department (605) 342-0266  
or Email [Education@StriderBikes.com](mailto:Education@StriderBikes.com)**