

## LET'S ROLL IN 2023

Cycle St. Louis hopes you're staying warm and getting ready for another exciting riding season!

### Maria Larkin - Irish National Cyclocross Champ!

Congrats to Maria Larkin, 2022 Gateway Cup Ride to Unite spokesperson, for winning the Irish National Cyclocross Championship on January 15th. "You couldn't write a story as good as the one that ended up happening on that day - 1.5 laps into the race my cleat broke off and it looked like the jersey was about to slip away," said Maria. Read more about her fierce come back [here](#).



### QBP Adapted Cycling Project - Grant Update

Thanks to a Quality Bike Products (QBP) Community Grant and Big Shark Bicycle Company, Cycle St. Louis is working to remove barriers to cycling for people with disabilities in the St. Louis Region. The "Adapted Cycle Project" involves placing donated adapted cycles in areas of greatest need, helping to mitigate the challenges of cycle cost, transportation and maintenance. To date, we've:



- Placed three adapted cycles at the **Bike Stop Cafe** in St. Charles, right on the Katy Trail. To rent one, visit their [website](#).
- Tuned up 14 adapted cycles, which are available for individuals and organizations. Please [email](#) us to borrow one.
- Partnered with **Achilles St. Louis** to develop a tandem cycling program, currently for blind and visually impaired adults. **We desperately need storage for 4-6 tandems** near forest park. If you can help, please [email](#) us.
- Tested transportation of adapted cycles to the Gateway Cup Ride to Unite.
- Obtained and are evaluating regional demographic data to help target resources and services

### Inspiring Stories - We All Ride The Same Road!

Thanks to [Wheels for Wellbeing](#), a London, UK advocacy group working to enable cycling for individuals with disabilities, for these inspiring stories.

- **For David, 86, cycling is independence, freedom**

- and enjoyment; part of the everyday routine
- **How and e-assisted handcycle changed m life: Laura's story**
- **Meet Alistair and his tricycle**

For more Wheels for Wellbeing stories, visit their [website](#). We want to hear your cycling stories, please send them to us [here](#), and we'll share them with the St. Louis community.



## Upcoming Events

Our amazing partner, [Trailnet](#) is preparing for another inclusive ride season, Check their [website](#) regularly for updates and plan to attend their ride season release on March 23.

- April 16 - [Trailnet StG Gravel Ride](#)
- March 23 - [Trailnet Beans, Bikes and Brews](#) ride season release and fundraiser
- September 2 - [Gateway Cup Ride to Unite](#), SAVE THE DATE

Send us your cycling related events [here](#) and we'll add them to our calendar.

## Cycle St. Louis Partners

Click on the links below to learn about our partners:

- Big Shark Bicycle Company
- Children's Hospital St. Louis – Cerebral Palsy Sports & Sports and Rehabilitation Center
- Delta Gamma Center
- Gateway Tykes on Trykes
- Kids Enjoy Exercise Now (KEEN)
- Missouri Families for Effective Autism Treatment (MO-FEAT)
- St. Louis Arc
- St. Louis County Parks
- Ranken Jordan Pediatric Hospital
- Recreation Council of Greater St. Louis
- Special Olympics Missouri
- Team Activities for Special Kids (TASK)
- Trailnet

Cycle St. Louis Website



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