

LET'S ROLL IN 2023

Cycle St. Louis hopes you're staying cool and having a great riding season!

Achilles St. Louis Tandem Program Launched

Achilles St. Louis (<https://www.achillesinternational.org/st-louis>), in partnership with **Cycle St. Louis** (cyclestl.org), launched an Adult Tandem Program on April 19th with rides taking place every Wednesday evening at 6:00 pm, starting from the Forest Park Visitor Center. Some of the participants haven't ridden since they were children and it's clear this program is having a big impact on the well-being of adults with disabilities. A big thanks to Paraquad for allowing tandem storage in their garage and Delta Gamma Center Tandem Captains for showing up each week. Please come ride with us - we need more captains and solo riders (to help navigate intersections). If you're interested, send an email to [Cycle STL here](#).



Delta Gamma Center Needs Tandem Captains

Are you an avid cyclist? Do you want to share your love of the sport? Delta Gamma Center, which serves blind and visually impaired children and their families, is searching for additional captains for their Tandem Adventurers cycling team.

Any experience is welcome and you'll receive extensive tandem training so you can ride with incredible DGC kids. Solo riders are also needed to help guide the group. Rides are weekly from April through September and last about two hours (15-20) miles)

If you, or someone you know, would be a good fit, reach out to Kelly Driver at kdriver@dgckids.org



Other News

- Cycle St. Louis is losing storage space for 8 adapted cycles in October. If you can help with storage or need an adapted cycle (hand

cycles, trikes, wheel chair bike, etc.) send us an email by clicking [here](#).

- Cycle St. Louis is working with **BWorks** (<https://www.bworks.org/>) to explore placing adapted cycles in the community and are developing a survey to determine the need and other key aspects of such a service. Please look for a survey in the near future.



- More great stories have been posted by Wheels for Wellbeing, a London, UK group working to enable cycling for people with disabilities. Stories are in the voice of cyclists with disabilities, so you'll read first hand about the challenges they face and their triumphs. <https://wheelsforwellbeing.org.uk/my-cycle-my-mobility-aid-alistair-and-his-tricycle/>.

Upcoming Events

- Our amazing partner, **Trailnet** is has designed another inclusive ride season with the **I Scream for Ice Cream** on July 9 and the **Moonlight Ramble** on August 26 being good fits individuals with disabilities. Checkout all of trailnet's rides [here](#). These rides are FREE for Cycle STL participants and their support person(s). For the free ride code, send an email by clicking [here](#).
- June 22, July 20 and 27, 3:00- 4:00 pm - Adaptive Bike Fittings at Camp Independence. If you're interested in meeting with Hal Honeymoon, an adaptive cycle expert, about your specific adaptive needs, contact him at hal@creativemobility.net or by calling 630-587-8100.
- September 2 - **Gateway Cup Ride to Unite**, registration is open, come ride with us!
- September 10 - Tri My Best Triathlon is an adaptive event for children with motor disabilities. For more information and to register, click [here](#).

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

Cycle St. Louis Partners

Click on our parter's below to learn about them:

- 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
- Variety



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