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Dear Neighborhood Council,

We know that childhood development does not have a pause button, no matter the circumstances in life. [All Kids Bike](#) and Los Angeles Unified School District Wellness Programs recognizes that fostering **joy-filled** mobility, confidence, and **active health** in kindergarten is vital to a child's overall wellbeing this very moment.

Take it first hand from Principal Guzman at Bertrand Avenue Elementary in Reseda, as [she shares](#) from her experience with the [Kindergarten PE Learn-to-Ride Program](#) and its positive impact upon their students.

Unfortunately, sedentary lifestyles are leading to poor health. Obesity rates in America are at the highest in recorded history. Associated diseases of diabetes, heart disease and depression are all climbing. By the ages of 8-18 years old, American children spend **7+ hours on digital screens**.

**There is a remedy.** Bicycling simultaneously activates a child's mind and body. By introducing it to kindergartners on revolutionary *Strider Learn-To-Ride Bikes*, children and teachers progress through learning to ride void of fear and full of success. **Learning to ride while young catalyzes lifetime active health.**

With a gift of \$4,000 per school, your Neighborhood Council can afford this opportunity to each elementary school in your care through the [Kindergarten PE Learn-To-Ride Program](#) starting this 2020-2021 school year. The program includes teacher training and certification, a structured (8) lesson curriculum, a fleet of (22) Strider® 14x Balance Bikes, (22) helmets, (22) pedal conversion kits, a five-year support plan and it all costs **less than \$10 per student** over its lifetime.

Importantly, this program also strengthens current kindergarten Wellness Program critical needs:

- **Spatial awareness** – teaches the concept and understanding of “safe distancing” to a child.
- **Limited touch points**- specifically designated hand placement helps limit cross-class touch points.
- **Fosters overall health**- core muscle development, cardio activity, and mental motivation.

Would you kindly consider helping your neighborhood school(s) gain this opportunity now? It will without doubt strengthen your community and all of Los Angeles as we help [All Kids Bike](#) throughout LAUSD.

*"We are excited to partner with All Kids Bike to bring this incredible level of engagement to our Los Angeles Unified School District (LAUSD) students. With the support of All Kids Bike, we are tackling childhood obesity by building confidence, muscle, endurance, and self-esteem one student at a time, through riding!"* – **William Celestine, Director, LAUSD Wellness Programs**

We know your concerns are many now and appreciate the opportunity to help address one of them - **a child's wellbeing**. Together we can help your neighborhood children experience **sunnier days ahead!**

Your questions and comments can be directed to: [wayne@allkidsbike.org](mailto:wayne@allkidsbike.org) or (828)638-0327.

For All of them,

Wayne Lilly and the All Kids Bike Team  
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