

Grant Resource Guide

Helping You Fund the Ride

Bringing the All Kids Bike program to your school is an exciting opportunity to give students a lifelong skill—and we're here to help make it happen. The Grant Resource Guide is designed to support you in finding and securing funding to implement the All Kids Bike Kindergarten PE Learn-to-Ride Program in your community.

Why Grants Matter

Grant funding is one of the most effective ways to bring the All Kids Bike program to life. Whether you're a school, district, nonprofit, or community partner, there are many local, state, and national funding sources available to support youth wellness, physical education, active transportation, and early childhood development.

What You'll Find in This Guide:

- **Sample Grant Language:** Pre-written language to help you describe the program, its impact, and alignment with your funding source's goals. Copy, paste, and customize to fit your grant application.
- **Common Grant Questions & Answers:** Navigate the application process with ease. We've compiled a list of frequently asked questions—along with clear, concise answers—about the program, budget, and implementation.
- **Data, Impact Statistics, and Teacher Testimonials:** Back up your proposal with compelling evidence. Use national statistics and proven results from schools already using All Kids Bike.
- **Budget Templates:** Budget worksheet that show a breakdown of program costs and how funds will be used—making your ask as clear and funder-friendly as possible.
- **Tips for Finding Grants:** Not sure where to start? We'll help you identify potential grant opportunities based on your location, school type, or community focus.

Types of Grants That Align Well

- Physical Education & Health Grants
- Childhood Obesity Prevention Funding
- Safe Routes to School Initiatives
- Early Childhood Development Grants
- Community Health & Wellness Programs
- Local Foundation & Corporate Giving Programs

Need One-on-One Support?

Our team is here to assist. If you're pursuing a specific grant and need tailored support with application language, budgeting, or documentation, we're happy to help. **Contact Us at info@allkidsbike.org**

Let us help you turn your passion into a funded program—because every child deserves to learn how to ride.

Sample Grant Language

Name of Project to be Funded: All Kids Bike Kindergarten PE Learn-to-Ride Program

Mission Statement: All Kids Bike has a simple mission of teaching every child in America how to ride a bike in Kindergarten PE class.

Brief Overview of the History, Key Objectives, and Programs/Services Offered by the Organization: The Strider Education Foundation was founded in March of 2017 when receiving our IRS 501(c)(3) status. The All Kids Bike program launched in 2018 and has grown exponentially. We now have over 1700 active programs running in all 50 states teaching over 170,000 kids every year how to ride a bike and impacting over 1.7 million kids throughout the 10-year lifespan of the programs already in place.

The All Kids Bike Kindergarten PE Learn-to-Ride program has a one time cost of \$9000 and is a ready-to-teach program which includes:

- Teacher training and certification, complete 8 lesson curriculum with lesson plans, games and activities, aligned to SHAPE America National PE standards and specifically designed to make learning balance and riding easy.
- The fleet includes 24 Strider balance-to-pedal bikes, pedal conversion kits, fully adjustable student helmets and an instructor bike with pedal conversion kit and helmet. 2 custom-designed metal rolling storage racks to hold all student equipment.
- A resource portal with live support for the life of the program--everything needed to teach kids how to ride a bike!

Key Objectives:

1. **Healthier Children:** Each participant that takes part in the All Kids Bike Kindergarten PE Learn-to-Ride Program will naturally gain social, physical and mental well-being. For those that are habitually less active, a bicycle is often the springboard to kinesthetic motion and the realization that exercise can be enjoyable.
2. **Inclusive Access to Bicycling:** All Kids Bike ensures that all students, regardless of socio-economic background, have access to bikes, helmets, and safety education. By breaking down financial barriers, the organization makes biking and safety education more accessible to underserved communities
3. **Encourage Physical Activity and Healthy Lifestyles:** Foster a love for outdoor activities and physical fitness to replace sedentary lifestyles on screens.

Frequently Asked Questions

1. *Who operates the All Kids Bike program?*

The All Kids Bike program is managed by the Strider Education Foundation, a 501(c)(3) nonprofit organization based in Rapid City, South Dakota. Led by a board of directors and the Executive Director, Lisa Weyer.

2. *How many students benefit from the program?*

On average, 100 kindergartners benefit from the All Kids Bike program at each school every year. Because the bikes and equipment are built to last and reused annually, the program continues to serve new students year after year. Over a 10-year lifespan, a single program can impact 1,000 students—making it a long-term investment in the health, confidence, and development of an entire generation of young riders.

3. *How long does it take to implement the program once it is funded?*

Once funding is secured, schools typically receive their equipment and training within 3-6 weeks.

4. *Do students keep the bikes?*

No. The bikes are school property and are stored and reused each year for new kindergarten classes, making the program sustainable and cost-effective. The program has a lifespan of 7-10 years, so each new year of kindergartners has the opportunity to learn to ride a bike.

5. *Are there safety or liability concerns with kids learning to ride a bike at school?*

The Strider Bikes that are used in the All Kids Bike Kindergarten PE Learn-to-Ride Program are easy and safe to use. If a student can walk, they can ride! The bikes start off in balance mode, with the students' feet firmly planted on the ground.

6. *How long is the curriculum?*

The curriculum consists of 8 structured PE lessons, each building on the last to help students move from balancing to pedaling at their own pace. The first five lessons are in balance mode, where students learn the basics of balance by striding, leaning, and maneuvering through turns. They develop spatial awareness, gain the confidence to lift both feet up and glide, and learn how to follow the leader. The last three lessons are in pedal mode where students learn how to pedal and pilot the bike. It is aligned with SHAPE America National PE Standards.

Impact Statistics:

The All Kids Bike Kindergarten PE Learn-to-Ride Program counteracts these statistics and the declining physical activity and rising health risks of our youth today.

- **Only 1 in 4 children** in the U.S. gets the recommended 60 minutes of physical activity each day.
(Source: CDC)
- **Childhood obesity rates have more than tripled** in the last 40 years. Today, about **1 in 5 children** (20.7%) in the U.S. is obese.
(Source: CDC, 2023)
- Children in the U.S. now spend an average of **7.5 hours per day in front of a screen**—leaving less time for movement and play.
(Source: American Academy of Pediatrics)

The Decline in Bike Riding

- **Bike riding among children has dropped by 60%** since 2000.
(Source: Outdoor Industry Association / PeopleForBikes)
- Only **2% of school-aged children** bike to school, compared to **50% in the 1960s**.
(Source: Safe Routes to School National Partnership)

Mental Health Matters: Rising Anxiety and Depression in Children

- Rates of anxiety and depression in children have significantly increased over the past decade.
In the U.S., **1 in 5 children ages 3–17 now experiences a mental, emotional, developmental, or behavioral disorder**.
(Source: CDC)
- Between 2016 and 2020, diagnoses of **anxiety in children increased by 29% and depression increased by 27%**.
(Source: JAMA Pediatrics)
- **Children who are physically active show lower rates of anxiety and depression and report higher levels of self-esteem and emotional resilience**.
(Source: American Psychological Association)

The Opportunity: Biking Builds Health & Confidence

- Regular cycling improves **cardiovascular health, balance, coordination, and mental focus** in young children.
(Source: American Heart Association)

- Children who develop **motor skills early** are more likely to stay active and healthy later in life.
(Source: National Institutes of Health)
- Learning to ride a bike builds **self-esteem, independence, and resilience**—key ingredients for lifelong confidence.
- Physical activity like bike riding boosts mood-regulating chemicals in the brain (dopamine, serotonin, and endorphins), which help reduce stress and anxiety.
- Learning to ride builds confidence, independence, and a sense of achievement—key protective factors for mental wellness.
- Outdoor movement and play have been shown to reduce symptoms of depression and anxiety in young children. (Source: National Institutes of Health)

Teacher Testimonials:

From Fearful to Fearless

“The All Kids Bike Program is by far my favorite and rewarding unit to teach. **Seeing the Kindergarten students going from “fears and tears” to smiling and successful by the end of the program is priceless.** The students enter the gym every class asking if we are doing the bikes. Can’t tell you how many parents have emailed with gratitude and sometimes videos of the students riding their own bikes at home without their training wheels. **If you don’t have this program in your school find a way to get it!**”- Ken Kirschner, PE Teacher Worcester Elementary-Lansdale, PA

Teachers See the Difference in Engagement and Confidence

“We love the All Kids Bike Program at Woodside Elementary School! There is something magical about all the kindergarten students riding together. It is difficult to tell who already knows how to ride and who is still learning. You can see kids looking to their peers and gaining confidence little by little. As things start to click, the smiles get bigger and bigger. **It is the most rewarding experience I’ve had in 30 years of teaching.**”- Kathy Jones- Kindergarten Teacher Woodside Elementary-Woodside, CA

Passion Ignited: Purpose for Teaching

“I’ve been a PE teacher for 18 years. This is my first year in teaching that I have found my purpose and LOVE for teaching!!! I’m not going to lie; I shed a tear when my first student started riding on their own! I absolutely love this program!!!- Holly Peebles, PE Teacher Washington Primary- Piqua, OH

Leveling the Playing Field

“I have absolutely loved the All Kids Bike Program. Our students look forward to each lesson. The older students wish they could participate in riding bikes in PE class. AKB has proven to be the motivator for some of my kindergarten students who are struggling academically but can demonstrate the ability to ride a bike to their peers. It’s like leveling the playing field, some excel academically, and some can excel physically. **This has been the single best unit I have introduced into my PE classroom in 31 years!** A real life connection to teaching a lifetime leisure activity.”- Amy Bouchard, PE Teacher Meadow Lands Elementary – Owensboro, KY

Highly Recommended

“All Kids Bike is the best thing that has happened in primary physical education curriculum/programs. **It is easy to implement, and it creates a lifelong skill that promotes self-confidence, improved fitness and an opportunity for independence.** I highly recommend this program to any K-1 health and physical education teacher.”- Scott Mandarino, PE Teacher Pittsburgh Faison K-5- Pittsburgh, PA

Budget Template:

Tips for Finding Grants:

Define Your Funding Needs Clearly

- Be specific: How much do you need? What exactly will the funds cover? (e.g., bikes, helmets, training, storage, etc.)
- Have a compelling story: Emphasize the impact on physical activity, equity, early childhood development, and community health.

Explore Local, State & Federal Funding Sources

- Local governments: City councils, county boards, or park and recreation departments may offer youth development or health promotion grants.
- State education or health departments: Many offer grants for PE, childhood wellness, or safe routes to school.
- Federal sources (check grants.gov):
 - CDC: Community health promotion
 - USDOT: Safe Routes to School
 - USDOE: Physical education initiatives

Look into Corporate & Foundation Grants

- Target companies and foundations in your community focused on:
 - Youth wellness
 - Physical education
 - Community development
 - Transportation safety

- Examples:
 - Nike Community Impact Fund
 - Walmart Foundation
 - REI Co-op Gives
 - Local health systems

Leverage Community Organizations & Local Champions

- Seek support from:
 - Rotary or Lions Clubs
 - PTA/PTO groups
 - Local bike shops or cycling clubs
 - School wellness committees
 - These groups may offer mini-grants or help with fundraising events.

Search Online Grant Databases

Use these to identify potential funding matches:

- Candid (formerly Foundation Center)
- GrantStation
- Instrumentl
- FundsNet

Customize Every Grant Proposal

Tailor your application to the funder's priorities. Align with their mission—whether that's reducing screen time, improving youth mental health, or promoting physical activity.

Highlight the All Kids Bike Program's Unique Strengths

- Evidence-based curriculum
- Equitable access for all students
- Lasting impact over a decade
- Includes training, equipment, and support

Showcase Success Stories

Share testimonials, photos, or videos from other schools or communities that have implemented All Kids Bike programs. Highlight measurable outcomes if available (e.g., % of students who learn to ride).