

Let's talk biking!

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Active Modes Specialist, FC Moves



- Benefits of biking
- Bike Buddy program
- E-bikes
- Adaptive recreation opportunities



Types of e-bikes



Can be throttle, electric assist, controlled with a button, etc.

Class is related to speed and function.

What questions do you have?

As reported in Nature:

- Many Parkinson's disease patients are able to ride a bicycle despite walking/gait issues
- The ability to move off the bike can improve after biking, including balance, speed, and capacity

Can improve sleep, mental health

Experience nature and the outdoors





- Colorado Energy Office has a [program](#) active now
- Anyone living in Colorado 3 months or more eligible
- \$450 discount off qualifying e-bike purchase at the register
- From participating retailers only, so check!

The [program](#) matches you with a Bicycle Ambassador who can help with













- Routes
- Riding safely
- Choosing a bike
- Tips
- Techniques



Enjoy scenic Fort Collins and feel the freedom of cycling in this group ride on the Poudre Trail. Variety of adaptive cycles available or you can bring your own. All skill levels welcomed!

Adaptive Cycling - 302410

Meet up to go on a group bike ride along scenic Fort Collins trails. Adaptive cycles available or bring your own.

Add To Cart	Activity #	Description	Dates	Times	Days	Location	Ages	Cost	Wishlist	Documents	Share	Availability
	302410-01	Adaptive Cycling	06/06/2024 -07/18/2024	5:30 pm - 7:30 pm	Th	Senior Center	14-100	\$94.00				Available
	302410-02	Adaptive Cycling	07/25/2024 -08/29/2024	5:30 pm - 7:30 pm	Th	Senior Center	14-100	\$94.00				Waitlist
	302410-2A	Adaptive Cycling	07/25/2024 -08/29/2024	5:30 pm - 7:30 pm	Th	Senior Center	14-100	\$0.00				Available

Register via the [Recreator](#)



Questions?

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