

Rides & Vibes - Kids Ride with a Doctor

with **Rocky Mountain Orthopedic** physicians



Great for riders who:

- Frequently put their feet down for stability
- Have difficulty turning
- Have difficulty starting and stopping on their own without falling
- Drag their feet to stop rather than using brakes
- Take their feet off the pedals well before coming to a stop

(Striders/toddlers)

LEVEL 1 KIDS **1/4 Mile**

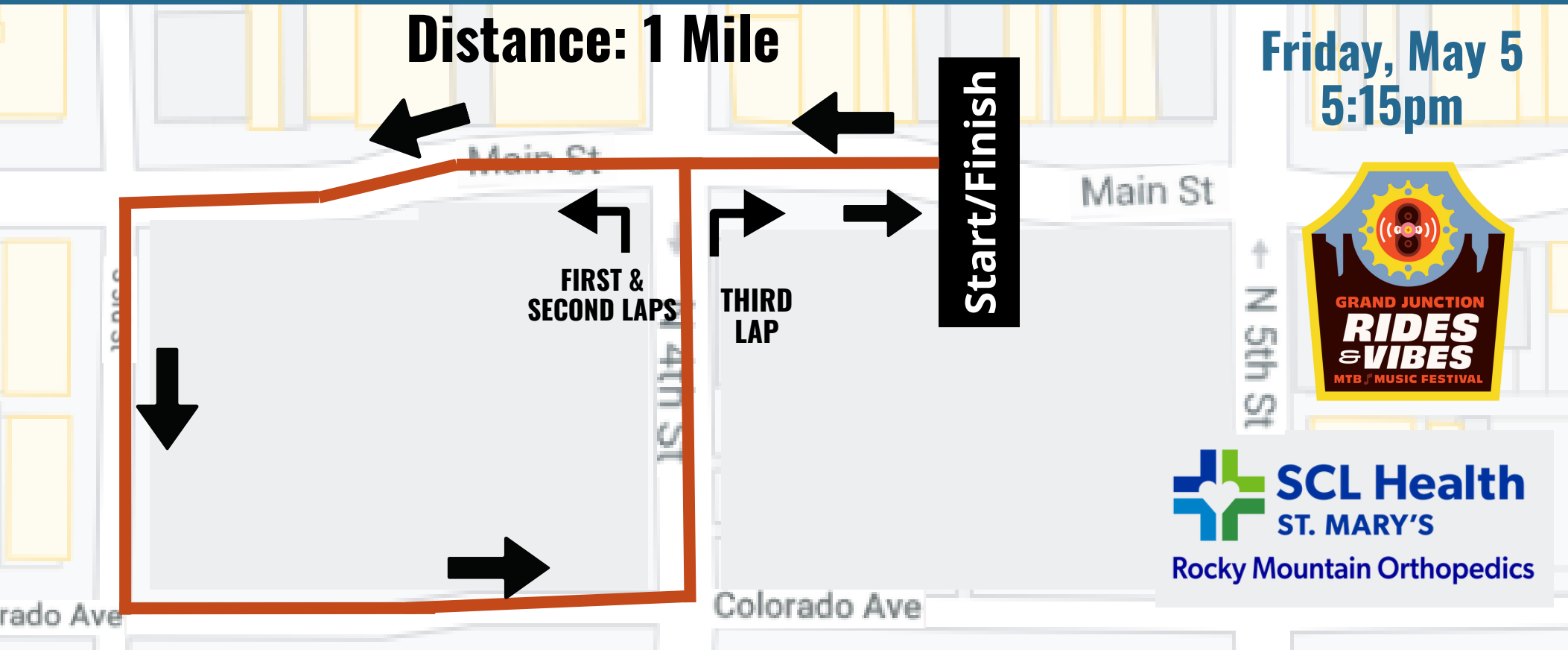
Friday, May 5
Start: 5:00pm

St. Mary's Hospital and Rocky Mountain Orthopedics will provide medical professionals to participate with all children. Course is closed to traffic. Parents may walk with children if they so choose.

Event is FREE, no registration needed.
Legal guardians must sign a waiver prior to event start.

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Great for riders who:

- May be hesitant or fearful about riding
- May not have stamina, interest, or focus for longer rides
- Are able to balance without training wheels or other assistance
- Start and stop independently
- Use brakes to slow and stop
- Steer, avoid obvious obstacles, and ride straight without swerving

(Young riders/no assistance needed)

LEVEL 2 KIDS

1 Mile

Friday, May 5
Start: 5:15pm

St. Mary's Hospital and Rocky Mountain Orthopedics will provide medical professionals to participate with all children. Course is closed to traffic.

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