

*Outride Announces 55 New Riding for Focus Grant Recipients for the 2023 Program*

Outride is proud to introduce 55 new schools and nonprofits across the USA and Canada as recipients of the Riding for Focus (R4F) grants for 2023. Through this program, students will be taught to ride bikes, utilizing cycling as a powerful tool within the classroom. By engaging young people in physical activity, R4F aims to enhance student motivation, focus, and overall well-being. This initiative is grounded in research carried out by Outride and its partners, which highlights the positive benefits of cycling for the social, emotional, and cognitive health of young individuals.

The program has now expanded to nearly 300 schools throughout the US and Canada, positively impacting over 50,000 students on an annual basis. A Riding for Focus grant equips schools with everything necessary to get students riding, including Specialized bikes, helmets, teacher training, and a comprehensive curriculum.

According to Outride's applied research, around 85% of students report enjoying their experience in Riding for Focus, even those who are typically less enthusiastic about school or physical education classes. Additionally, heart rate tracking has demonstrated that it's a great way to get students moving, with classes achieving close to half of their recommended daily activity levels during a 50-60 minute Riding for Focus class. Moreover, the program successfully introduces new riders to cycling, as, on average, 10-20% of students at each school do not know how to ride a bike prior to participating. By the conclusion of R4F, these students gain the confidence to ride with ease.

Outride remains dedicated to serving communities where the need is greatest. R4F grants are prioritized to schools in communities that serve students with high rates of free or reduced lunch. By focusing on these areas, Outride aims to address systemic inequalities and ensure equitable access to cycling and its benefits.

Reflecting on the current challenging times for youth, Lauren Freeman, Riding for Focus Program Manager, emphasized the necessity of providing a safe outlet for young individuals to experience freedom and joy. They stated, "There's no better way to accomplish this than by riding bikes." Freeman further affirms Outride's unwavering commitment to enabling more young people to ride bikes, recognizing the pressing need for such opportunities. The team at Outride is thrilled to welcome these 55 new schools into the program!

**Congratulations to the our new Riding for Focus Grantees:**

Academy of Visual and Performing Arts	Fort Worth, TX
Adams-Young Middle School	Detroit, MI
Akwesasne Freedom School	Akwesasne, NY
Allegro Charter School of Music	North Charleston, SC

Anansi Charter School	El Prado, NM
Appling Middle School	Macon, GA
Baldwin High School	Milledgeville, GA
Baptist Hill Middle-High School	Hollywood, SC
Beckley-Stratton Middle School	Beckley, WV
Beyond the Bell	Sioux City, IA
Bridging The Gap Advocacy Community Center	Laurens, SC
Cali Calmecac Language Academy	Windsor, CA
Calistoga Junior/Senior High School	Calistoga, CA
Colorado City Unified School District	Colorado City, AZ
Commodore Perry School District	Hadley, PA
Concord School	Concord, VT
Connaught Public School	Collingwood, ON, Canada
Curtis Middle School	San Bernadino, CA
Deer Isle-Stonington Elementary School	Deer Isle, ME
Fox Creek Junior High	Bullhead City, AZ
George Street Middle School	Fredericton, NB, Canada
Georgia Hi-Lo Trail	Sandersville, GA
Ignacio School District	Ignacio, CO
Irving Middle School	Pocatello, ID
James Hart School	Homewood, IL
Jeehdeez'a Elementary School	Pinon, AZ
Jefferson-Douglass Academy	Detroit, MI

Knightsbridge Middle School	New York, NY
Lukachukai Community School	Lukachukai, AZ
M209 Hamilton Grange Middle School	New York, NY
Mesa View Middle School	Farmington, NM
Mother Teresa Middle School	Regina, SK, Canada
North Sanpete Middle School	Moroni, UT
Pittsburgh Sterrett Classical Academy 6-8	Pittsburgh, PA
Polson Middle School	Polson, MT
PS/IS 187 Hudson Cliffs School	New York, NY
Rundlett Middle School	Concord, NH
School District of Ashland	Ashland, WI
Searsport District Middle High School	Searsport, ME
Shihiya School	Enderby, BC, Canada
Silver Stallion	Gallup, NM
Simle Middle School	Bismarck, ND
South Bend Bike Garage	South Bend, IN
South Miami K-8 Center	South Miami, FL
Sumiton Middle School	Sumiton, AL
Summit Elementary	Kamloops, BC, Canada
Superior Heights Collegiate & Vocational School	Sault Ste. Marie, ON, Canada
TeWinkle Middle School	Costa Mesa, CA
Uintah Middle School	Vernal, UT

Warm Springs Middle School	Berkeley Springs, WV
Washington-Parks Academy	Detroit, MI
West Burlington Independent School District	West Burlington, IW
White Oak Middle School	Silver Spring, MD
Whitewater Middle School	Charlotte, NC
Xetólacw Community School	Mount Currie, BC, Canada

*Outride is a nonprofit organization that provides research, cycling programs, and funding to empower all people to experience the social, emotional, cognitive benefits of cycling. For more information about Riding for Focus and Outride's initiatives, please visit <https://outridebike.org/>*