

Adaptive Cycling

Sports & Recreation Department –Summer 2025

Cycling is a great way for people with disabilities to stay physically active and healthy. We have a fleet of handcycles, recumbent trikes and tandems that we bring to our weekly rides. If you have your own bike and are looking for people to ride with, we'd love you to join us as well! Courage Kenny Sports & Recreation (CKRI) offers two options for adaptive cycling: weekly rides and equipment loan + weekly rides.

Option 1: weekly group rides:

We organize weekly bike rides on various trails throughout the Twin Cities where you get to ride at your own pace, with a volunteer instructor. We ride primarily on asphalt paved bike trails throughout the Twin Cities and suburbs. All bikes (handcycles, recumbent trikes and tandems) will be transported to the weekly ride trail. This is the best option if you do not have a way to transport a bike by yourself. During the bike fitting, you will be asked to submit your availability for weekly rides.

*See the attached schedule for exact locations.

Option 2: Summer equipment loan + weekly group rides:

This option is for handcycles only and designed to engage new people in the sport. Due to the popular demand of our recumbent trikes and tandems, we are not able to loan them out for the summer. With a summer-long handcycle loan, you must attend at least three of the weekly rides. Please note that with this option, you are responsible for the routine summer maintenance of the bike and must return it in working condition.

Adaptive Cycling Program Fees:

Bike fitting	\$50 (required for all new riders prior to weekly ride registration)
Group rides with CKRI equipment	\$15
Group ride if you have your own equipment	\$15

[Scholarships](#) are available – *please submit a cost share application prior to registering online.*

Steps to register:

1. Register online for a bike fitting
2. At the bike fitting, you will try out different bikes and we will determine what bike is the best fit for you
3. Sign up for weekly rides or a summer bike loan (handcycle only) once you know which bike you'll be using

Cancellations, questions or to try an adaptive bike:

Rachael Buss, Sports and Recreation Specialist
612-775-2314 | Rachael.buss@allina.com

Adaptive Cycling Summer Ride Schedule - 2025

Thursdays at 6 p.m.

Check-in at 6 pm, discuss route, and start ride at 6:15 pm. Must be back no later than 8:00pm.

All riders MUST BE REGISTERED, with [participation forms](#) on file, prior to their first ride.

Helmets: All riders must provide their own helmet, which must be worn at all times

What to bring: water bottle, sunglasses, helmet, wear athletic clothing and closed-toe shoes.

Weather policy: In case of inclement weather, a message will be left on voicemail (612-775-2283) on Thursdays by 4 p.m. Emails will also go out for any cancellation.

April/May	Bike fittings, Courage Kenny Rehabilitation Institute - Golden Valley
June 5	Luce Line/Medicine Lake, Plymouth
June 12	Dakota Rail Trail, Wayzata
June 19	Elm Creek Park Reserve, Maple Grove
June 26	Lake Minnetonka LRT Regional Trail, Excelsior – AGGREGATE
July 3	NO RIDE
July 10	Mississippi Gateway Regional Park, Brooklyn Park
July 17	NO RIDE
July 24	Gateway State Trail, Pine Springs
July 31	Joint ride with Spokes Fighting Strokes @ Elm Creek Park Preserve, Maple Grove
August 7	Dakota Rail Trail, Wayzata
August 14	NO RIDE
August 21	Luce Line/Medicine Lake, Plymouth
August 28	NO RIDE
September 4	Elm Creek Park Reserve, Maple Grove
September 11	Depot Coffee House, Hopkins

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VA only rides:

Group A:

May 13 – Bike fitting @ Courage Kenny, Golden Valley
June 5 – Ride 1: Luce Line/Medicine Lake, Plymouth
June 19 – Ride 2: Elm Creek Park Reserve, Maple Grove
July 10 – Ride 3: Mississippi Gateway Regional Park, Brooklyn Park

Group B:

July 29 – Bike fitting @ Courage Kenny, Golden Valley
August 7 – Ride 1: Dakota Rail Trail, Wayzata
August 21 – Ride 2: Luce Line/Medicine Lake, Plymouth
September 4 – Ride 3: Elm Creek Park Reserve, Maple Grove

EVENTS:

June 14 – MNSCIA Picnic, Phalen Regional Park, St. Paul
June 21 – Trail Spin, Carver Park, Victoria
June 28 – Brooklyn Park Riverfest, Gateway to the Mississippi
August 8 – Adaptive Rec Friday, Oak Grove Park, Brooklyn Park
September 14 – Twin Cities Bike Tour, Wabun Park, Minneapolis
September/October – Gillette Bike Expo

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