

International Police Mountain Bike Association Police Cyclist Certification Courses

May 6th-9th, 2019

Westminster Police Department

9110 Yates Street
Westminster, Colorado 80031



Course Instructors:

Westminster Police Officers Rance Okada (Ret.),
Sgt Mike Carlson (U.C.H.S.C.) Dep. Jeff Pedersen, Dep. J. Finkler (Jefferson County S.O.), Off.
Jake Coyle (Castle Rock PD)

Required Equipment

- 21 to 27 speed mountain bike in good mechanical order. The bike must be of sound quality and properly fit the rider.
- The bike must be equipped with toe clips or similar devices, a chain stay-mounted side stand and night-riding equipment i.e. headlight (minimum 10 watts), flashing LED tail-light.
- Each student must bring, and use, a properly fitted bicycle helmet, protective eyewear, cycling gloves, and a reflective traffic vest.
- Padded cycling shorts and clothing appropriate for weather conditions are highly recommended.
- A completed PAR-Q form (Physical Activity Readiness Questionnaire)

Participant Requirements

- Must already know how to ride a multi-speed mountain bicycle. This course is NOT a beginner's bicycle school.
- Should be in good physical condition. For example, students should be able to ride 30 miles at an average speed of 12 mph.
- Must attend all 32 hours of instruction.

Monday-Tuesday-Thursday 7:30 am to 6:00 pm

**Wednesday-Altered schedule for night training*

There is no fee for this course for agencies in the Greater Metro P.O.S.T. Training Region – all state, county and local law enforcement agencies in Judicial Districts 1,2,17 and 18 (Adams County, Arapahoe County, Broomfield County, Denver County, Douglas County, Elbert County, Gilpin County, Jefferson County and Lincoln County.)

Space is limited so register early

Course Sponsored by Greater Metro P.O.S.T. Training Region

Register on-line at

<https://greatermetroregion.com>

Questions? Call Investigator David Acunto @ 303-658-4417