

FOR IMMEDIATE RELEASE

Community Partners Unite to Launch Successful "Ride to Thrive" Program at Royal Roads

Ingersoll, ON October 23, 2024 —The Thames Valley District School Board (TVDSB), Ingersoll Safe Cycling Committee, and the Ride to Thrive organization celebrated the successful launch of their collaborative cycling education initiative at Royal Roads during the week of October 7, 2024. The program marks a significant milestone in promoting safe cycling and active transportation among local youth.

The inaugural Ride to Thrive program brought together students, educators, and community volunteers in a comprehensive week-long cycling education experience. Grade 5 students at Royal Roads participated in hands-on learning sessions that combined safety instruction, practical skills development, and confidence-building exercises.

Key program highlights included:

- Professional instruction in basic cycling skills and road safety
- Practical riding sessions in controlled environments
- Community volunteer support and mentorship
- Equipment safety checks and maintenance education

The Ingersoll Safe Cycling Committee provided essential safety expertise and volunteer support, while Ride to Thrive contributed its proven curriculum and instruction methods. TVDSB's involvement ensured seamless integration with educational objectives and student needs.

Community feedback has been overwhelmingly positive, with parents reporting increased interest in cycling among their children.

Quotes

"This safe cycling partnership is an excellent example of our new Multi-Year Strategic Plan in action. Working together with communities is one of the Strategic Directions at the heart of our plan. I am grateful that Thames Valley had the opportunity to collaborate with the Ingersoll Safe Cycling Committee and Ride to Thrive to bring this excellent learning opportunity to students at Royal Roads Public School."

- Beth Mai, Chair, Thames Valley District School Board

"The Ride to Thrive program is a complete cycling set of training sessions for Grade 5 students. This includes safety, taking care of your bike, riding correctly, riding on a public road, braking, changing a flat tire and signaling. This program is funded by the Ingersoll Safe Cycling Committee and is a collaboration between Thames Valley District School Board, London Cycle Link and the Ingersoll Safe Cycling Committee which is a sub committee of the Ingersoll Town Council."

- Scott Naisbitt, Chair, Ingersoll's Safe Cycling Committee

"The success of this program shows what our community can achieve when dedicated people step up to serve on our committees. The collaboration between our valued partners at TVDSB and Ride to Thrive was essential in bringing this to life. When we work together to improve residents' lives, these are the kinds of results we see!"

- Mayor Brian Petrie, Town of Ingersoll

About the Town of Ingersoll

Nestled in the heart of southwestern Ontario, the Town of Ingersoll is a vibrant community with a population of over 13,000. As a forward-thinking municipal government, Ingersoll is a strong, diverse, green, and sustainable community that respects our people, honours our past and shapes our future. From cultural venues, such as museums, theatres, and art galleries, to outdoor adventures, such as hiking, cycling, and fishing, you'll find what you are looking for in Ingersoll. Ingersoll's Town Hall, centrally located in the heart of our community, serves as a hub for accessible and responsive municipal services. Stay connected with us online through our official website, www.ingersoll.ca, and follow our social media channels at @townofingersoll and @touringersoll. Explore our strategic vision for Ingersoll in our [Strategic Plan](#).

About Thames Valley District School Board

The Thames Valley District School Board (TVDSB) is the fourth-largest school board in Ontario and a major employer in one of Canada's fastest-growing regions. Our inclusive and diverse board serves 84,000 students and employs nearly 14,000 staff across the City of London, Elgin, Middlesex and Oxford Counties, Chippewas of the Thames First Nation, Munsee-Delaware Nation and Oneida Nation of the Thames. Across the TVDSB, we collaborate and innovate to promote student achievement and well-being for students in a changing world.

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