

Fall 2011

# ipmba news

IPMBA: Promoting and Advocating Education and Organization for Public Safety Bicyclists.

Vol. 20, No. 4

## St. Paul's Got it All

by Maureen Becker  
Executive Director

Plans for the 22nd Annual IPMBA Conference are well underway. Members of the St. Paul Police Department and their partnering agencies are busy brainstorming ways to ensure this is a most memorable event. Myriad logistical arrangements will be undertaken to create an enjoyable, effective, and safe training environment.

The Minnesota Board of Peace Officer Standards and Training (POST) has looked favorably upon IPMBA, bestowing continuing education credits (CECs) on four pre-conference courses and all conference workshops. A strategically planned schedule could yield up to 60 hours between the pre-conference and the conference. Of course, the CECs are only an ancillary reason to attend the event. The most important reason is the training itself.

For 22 years, the IPMBA conference has been recognized as the premier training event for public safety cyclists. No other event can boast of multiple pre-conference training and certification courses and dozens of workshops. No other event can claim a finer cadre of dedicated and talented police, EMS, and security cyclist instructors.

And no other event attracts a more committed group of public safety cyclists eager to exchange knowledge and experience with their peers.

One might think that after so many years, the conference would have become routine, but that is not the case. Every year, instructors

**...instructors plumb the depth of their creative wells, emerging with priceless pearls of wisdom and experience...**

plumb the depths of their creative wells, emerging with priceless pearls of wisdom and experience.

Not convinced? Look inside. Sessions like *Winter Biking*, *Mountain Bike Use in Urban Search and Rescue*, *Wilderness Search and Rescue Bike Operations*, *EMS Tactics and Survival Skills*, *Event Planning and Medical Threat Assessment*, *Tame the Snake: Crowd Management for Bike Officers*, and *Airport Bicycle Operations for Police and EMS* will expand your bike unit's horizons. Community-oriented workshops like *Bike Cops for Kids*, *Bike Patrol for School Resource Officers*, *Explorers on Bikes* and *Bicycle Rodeos* will bring you closer to the residents you serve and protect.

Instructor development opportunities like *Cone Course Construction*, *New Concepts in Public Safety Bike Training*, and *How to Become a League-Certified Instructor* will introduce even experienced instructors to innovative techniques.

And finally, who could resist *Funding Opportunities for Bike Teams*, *Ask the Attorney: Legal Issues and Liability Reduction* and a keynote address by Joshua Ederheimer, Principal Deputy Director of the Office of Community Oriented Policing Services, U.S. Department of Justice?

See you in St. Paul!

## Operation School's Out

by Kieran Sawyer, PCI #1192  
Milwaukee (WI) Police Department

What could make for a better display of police presence than a parade of 87 police officers on bicycles rolling through neighborhoods? For two days at the beginning of this summer, the Milwaukee Police Department flooded our city streets and schoolyards with our entire bicycle unit. Our bike unit is comprised of 87 IPMBA trained officers, most of whom cycle for their tour of duty every day they work.



Milwaukee Police Chief Ed Flynn talks with members of the 87-strong Bicycle Unit after holding *Roll Call in the Street*, a hallmark of Flynn's administration. This Roll Call was the kick-off of *Operation Schools Out*, which provided a safe departure for thousands of students on their last day of school. Photo courtesy Milwaukee Police/Jon D. Reimann.

Historically, the last couple days of the school year for Milwaukee Public Schools are filled with excitement, enthusiasm and the eagerness of young graduating scholars being released into the world.

Unfortunately, often accompanying all the excitement of the last days of school are overwhelming feelings

of liberation on the part of some students. These emotions can lead to disruptive behaviors and even criminal actions. Intended or not, these are issues that occur annually during the release of our schools. They need proper police

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# The Dangers of Complacency



**A**s I work in my office, thinking back over my 21-year career, I find myself wondering why I do certain things the way I do. I've discovered that, for the most part, the main reason is because, 21 years ago, an FTO taught me to do it that way. I learned it that way, and it has worked, so why would I change anything? It got me thinking about how we, as IPMBA members and instructors, conduct bike

patrol, teach bike patrol, and represent bike patrol.

During a recent bike school, I noticed that an instructor was having a difficult time presenting a portion of the class due to his unfamiliarity with the ITK. This instructor has been active in bike patrol and has been an instructor for years. I was seeing that he was finding it difficult to adjust his presentation to the materials currently being used. He was so proficient in his delivery of the previous curriculum that it was a challenge to adapt to a new way of presenting. We all fall into this category at times. Why do we fall into this trap? Because it's easier! If we don't think about what we're doing, and we don't examine the "how and why" of doing something, we're more comfortable. It's like that old blue recliner that your spouse has been trying to get you to throw away for years. **It fits just right!**

I suggest that we all take the time to examine the way we conduct our bike patrol business. Sit down and brainstorm with your colleagues about how to deploy your resources and

how to utilize the bikes to answer questions/problems in manners previously unseen. Better yet, come to the IPMBA Conference — April 28-May 2, 2012, St. Paul, Minnesota — to gain an even broader perspective. That's the ultimate weapon against complacency!

Bike patrol has been around for years and most folks think that we've exhausted the possibilities, but the guys and gals in Milwaukee recently asked the questions, "How can we conduct traffic stops on the bike more safely?" "How can we do things differently, so that fewer of our officers get hurt and yet remain effective?" Why can't we do that with the various facets of bike patrol?

... the IPMBA Conference ... the ultimate weapon against complacency!

We should re-examine our methods, determine what works and what doesn't, and explore things we haven't tried. Are there going to be things that get thrown out immediately? You betcha, but what might come out of looking at things from a different perspective could surprise you. Just my two cents.

Ride Safe,

*P.S. Don't forget that membership dues increase as of January 1, 2012. The new fees will be \$55 for basic membership and \$15 for certification. Renew before December 31 and save!*

## BECOME AN IPMBA INSTRUCTOR



**Join the ranks of more than 1,000 of your fellow public safety bicyclists by becoming an IPMBA Instructor.**

**C**all 410-744-2400 or email [info@ipmba.org](mailto:info@ipmba.org) for an instructor application packet. In the simplest of terms, to become an Instructor, you must meet the criteria outlined in the packet, apply to IPMBA headquarters, be approved, then register for and attend one of the Instructor Courses. The next course will be held April 28-May 2, 2012, at the annual IPMBA Conference in St. Paul, Minnesota.

**Check out [www.ipmba.org](http://www.ipmba.org) for Instructor Course information.**

## ipmba news

Newsletter of the  
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The International Police Mountain Bike Association promotes the use of bikes for public safety, provides resources and networking opportunities, and offers the best, most complete training for public safety cyclists.

IPMBA Membership is \$50.00 per year.

**Interested in submitting an article?  
Interested in advertising in IPMBA News?**  
Email [Maureen@ipmba.org](mailto:Maureen@ipmba.org) for information.

# POLICE BIKE STORE

[www.PoliceBikeStore.com](http://www.PoliceBikeStore.com)

PoliceBikeStore.com – Our name says it all. We are in business to fulfill all of your Police Bike Patrol needs. From bikes, lights and tools to eyewear, helmets, uniforms and much more. We outfit everyone from Individual Officers to large Federal Agency Fleets. **Quantity Discounts and Packaged Deals Available**



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## Fuji Police Bikes - Brand New 29er Model

The bikes that have been long anticipated are now available for immediate shipment, ranging in size from 15" to 22" Frames complete with Fuji's state-of-the-art Altair frame technology.

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- ✓ Rock Shox Recon Air Fork with Remote Lockout
- ✓ Combination Packages Available

## Recent Customer Comment

"I credit you and your company for exceptional Customer Service and professionalism!"

*Mary L., Defense Supply Center*



Smith & Wesson



## Complete Selection of Smith & Wesson Bicycles

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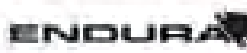
Shipping Nationwide since 2004, Supplying Police Departments, EMS Units and Security Departments throughout United States and the US Military Worldwide.



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Bags – Sirens – and Uniforms Too



Blackburn



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## Brand New Alerte Trailblazer III Light System - This system has everything you need right out of the box



- New and Improved bright LED Headlights
- Super bright pursuit lights available in a variety of color combinations
- Rear commuter taillight and pursuit lights - visible from front and rear
- Built in Siren available in Hi-Lo or Wail
- Includes spare long lasting battery - never run out of power when out on patrol



# Built Tough To Work As Hard As You

Only Volcanic Bikes are hand-built in the USA specifically and exclusively for the Bicycle Patrol Industry, to the standards required to withstand the rigors of daily patrol.

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- Proven Components
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- Available Volcanic PATROL Fork

A longer service life means more value for your investment, unmatched by any other manufacturer.



## THE 2012 APB

### APPROACH PATROL BICYCLE

Frames are available in a wide range of colors, with options for POLICE, SHERIFF, EMS, SECURITY, FIRE decals and more. Contact our team of professionals for information about customizing bikes specifically for your department.

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# SAINT PAUL



## IPMBA 2012

www.ipmba.org ~ 410-744-2400

## REGISTER TODAY

The 22<sup>nd</sup> Annual IPMBA Conference will transform the way you train as a public safety cyclist. We offer certification courses, dozens of information-rich, cutting-edge, practical and classroom-based workshops, a colorful expo hall to explore, and new friends and old with whom to meet and achieve your personal skill development goals.

## testimonials

Excellent instruction. Very professional.

— *Antoine Bediako, Richmond Fire Department (VA)*

This was a wonderful conference. I will take new tactics, equipment, and uniform ideas back to my department.

— *Michael Lamb, Asheville Police (NC)*

The classes were very informative and the information was distributed in a logical, detailed manner. We immediately recognized how our department could implement the training.

— *James Patrick, Beaverton Police (OR)*

Overall a good conference and within budget.

— *Dwight Edwards, Cabell County EMS (WV)*

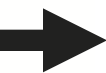
An unbelievable experience.

— *Mark Slade, Royal Canadian Mounted Police (BC)*

## REASONS TO COME

- 🚲 **Maximize** the return on your training dollars.
- 🚲 Make yourself **indispensable** to your community.
- 🚲 **Increase** the scope and breadth of your bike operations.
- 🚲 **Expand** your personal and professional horizons.
- 🚲 Develop **environmentally-friendly** patrol procedures.
- 🚲 Learn from the **best, most well-respected instructors** in the field.

keep pedaling



The IPMBA Conference: Providing world-class training for police, EMS, and security cyclists for more than 20 years.



# the pre-conference courses



IPMBA's training and certification courses, offered prior to the conference, range from 3-5 days in length. These comprehensive, multi-day courses provide essential training for public safety personnel at the basic, intermediate, and advanced levels. Tailor your training by registering for just a pre-conference course, just the conference, or, ideally, both! For full course descriptions, including schedule, pre-requisites, equipment requirements, and testing procedures, visit IPMBA online at [www.ipmba.org/instructors.htm](http://www.ipmba.org/instructors.htm).



**IPMBA Police Cyclist Course** prepares you for the street! This essential training combines Emergency Vehicle Operations for bike officers with patrol procedures, tactics, night operations, and basic bike maintenance and on-the-road repairs. Learn to ride like a pro, avoid crashes, and use your bike to foil the bad guys every time. Includes bike-specific live-fire exercises and scenarios. *April 28-May 2, 2012; \$325. MN POST CECs: 40 hrs.*

**IPMBA EMS Cyclist Course.** Nothing moves more swiftly through a crowd than a bike medic responding to a call for help. However you use your bike fleet, this essential emergency vehicle operations course will improve your response times and help you meet your goals. Learn to select and pack equipment, maneuver a fully loaded bike, and perform basic bike maintenance and on-the-road repairs. Be the first on scene every time! Includes night operations, scenarios, and defensive measures. *April 29-May 2, 2012; \$325.*



**IPMBA Bicycle Response Team Training.** Think your agency doesn't need a bike-mounted mobile field force? Think again. Social media has spawned crowds and riots in unlikely places, and bike officers are uniquely qualified to handle them. Whether you are preparing for the 2012 nominating conventions, a G-Summit, or just expecting your team to make it to the championships, this course



will prepare you to manage your crowds. Practical exercises include formations and deployment, single- and double-column riding, arrest/rescue techniques, squad withdrawal, and gas mask drills, complete with smoke and noise! Open to experienced police cyclists only. *April 30-May 2, 2012. \$375. An IPMBA conference exclusive! MN POST CECs: 24 hrs.*

**MMR-IPMBA Core Skills and Scenarios Clinic.** Become one with your bike. Three days with IPMBA and Mad March Racing (MMR) will improve and enhance your bike handling skills to the point at which you can ride it almost subconsciously, enabling you to focus on the situation at hand. You will participate in skill-building drills in both urban and off-road environments, and apply them in dynamic scenarios involving police, EMS, and security response to on-duty situations. Simunitions® will be used. Open to experienced police, EMS, and security cyclists only. *April 30-May 2, 2012. \$495. An IPMBA conference exclusive! MN POST CECs: 21 hrs.*



**IPMBA Maintenance Officer Course.** Do your bikes take a beating? Having an in-house maintenance officer translates into less bicycle downtime, fewer expensive repairs, and safer, longer-lasting bicycles. This hands-on course will provide you with the skills to maintain your fleet and perform all but the most technical repairs. The curriculum emphasizes preventive maintenance, general repairs, and overhaul of component groups. You will also learn fleet management principles and documentation methods. Bring your bike and tools and prepare to overhaul! Visit [www.ipmba.org/instructors.htm](http://www.ipmba.org/instructors.htm) for the tool list and order form. *April 28-May 2, 2012. \$525. An IPMBA conference exclusive! MN POST CECs: 40 hrs.*



**IPMBA Instructor Course.** Riding a bike is not as easy as...riding a bike. Public safety cyclists must learn how to ride both technically and tactically. This intense course will equip you with the skills to teach public safety cyclists how to use their bikes safely and effectively. Through in-class presentations, on-bike drills, mock teaching sessions, and peer and self-critiques, you will learn to identify and correct improper technique; assist students in overcoming difficulties; and incorporate various methods of instruction into the IPMBA courses. This course is often described by graduates as one of the most challenging and rewarding classes of their careers. Are you in? **Application and fee required (see [www.ipmba.org/instructors.htm](http://www.ipmba.org/instructors.htm)).** *April 28-May 2, 2012. \$550. MN POST CECs: 40 hrs.*





# the conference workshops

Offering essential, dynamic, and innovative on-bike sessions AND insightful and information-packed in-class workshops, the IPMBA Conference is ideal for new and experienced police, EMS, and security cyclists as well as supervisors and administrators. Sessions range from 1.25-5.5 hours and cover such a broad spectrum of topics that your biggest challenge will be deciding which ones to take. Tailor your training by registering for just a pre-conference course, just the conference, or, ideally, both!

## on-bike workshops

Required Equipment: properly sized mountain bike, helmet, appropriate eye protection (day or night), pedal retention, cycling gloves, basic bike tools; hydration system strongly recommended. Special equipment needs appear in the workshop descriptions.

### BIKE HANDLING SKILL DEVELOPMENT

**Advanced Off-Road Riding.** This fast-paced class will enable you to put your skills into practice on the toughest trails the Twin Cities have to offer. You will practice overcoming technical terrain and develop skills that will increase your confidence and competence when you transfer them to the street. **Limit 20.**



**It IS about the Bike** will introduce and explain the cyclo-cross bike as an alternative to the mountain bike for public safety use. Topics include the differences between a cyclo-cross bike and a mountain bike, the benefits of using a cyclo-cross bike in urban and rural settings, how to implement a cyclo-cross program, and training. Presented by James Donaldson of the Covington (KY) Police Department. *Note: this session includes both classroom and on-bike segments.* **Limit 10.**

**Night Operations and Team Building.** Working in teams of four, you will compete to complete a series of challenges similar to those you may face on bike patrol. This session combines night-time trail riding with skill practice in such areas as administering first aid and performing bike repairs. Conducted by Gary McLaughlin, Sacramento (CA) Police Department (ret.) and Mike Johnston, University of Utah/Utah's Hogle Zoo. *Prerequisites: Must be able to ride up to 20 miles off-road, at night. Equipment: bike, three-way socket wrench, patch kit, chain tool, flashlight, on-body hydration system, water bottle, high-intensity headlight with four-hour run time, taillight. Time allotted includes a 25-minute drive each way.* **Limit 16.**

**Winter Biking.** Members of Minnesota's Backcountry Trail Patrol will explain and demonstrate the "winter bike", studded tires, and the K-Trak tread — all adaptations to allow nearly year-round riding. Test ride the Minnesota-built Surly Pugsley and/or the Salsa Mukluk in challenging sandy conditions for a taste of how they perform in the snow. *Note: this session includes both classroom and on-bike segments.*

**Riding in Style:** This "grand" tour of St. Paul will have you riding in style down Summit Avenue, ogling impeccably restored mansions, miles of iron gates, stained glass windows, and stone facades. Highlights include the 1891 James J. Hill mansion, with 22 fireplaces and 13 bathrooms, F. Scott Fitzgerald's home, the Governor's Mansion, and houses that provided safe havens to gangsters like Al Capone. The Cathedral of Saint Paul dominates the east end, and at the west end, you'll sweep down from the heights to continue along the scenic Mississippi Riverfront.

### MMR TECHNICAL SKILL CLINICS

*These sessions will be conducted by champion racer and renown mountain bike coach Shaums March, founder of Mad March Racing, and will combine technical skill building and off-road riding. Participation is limited to one session per attendee. Register early to ensure a slot in the session that is best suited to your current skill level. You must be in good physical condition to participate in these sessions.*

**Introduction to Technical Riding** is designed to familiarize you with the basic body positions for braking, cornering, climbing, and unstable conditions. These skills will enable you to ride technical terrain and successfully navigate a variety of riding situations. If you are just learning to overcome obstacles, riding only on duty, and/or often get rear pinch flats, this is the perfect class for you! **Limit 20.**

**Intermediate Technical Riding** is designed to propel you to such skills as bike-body position and separation, braking technique, cornering, steep technical climbing, cadence and rhythm, and overcoming technically advanced terrain. Stamina, nutrition, hydration, pacing, and recovery will also be addressed. To participate in this class, you must be able to execute front and rear wheel lifts, ride up and down small sets of stairs; and ride over small obstacles. *The time allotted includes a 25-minute drive each way. Transportation provided.* **Limit 20.**

**Advanced Technical Riding** is designed for experienced riders who have mastered the basic bike-body position and skills and wish to overcome even the most technical and formidable terrain. Advanced bike body separation techniques utilized for j-hops, dropping, jumping, and high-speed riding will

be included. You must have disc brakes, have knowledge of bike repair, and understand shifting, brakes, and suspension. In addition to the skills listed for the intermediate clinic, you must be able to successfully execute the following: bunnyhops and j-hops; jumping small sets of stairs; and manual front wheel lifts. *The time allotted includes a 25-minute drive each way. Transportation provided.* **Limit 20.**

### AIRPORT OPERATIONS

#### **Airport Bicycle Operations for Police and EMS.**

Operating a public safety bicycle in an airport environment presents unique challenges and opportunities. Riders must operate on a variety of road and floor surfaces while navigating through highly congested areas. Commercial aircraft, tugs, carts, and aircraft pushback equipment present dangerous hazards. Security is always a concern. This session will address airport police and EMS bike operations and how to maximize effectiveness while reducing risk. You will ride through Minneapolis-St. Paul (MSP) International Airport's terminals, parking ramps, rental car facilities, and the Metro Transit light rail. Conducted by John Zizzo, MSP Airport Police and Gerard Robinson, London Ambulance Service, Heathrow Airport. *Note: This session includes classroom and on-bike segments. The time allotted includes a 20-minute drive each way. Transportation provided.* **Limit 20.**

### EMERGENCY MEDICAL SERVICES

**EMS Tactics and Street Survival Skills.** EMS cyclists often work in situations with the potential to threaten their safety. Through use of scenarios based on real-world incidents, this session will prepare you to survive. It will familiarize you with crowd movement and management, disengagement and escape techniques, combat mindset, surviving an attack, and self-defense, with the goal of ensuring you get to your patient — and get back out. Presented by Cypress Creek EMS. *Equipment: panniers. Note: this session includes both classroom and on-bike segments.* **Limit 20.**

**Event Planning and Medical Threat Assessment.** EMS support is essential to special events. From fun runs to large-scale sporting events, EMS providers must contend with limited access and/or large crowds. The success of an operation is determined by the quality of the pre-planning. Working in teams, you will conduct a site visit and medical threat assessment, as well as prepare an event operations order based on the obstacle course competition. Presented by Cypress Creek EMS. *Equipment: panniers. Note: this session includes both classroom and on-bike segments.* **Limit 20.**



new



## INSTRUCTOR DEVELOPMENT

### **Cone Course Construction for Instructors.**

Release your inner creativity! This session will introduce you to the endless possibilities that exist in cone course construction. From simple courses to help students overcome their mental obstacles to ones that will



challenge even the most skilled riders, Gary McLaughlin Sacramento (CA) Police Department (ret.) and Mike Johnston, Univ. of Utah/Utah's Hogle Zoo, will share some of their most interesting and creative cone patterns. *Note: this session includes both classroom and hands-on segments. Limit 12.*

### **Continuous and In-Service Training with**

**Practical Exercises** discusses the benefits of continuous training and offers ideas for units of all types and sizes. This workshop is for anyone who believes that learning never stops and that it is necessary to practice existing skills and develop new ones in order to maintain unit excellence. Presented by Lt. Tom Woods, Denton (TX) Police Department. *Note: this session includes both classroom and hands-on segments.*

**EMSCI to PCI/SCI Transition Course**, for EMSCIs who wish to instruct law enforcement and security agencies, highlights the adjustments in both lecture and practical skills needed to accommodate the different needs of the police and/or security cyclist. This transition course requires successful completion of both a written and practical skills test. *Active EMSCIs only. SCI certification open to all EMSCIs; PCI certification open only to EMSCIs who are also fully sworn law enforcement officers. Copies of police credentials must be submitted. Required equipment: duty rig. Note: this session includes both classroom and on-bike segments. Limit 10.*

**New Concepts in Public Safety Bike Training.** Bike patrol instructors are challenged to provide relevant and ongoing training for bike personnel. This session will introduce new ideas and training practices in the areas of bike operations, bicycle manipulation, and defensive tactics, all with the goal of helping you build a better class for YOUR students. Presented by Troy Gielish, Irvine (CA) Police Department and John Twine, Los Angeles (CA) Police Department. *Note: this session includes both classroom and on-bike segments.*

**PCI/SCI to EMSCI Transition Course**, for PCI/SCIs who wish to instruct EMS agencies, highlights the adjustments in both lecture and practical skills needed to accommodate the different needs of the EMS cyclist. This transition course requires successful completion of both a written test and a practical skills check-off list. *Active PCI/SCIs only. Required equipment: panniers and rack bag. Note: this session includes both classroom and on-bike segments. Limit 10.*

## POLICE OPERATIONS & TACTICS

**Force on Force for Bike Officers.** Based on real-world incidents involving bike officers, this dynamic workshop will place you in scenarios with unknown outcomes. Developed by Bruce Jackson of the George Mason University (VA) Police Department. *Equipment: Simunitions®-converted firearm (if possible) and soft groin protection (men and women). Simunitions® cartridges and protective gear provided by Simunitions®. The time allotted for this workshop includes a 20-minute drive each way. Transportation provided. Limit 10.*

**Krav Maga for Public Safety Cyclists** will take you from Bike to Fight in a split second. Krav Maga utilizes tried and tested, simple self-defense and combat techniques. Developed in conjunction with certified International Krav Maga Federation Law Enforcement Instructors, this session will focus on using the bike to your advantage, weapon retention, hard empty-hand techniques, recovering from a downed bicycle, and multiple attacker scenarios. Conducted by Murray Prust of the St. Paul (MN) Police Department and Krav Maga instructors Gail Boxrud and Dante Pastrano. *Equipment: Soft groin protection; duty rig with training gun. No firearms. Limit 10.*

### **On the Street I: Firearms for Bike Officers.**

This live-fire session will provide you with realistic, relevant, firearms training. Shooting drills are designed to replicate situations likely to be encountered on duty. Dismounts, reloads, and tactics used while getting on and off the bike will be practiced. This session is ideal for those who have never had bike-specific firearms training or those seeking a refresher. Designed by Artie Gonzales, Topeka (KS) Police Department (ret.). *Equipment: 150 rounds (regular or lead-free) and handgun, duty rig, body armor, soft ear protection, duty eyewear (not shooting glasses), bike gloves, bike and mandatory safety equipment (derailleur guard recommended), letter from your department authorizing you to participate in live-fire exercises. The time allotted includes a 20-minute drive each way. Transportation provided. Limit 16.*

**On the Street II: Advanced Firearms for Bike Officers.** Building on the skills introduced in *On the Street I*, this session will introduce advanced firearms techniques based on real-world situations. Dynamic dismounts and shooting from positions of disadvantage, such as after crashes, will be practiced under stress conditions. Conducted by Artie Gonzales, Topeka (KS) Police Department (ret.) and Sgt. Bruce Jackson, George Mason University (VA) Police Department. *Equipment: 150 rounds (regular or lead-free) and handgun, duty rig, body armor, soft ear protection, duty eyewear (not shooting glasses), bike gloves, bike and mandatory safety equipment (derailleur guard recommended), letter from your department authorizing you to participate in live-fire exercises. The time allotted includes a 20-minute drive each way. Transportation provided. Limit 16.*



**Protecting Yourself On and Off the Bike** will introduce defensive tactics techniques that are simple, effective, and applicable to bike officers. Situations addressed include defending against weapon and helmet grabs, dealing with aggressive or combative subjects, and tactical decision-making. Presented by Erik Pearce, Univ. of Wisconsin-Madison Police Department. *Equipment: duty rig with training gun. No firearms. Limit 12.*

**Stealth Tactics for Bike Patrol.** Known offenders are often familiar with the tactics used by their local police departments. Keep them guessing with new and creative ways designed to infiltrate the criminal element without detection. This session will help you outsmart the bad guys, not vice versa! Presented by Andy DeBerry, Denton (TX) Police Department. *Note: this session involves both classroom and hands-on segments. Limit 10.*

**Tame the Snake: Crowd Management for Bike Officers.** The mobility and perception of a bicycle squad uniquely positions it to deploy supported/unsupported teams to a civil disturbance, suspicious package, bomb threat or major event scene. This session will introduce you to bicycle crowd management techniques, skills, and drills. Working in teams, you will develop response strategies for bicycle deployments incorporating threat identification and officer safety. Conducted by Sgt. Mike Wear, Metropolitan (DC) Police Department. *Equipment: Protective mask and crowd management helmet (if possible). Note: This session involves both classroom and on-bike segments. Limit 21.*

## SEARCH AND RESCUE

**Mountain Bike Use in Urban Search and Rescue** will examine methods of implementing mountain bikes in searches for missing children and Alzheimer's patients and learn to identify situations and scenarios in which mountain bikes would be useful. Working in teams, you will participate in planning and conducting a mock search using bike-specific techniques in an urban environment, followed by a discussion and debrief. Presented by David Millican, Denton (TX) Police Department. *Note: this session involves both classroom and on-bike segments. Limit 12.*

**Wilderness Search and Rescue Bike Operations.** In 2003, the Backcountry Trail Patrol compiled a wildland search and rescue manual for the IMBA National Mountain Bike Patrol (NMBP). This session will simulate a search and rescue operation in a "wilderness" environment, focusing on best practices for mountain bike use in land search operations. Conducted by Hans Erdman, Backcountry Trail Patrol, and members of the local NMBP. *Prerequisites: intermediate or advanced off-road skills. Equipment: compass, GPS, bug spray. Note: this session involved both classroom and on-bike segments. Limit 10.*



# 22nd Annual IPMBA Conference

St. Paul, Minnesota ~ April 28-May 5, 2012 ~ Registration Form ~ Page 1 of 2

**P**lease read "Registration Checklist" on back of workshop descriptions before filling out this registration form. **PRINT LEGIBLY.**

To avoid rush fee, registration forms must be received by March 24, 2012.

Name (As you would like it to appear on your nametag, and in all correspondence)

First Last

Home Address

Street Address City State Postal Code Country

Personal Telephone Home Cell

E-Mail (Confirmations will be sent via e-mail. They will NOT be mailed.)

Dept. Name (As it will appear on your nametag)

Dept. Address Street Address

City State Postal Code Country

Dept. Telephone

IPMBA Membership Number (Mandatory for current and renewing members.)

IPMBA Instructor Number

Tee Shirt Size M L XL XXL XXXL (You will receive a LARGE if you don't check a size!)

## Lunches

Lunches are included in the cost of each pre-conference course. During the conference, lunches will be served on Thursday and Friday; please check the appropriate boxes on the reverse. All other meals are on your own.

## Bike Team Rate — Register three or more and save!

Register **three** or more members from the same agency at a flat rate of \$350 per team member! The following conditions apply:

- Applies to CONFERENCE fees only.
- Does NOT apply to Pre-Conference Course Fees.
- Can be used by both conference-only attendees and those attending both a pre-conference course and the conference.
- Registrants MUST be IPMBA members (current, joining, or renewing).
- Registrations MUST be submitted together (offer not available online).

**P**lease check all boxes that apply and add up the right column for your total. You can register for just the pre-conference, just the conference, or, ideally, both!

## Pre-Conference Training Course Fees

You must be a current member to attend any of the pre-conference training courses. Join or renew below if you are not currently a member.

Bicycle Response Team Training ..... \$375

EMS Cyclist Course ..... \$325

IPMBA Instructor Course..... \$550

IPMBA Instructor Application enclosed..... \$125

You must apply and be approved to attend. Contact the IPMBA office with questions.

Maintenance Officer Certification Course .... \$525

MMR-IPMBA Core Skills & Scenarios Clinic. \$495

Police Cyclist Course ..... \$325

## Conference Fees (Check the one that applies)

IPMBA Member Fee ..... \$400

MUST be current; you must provide your current IPMBA membership number on this form or join/renew with this registration.

Non-IPMBA Member Fee ..... \$475

Fee for Pre-Conference Attendees ..... \$350

If you are attending any of the Pre-Conference training courses, this is the fee you pay to also attend the conference.

Bike Team Rate ..... \$350

See box in left column for details.

## Other Fees

Guest Fee (per guest) Guests x \$50 ..... \$

The guest fee entitles your guest admission to the exhibit hall and two lunches. NAME(s):

Rush Fee ..... \$ 25

Registrations submitted after March 24, 2012, must include the rush fee.

Exhibit Hall-Only Pass (Pre-Registration Required) ..... \$ Free

## IPMBA Membership

New Renew ..... \$ 50

TOTAL ENCLOSED ..... \$

CANCELLATION POLICY: Refund requests must be made in writing and postmarked by March 24, 2012. Refunds, less a \$50 administration fee, will be processed following the conference. No refunds after March 24. If you must cancel after March 24, you may locate a substitute and submit his/her registration form and a letter requesting the transfer of fees. Membership, certification, and instructor application fees are non-refundable.

IF YOU ARE REGISTERING FOR THE CONFERENCE, HAVE YOU COMPLETED PAGE 2 OF THIS FORM?

Mail -OR- Fax (not both) to IPMBA, 583 Frederick Rd., Suite 5B, Baltimore MD 21228 Fax 410-744-5504

## Form of Payment

[MUST ACCOMPANY REGISTRATION]

Check or money order (payable to IPMBA) enclosed.

Visa/MasterCard accepted (circle one).

Signature: \_\_\_\_\_

Expire: \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

Name on card: \_\_\_\_\_

Email address for receipt: \_\_\_\_\_

Contact phone: \_\_\_\_\_

Purchase Order number or departmental equivalent: \_\_\_\_\_

Department to which the invoice should be sent \_\_\_\_\_

Attention \_\_\_\_\_

Address \_\_\_\_\_

City State ZIP

Phone \_\_\_\_\_

# HOW TO REGISTER FOR CONFERENCE WORKSHOPS - PAGE 2 OF 2

(Conference Attendees Only. Do not complete if you are attending *only* a pre-conference course.)

Fill out your name below! Check the boxes next to the courses you wish to take. Do not select more than one workshop per time slot. Verify that your selections do not conflict with one another. *Register early—some class sizes are limited!*

<b>NAME:</b> _____	<b>DEPARTMENT:</b> _____
<b>STATE:</b> _____ <b>PHONE:</b> ( _____ ) _____	<b>EMAIL:</b> _____

## Thursday, May 3, 2012

### 0800-0900 *Opening Ceremonies* [1 hr]

<b>0915-1030</b> <input type="checkbox"/> Funding Opportunities for Bike Teams [1 hr] <input type="checkbox"/> How to Become a League-Certified Instructor (LCI) [1 hr]	<b>0915-1200</b> <input type="checkbox"/> Blown Up and Struck by Lightning: Preparing to Survive [2 hrs] <input type="checkbox"/> Cone Course Construction for Instructors [2 hrs] <input type="checkbox"/> Continuous & In-Service Training with Practical Applications [2 hrs] <input type="checkbox"/> MMR Skill Clinic: Introduction to Technical Riding (limit one MMR clinic per person) [2 hrs] <input type="checkbox"/> Mountain Bike Use in Urban Search and Rescue [2 hrs] <input type="checkbox"/> Protecting Yourself On and Off the Bicycle [2 hrs] <input type="checkbox"/> Scenario-Based Training Safety and Administration [2 hrs] <input type="checkbox"/> Wheel Truing [2 hrs]	<b>0915-1645 (Cont. after lunch)</b> <input type="checkbox"/> EMS Event Planning & Medical Threat Assessment [5 hrs] <input type="checkbox"/> PCI/SCI to EMSCI Transition Course [5 hrs]
<b>1045-1200</b> <input type="checkbox"/> Bike Cops for Kids [1 hr] <input type="checkbox"/> Bike Patrol for School Resource Officers [1 hr] <input type="checkbox"/> Public Relations Outreach for Bike Teams [1 hr] <input type="checkbox"/> Youth Bicycle Safety Education [1 hr]	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p style="margin: 0;"><b>CONFERENCE SCHEDULE AND INSTRUCTORS SUBJECT TO CHANGE. VISIT <a href="http://WWW.IPMB.AORG/CONFERENCE.SHTM">WWW.IPMB.AORG/CONFERENCE.SHTM</a> FOR UPDATES.</b></p> </div>	

### 1215-1300 *Lunch; Exhibit Hall Open 11:00am-2:00pm*

<b>1400-1515</b> <input type="checkbox"/> Administrative Issues of a Bicycle Unit [1 hr] <input type="checkbox"/> Ask the Attorney: Legal Issues & Liability Reduction [1 hr] <input type="checkbox"/> Dressing for Success: How to Select the Best Bike Uniform [1 hr] <input type="checkbox"/> Explorers on Bikes [1 hr] <input type="checkbox"/> Liquid Assets [1 hr]	<b>1400-1645</b> <input type="checkbox"/> Campus Oriented Policing Strategies [2 hrs] <input type="checkbox"/> It is About the Bike: Cyclocross Bikes for Public Safety [2 hrs] <input type="checkbox"/> Krav Maga for Public Safety Cyclists [2 hrs]	<b>1400-1815</b> <input type="checkbox"/> Force on Force for Bike Officers [4 hrs] <input type="checkbox"/> On the Street I: Firearms for Bike Officers [4 hrs] <input type="checkbox"/> Introduction to Bike Maintenance [4 hrs] <input type="checkbox"/> MMR Skill Clinic: Intermediate Technical Riding (limit one MMR clinic per person) [4 hrs]
<b>1530-1645</b> <input type="checkbox"/> Dude, Where's My Bike? [1 hr] <input type="checkbox"/> Need of the Knees [1 hr] <input type="checkbox"/> Winter Biking [1 hr]	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p style="margin: 0;"><b>IPMBA is a continuing education sponsor as approved by the Minnesota Board of Peace Officer Standards and Training (POST). This conference, POST # 10310-0006, has been approved for continuing education credit. The number of hours per session appears in brackets following each workshop title.</b></p> </div>	
<b>1700-2115</b> <input type="checkbox"/> Night Operations and Team Building [4 hrs]		

## Friday, May 4, 2012

<b>0815-1100</b> <input type="checkbox"/> Blown Up and Struck by Lightning: Preparing to Survive [2 hrs] <input type="checkbox"/> Cone Course Construction for Instructors [2 hrs]	<b>0815-1230</b> <input type="checkbox"/> Bicycle Rodeos From A to Z [4 hrs] <input type="checkbox"/> Intermediate Bike Maintenance [4 hrs] <input type="checkbox"/> MMR Skill Clinic: Advanced Technical Riding (limit one MMR clinic per person) [4 hrs] <input type="checkbox"/> New Concepts in Public Safety Bicycle Training [4 hrs] <input type="checkbox"/> On the Street II: Firearms for Bike Officers [4 hrs] <input type="checkbox"/> Tame the Snake: Crowd Ops for Bike Officers [4 hrs] <input type="checkbox"/> Wilderness Search and Rescue Bike Operations [4 hrs]	<b>0815-1500 (Cont. after lunch)</b> <input type="checkbox"/> Airport Bicycle Operations [5 hrs] <input type="checkbox"/> EMS Tactics and Street Survival Skills [5 hrs] <input type="checkbox"/> EMSCI to PCI/SCI Transition Course [5 hrs]
<b>0945-1230</b> <input type="checkbox"/> Krav Maga for Public Safety Cyclists [2 hrs] <input type="checkbox"/> Scenario-Based Training Safety & Administration [2 hrs] <input type="checkbox"/> Stealth Tactics for Bike Patrol [2 hrs]	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p style="margin: 0;"><b>DO NOT SELECT MORE THAN ONE WORKSHOP PER TIME SLOT. CHECK TIMES CAREFULLY TO ENSURE THAT YOUR SELECTIONS DO NOT OVERLAP OR CONFLICT WITH ONE ANOTHER.</b></p> </div>	
<b>1115-1230</b> <input type="checkbox"/> Administrative Issues of a Bike Unit [1 hr] <input type="checkbox"/> Ask the Attorney: Legal Issues and Liability Reduction [1 hr] <input type="checkbox"/> Bike Cops for Kids [1 hr] <input type="checkbox"/> EMS Roundtable [1 hr] <input type="checkbox"/> Need of the Knees [1 hr]		

### 1245-1330 *Lunch*

<b>1345-1500</b> <input type="checkbox"/> Supervisors Roundtable [1 hr] <input type="checkbox"/> Dude, Where's My Bike? [1 hr] <input type="checkbox"/> Liquid Assets [1 hr] <input type="checkbox"/> Campus Roundtable [1 hr] <input type="checkbox"/> Public Relations Outreach for Bike Teams [1 hr] <input type="checkbox"/> Youth Bicycle Safety Education [1 hr] <input type="checkbox"/> Winter Biking [1 hr]	<div style="background-color: black; color: white; padding: 10px; font-weight: bold; font-size: 1.2em;">                 Saturday, May 5, 2012             </div>	
<b>1700 <i>Obstacle Course Competition (Register On-Site)</i></b>	<b>0900-1145</b> <input type="checkbox"/> Riding in Style: St. Paul Bike Tour [2 hrs]	<b>0900-1315</b> <input type="checkbox"/> Advanced Off-Road Riding [4 hrs]

# maintenance

**BRING YOUR TOOLS!** Sessions are hands-on; dress accordingly and bring the necessary equipment as specified below as well as a towel and/or several grease rags.

**Introduction to Bike Maintenance** will introduce you to essential preventive maintenance and repairs.



Learn the three rules of maintenance, how to clean and lube a bike, flat tire repair, front and rear derailleur adjustments, and brake adjustments.

Conducted by Jim Roy, Topeka (KS) Police Department (ret.).

*Equipment: bike, allen wrench set (2, 2.5, 3, 4, 5.8 mm), 8/10 open wrench for older model bikes, set of three tire levers, patch kit, two cleaning towels,*

*three grease rags, a bucket, and a workstand (if possible). Limit 12.*

**Intermediate Bike Maintenance.** Already mastered the basics? In this session, you will learn how to service the drive train (remove pedals, crank arms, chain, rear wheel, and rear cassette; clean, lube, and re-install; clean and replace cables); brakes (clean wheels, change and file brake pads, install and adjust brake cables, and fine-tune brake arms); and the headset (identify and correct a loose headset). Conducted by Jim Roy, Topeka (KS) Police Department (ret.). *Equipment: bike, patch kit, set of three tire levers, spare tube, compact pump/CO2, headset wrench, allen wrench set (2, 2.5, 3, 4, 5.8 mm), crank puller for your bike, chain tool (master link if possible), cassette remover, adjustable wrenches, pedal wrench, complete set of metric box-end wrenches (5-17mm), chain lube, two cleaning towels, three grease rags, workstand. Limit 12.*

**Wheel Truing.** Department bikes will have less down time if both the front and rear wheels are properly trued. In this hands-on session, you will learn how to properly true wheels. You will also learn to troubleshoot common wheel-related mechanical failures, allowing you to feel more confident while riding on- and off-duty. Presented by Doug Dillon, Houston (TX) Police Department. *Equipment: truing stand, spoke wrench, and a bike wheel. Limit 10.*

# classroom sessions

Please bring pen, paper, and other equipment as specified in the workshop descriptions.

## ADMINISTRATOR TOPICS

### **Administrative Issues of a Bicycle Unit**

addresses and discusses such topics as general administration, policy considerations, funding, officer selection, equipment, training, and legal issues. Ideal for administrators – both new and experienced – as well as members of newly formed bike units. Presented by Lt. Tom Woods, Denton (TX) Police Department.

**Ask the Attorney: Legal Issues and Liability Reduction.** See description under *General Interest*.

**Blown Up and Struck By Lightning: Preparing to Survive.** See description under *Police Operations/Tactics/Officer Survival*.

**Dressing for Success: How to Select the Best Bike Uniform.** Choosing a bike uniform may seem simple, but there is more to it than meets the eye. Learn how technical fabrics work, how to identify and select the most suitable fabric, how to conduct a needs assessment to determine the best style, color, fit, and degree of visibility; and how to write bike uniform specifications to ensure that you get comfort, style, and performance, instead of the “low bid.” *Sponsored by Mocean, manufacturers of technical law enforcement and bike patrol uniforms.*

**Public Relations Outreach for Bike Teams.** See description under *Campus/Community Issues*.

**Supervisors’ Roundtable.** Designed to complement *Administrative Issues*, this session will foster deeper discussion on specific topics of concern to bike unit supervisors. It will facilitate networking and sharing of experiences and solutions to current issues. Discussion topics include, but are not limited to, budgets, manpower, equipment, training, and management of equipment and records. Bring your issues and materials to share. Moderated by Sgt. Kris Conwill, Wooster (OH) Police Department.

## CAMPUS/COMMUNITY

**Bicycle Rodeos: From A to Z.** Learn how to plan and implement a bike rodeo for any age. Topics include assessing local bike safety education needs, planning age-appropriate activities, procuring equipment and supplies, location selection, volunteer recruitment, fundraising, marketing, fitting bicycle helmets, and conducting the rodeo. Conducted by Dan Ganzel, Palm Beach County (FL) Sheriffs Office and Chris Combs, Boone County (KY) Sheriffs Department. *Note: this session includes a rodeo for local students. Participants are strongly encouraged to register for the Thursday session of Youth Bicycle Safety Education.*

### **Bike Cops for Kids.**

As collaborative engineers of the community-building project Bike Cops for Kids, Mark Klukow and Mike Kirchen of the Minneapolis (MN) Police Department have created an award-winning public relations program that serves and protects the youngest citizens of Minneapolis. Towing a trailer filled with bike helmets, they roll through the streets and alleys, targeting at-risk “tweens” in need of a trusted adult, but they don’t stop there. Mark and Mike will explain how bike patrol and relationship-building paved the way to a collaborative partnership comprised of private foundations and donors working with members of the MPD’s Juvenile Division, Training, SWAT, BRRT coordinators, precinct commanders, and the administration. Visit Bike Cops for Kids on Facebook for inspiration.



**Bike Patrol for School Resource Officers (SROs)** is designed for those who work in elementary, middle, or high school environments. Topics of discussion include how to effectively deploy bike patrol in a school setting, advantages of having bike officers on campus, tried-and-true (or failed) techniques, adapting procedures to meet your school system’s needs, and special equipment. Participants will receive guidance on how to “sell” bike-mounted SROs to school officials. Participant input welcome and encouraged. Presented by James Englert of Arapahoe County (CO) Sheriffs Office and Ron Kalomeris of Englewood (NJ) Police Department.

**Campus Oriented Policing Strategies.** There are distinct differences between campus communities and municipalities. Police and security cyclists who serve in campus communities — and those who work in adjacent jurisdictions — are often called upon to demonstrate a high level of commitment to community oriented policing concepts in very diverse and political environments. While identifying issues unique to the campus setting, this session will enhance the community policing skills of all officers and provide you with new ways of addressing old problems. Presented by Lt. Steve Noftz of the Ohio University Police Department.

**Campus Roundtable** provides a forum for campus public safety personnel to discuss issues unique to operating in an academic setting. Come away energized with fresh ideas and an excellent network of contacts.

**Dude, Where’s My Bike? Using Technology to Combat Bike Theft.** Bike theft is on the rise, but it can be reduced through use of such technology and cell phones. This case study will explore the bike theft problem at the University of Wisconsin and in downtown Madison, and the UW Police Department’s response, including use of GPS and bait bikes. Presented by Erik Pearce, UW-Madison Police Department.

**Explorers on Bikes.** See description under *Instructor Development*.

**Public Relations Outreach for Bike Teams** is designed to facilitate sharing of proven public relations tactics and untested ideas, with an emphasis on bike teams. Topics include training and skill level, the appearance of bikes and uniforms, public interaction, recruitment, demonstrations, bike rodeos, team vehicles and trailers, and pride and professionalism. Presented by Lt. Matt Lane, NREMT, of Guilford County (NC) Emergency Services Bicycle Emergency Response Team (ret.).

**Youth Bicycle Safety Education** is designed for personnel who present or create bicycle safety presentations and/or training programs — such as rodeos — for children. It will introduce the crash types that most often involve children and present proven skills to prevent them. It will also examine various types of education strategies and methods to help you design effective and meaningful learning opportunities. Presented by Kirby Beck of the Coon Rapids (MN) Police Department (ret.). *Note: Bicycle Rodeos: From A to Z participants are strongly encouraged to attend the Thursday session. Bring a flash drive for materials.*



## EMS TOPICS

**Blown Up and Struck by Lightning: Preparing to Survive.** See description under *General Interest*.

**EMS Roundtable** invites EMS personnel to engage in a lively discussion about any and all topics that interest them as EMS cyclists. From equipment to operations to administrative and funding challenges, this session will be highly educational!

## FITNESS & NUTRITION

**Liquid Assets.** Know your liquid assets. This session will examine the pros and cons of sports drinks, energy drinks, electrolyte drinks, and water in the context of training, working out, and responding to calls. Topics include proper hydration, cramping, and the causes and effects of both hyper- and hyponatremia. Presented by David Millican, Denton (TX) Police Department.

**Need of the Knees.** Knee pain in cyclists can be caused by improper positioning of pedal retention as well as other factors. Identifying the nature and the location of the pain and taking measures to correct the causes can prevent long-term injury. This workshop will focus on cycling-related causes of knee pain and ways to mitigate it, including proper bike fit, pedal installation, and seat adjustment. You will have the opportunity to attempt to diagnose the cause of your own knee pain. Presented by Clarence White, Butler University Police Department.

## GENERAL INTEREST

**Ask the Attorney: Legal Issues and Liability Reduction.** Topics include liability reduction, Fair Labor Standards guidelines regarding employment and FMLA mandates as they relate to on-the-job injuries, training, and failure to train. Former city prosecutor and Ohio University Deputy Chief Brenda Noftz will open the floor to discussion on other legal topics and provide direction on locating resources. *Note: This workshop is for informational purposes only. Legal advice will not be provided.*

**Blown Up and Struck by Lightning: Preparing to Survive.** Prepare your mind and body to be a survivor! You will hear first-hand accounts from two public safety cyclists, one of whom was struck by lightning and one who survived an explosion. Learn how to prepare yourself, your family, and your friends to deal with both the mental and physical effects of a serious incident. This workshop is a must for front-line



personnel and supervisors. Presented by Lt. Steve Noftz, Ohio University Police Department, and Sgt. Kris Conwill, Wooster (OH) Police Department.

**Dressing for Success: How to Select the Best Bike Uniform.** See description under *Administrator Topics*.

## Funding Opportunities for Bike

**Teams.** This session, conducted by funding specialists from the US Department of Justice Office of Community Oriented Policing (COPS), will provide details on 2012 public safety grants. The workshop will highlight new initiatives, plus offer tips on navigating the federal grant writing process. Attendees will also receive the latest COPS resources and publications, including security at special events, developing community partnerships, and collaborating with the private sector to address public safety issues.

## INSTRUCTOR DEVELOPMENT

**Explorers on Bikes.** Explorers learn about many aspects of policing. Why not bikes? Join James Englert of Arapahoe County (CO) Sheriffs Office in a discussion of how to teach the IPMBA Security Cyclist Course to Explorers, propose and develop a bike team for your Explorer Post, and ways in which to equip, outfit, and deploy the teams.

**How to Become a League-Certified Instructor (LCI).** Teaching the Smart Cycling classes to children and adults is a great way to help cyclists in your community. League Education Director Alyssa Simcox will introduce the programs and the process for becoming an LCI. IPMBA Instructors will be able to pay the fees (\$140), pick up the materials, and go home with a certification. Non-instructors will learn how to enroll in an LCI Seminar.

**Scenario-Based Training Safety and Administration.** Scenario-based training is becoming more common, including in the IPMBA courses. This workshop will address safety and control measures necessary to ensure that students receive realistic training without being subject to unnecessary risk of injury. Topics include safety equipment, site selection, site access control, role player selection, support personnel, and methods to control the action. LE-specific, but EMS cyclists are welcome to attend. Presented by Sgt. Bernie Hogancamp, Home Wood (IL) Police Department (ret.).

## POLICE OPERATIONS AND TACTICS

**Blown Up and Struck by Lightning: Preparing to Survive.** See description under *General Interest*.

# registration checklist

"...a must read..."  
- Logic Weekly

You may register for a pre-conference course, the conference, or both. In order to speed processing and avoid errors, please read and complete the following checklist. **Thanks!**

**CONTACT INFORMATION.** Required for nametag and all correspondence. The website address containing your confirmation information will be sent to your **e-mail** prior to the event. Confirmations will **NOT** be mailed.

*Confirmation Information includes: confirmed courses & workshops; list of required equipment & uniform requirements; PAR-Q (Physical Activity Readiness Questionnaire); travel & logistical information; bicycle shipping & storage details; on-site check-in instructions; and competition info.*

I have included **ALL** my contact information.

## PRE-CONFERENCE TRAINING COURSE SECTION

Complete this section if you are registering for a pre-conference training and certification course.

I have checked the box that corresponds to the pre-conference course that I am going to take.

*Instructor Course:* I have submitted my Instructor Application (available online or from the IPMBA office) and fee.

*Police Cyclist Course:* I have enclosed a letter from my department authorizing me to participate in live-fire exercises.

## CONFERENCE SECTION

Complete this section if you are registering for the conference only or the conference *and* a pre-conference course.

**I am registering for the IPMBA Conference**, and have selected the appropriate payment box, as explained below.

➤ *If you are joining or renewing with registration, or your membership is current, select "IPMBA Member Fee."*

➤ *If you are not a member, or your membership has lapsed and you are not renewing, select "Non-IPMBA Member Fee."*

➤ *If you are attending ANY of the pre-conference courses, select "Fee for Pre-Conference Attendees."*

➤ *If you are registering three or more bike team members, select "Bike Team Rate" and submit registration forms together.*

I am attending a workshop(s) involving live fire exercises and have enclosed departmental authorization allowing me to do so.

I have completed both pages of the registration form.

## OTHER FEES SECTION

Complete this section if you are registering late or bringing a guest who is not attending the conference.

I am bringing a guest(s), have checked the proper box and included the \$50 guest fee for each, and I supplied the guest name(s).

I am registering after March 24, 2012, and my \$25 rush fee is included.

## IPMBA MEMBERSHIP SECTION

Membership is required for pre-conference courses and to be eligible for the IPMBA Member conference fee.

I am a **current/renewing** member and have included my IPMBA membership number. If I am renewing, I have also included the \$50 membership dues in the total.

I am **joining IPMBA** and have checked off the appropriate box **AND** included my \$50 membership dues.

**FORM OF PAYMENT.** Payment **MUST** accompany registration. Registrations received without payment *will be returned*.

I have included the correct payment, including pre-conference, conference, membership, rush, and guest fees, as applicable.

➤ Faxed registrations **MUST** include a MasterCard, Visa, or Purchase Order number.

➤ Mailed registrations **MUST** include a check, MasterCard, Visa, or Purchase Order number.

➤ If you are paying by check, **DO NOT** fax your application and mail the check at a later date.

➤ If you are paying by check, a faxed registration **WILL NOT** be accepted.

# DETAILS



## getting here

**BY AIR** Minneapolis-St. Paul (MSP) International Airport, located approximately eight miles from downtown, is served by all major carriers, including American, Delta, Frontier, Southwest, United, and US Airways. Visit [www.mspairport.com](http://www.mspairport.com) for airport information.



**SHUTTLE SERVICE** Shuttle service will be provided for the pre-conference and conference by the host committee. Contact Tony Holte at [holtesppd@gmail.com](mailto:holtesppd@gmail.com) or 612-616-2032. Provide your name, email address, phone number, airline, flight number and arrival date and time. He

will confirm receipt of your information; if you do not receive a reply within five days of contact, please call him. The meeting point/pick-up location will be provided in the confirmation packet. Departure shuttles will be reserved at the IPMBA Command Center.

**BY AUTO** St. Paul is located at the juncture of I-94 and I-34, on the Mississippi River. It is within 500 miles of Chicago, Kansas City, Milwaukee, Thunder Bay ON, and Winnipeg MB, and is less than 1,000 miles from Columbus, Dallas, Denver, Detroit, Memphis, Oklahoma City, and St. Louis.

## where to stay ←

**Crowne Plaza St. Paul Riverfront**, 11 East Kellogg Blvd., St. Paul MN 55101. Rate: \$121 + 13.625% tax, available until March 29, 2012. Call 651-292-1900 and ask for Group Code ZZO or International Police Mountain Bike Association, or book online at <http://tinyurl.com/IPMBA2012Hotel>. **Note:** *Reservations must be made using the weblink or by calling the hotel directly. Because most of their rooms are being held for IPMBA, discount travel websites may show that the hotel is sold out over the conference dates.*

## getting your bike here



**BICYCLE SHIPPING** Boehm's Cycles, <http://boehmscycle.com/>

**Contact:** Tom Wichelman. Phone: 651-454-2066; Email: [Boehmscycle@comcast.net](mailto:Boehmscycle@comcast.net); **you must make arrangements for shipping and other services in advance.**

**Package Includes:** Storage, assembly and adjustment, delivery to and pick-up from conference site, disassembly, packing, and return shipping (continental U.S. only). Contact for international shipping charges.

**Cost:** \$200, return shipping within continental U.S. only, and only using conventional bicycle boxes (8 x 34 x 56). Oversized boxes and hard cases may be subject to additional charges. Bicycles will be repacked in the packaging in which they arrive. Attach your name and contact information to the frame. Do not ship personal items with the bike.

**Shipping Address:** You must ship your bike *at least fourteen business days* prior to your date of arrival. **Any bikes received three days or closer to the event may be subject to a rush fee of \$40.** Ship to: [YOUR NAME]/22<sup>nd</sup> Annual IPMBA Conference/c/o Boehm's Cycles/1040 Dakota Drive, Mendota Heights MN 55120/Arrival Date: [DATE YOU WILL ARRIVE IN ST. PAUL].

For more information about packing and shipping your bicycle, as well as to compare options for shipping and flying with your bike, visit [www.bikeflights.com](http://www.bikeflights.com). (*For informational purposes only. This is not an endorsement.*)

**BICYCLE RENTALS** Trek bicycles will be available for rent with an option to buy. For details, contact Tom Wichelman at 651-454-2066 or [boehmscycle@comcast.net](mailto:boehmscycle@comcast.net).

# HIGHLIGHTS

Word on the street is that the **MMR-IPMBA Core Skills and Scenarios Clinic** can't be beat! Shaums March, 2x Masters DH World Champion and Redbull Athlete,



combines technical riding with realistic scenarios to create a uniquely applicable training experience for all public safety cyclists. Can't make the pre-con? Sign up for a one-of-a-kind skill development session at the conference!



IPMBA is pleased to welcome **Joshua Ederheimer**, principal deputy director of the Office of Community Oriented Policing Services (COPS), US Department of Justice, as keynote speaker. Mr. Ederheimer will share insights about his experience and police cycling as an integral element of Community Oriented Policing.



Following the Opening Ceremonies, funding specialists from the COPS office will present a workshop on the 2012 funding opportunities for bike teams, offer tips on navigating the federal grant writing process, and introduce the latest COPS initiatives.

## visit the vendors

A sampling of past exhibitors...4BIKE-POLICE.COM, Alerte Systems International, ALL TUFF, Atlantic Signal/Blueracer, BIONX, BoundTree Medical, Bratwear, Bushnell Outdoor Products/Uncle Mike's, Bicycle, Cardiac Science, Cannondale, Chiba Sports, Cycle Siren, Cycle Force Group, Datamaxx Group, Dero Bike Racks, Dynamic Bicycles, Ear Phone Connection, Elektrik Motion, Endura USA, ERGO the Seat, Ergon USA, Essex PB&R, Eye Safety Systems, First Light USA, Fuji Bicycles, GWC Inc., Hayes Bicycle Group, iForce Bicycles, Jones & Bartlett Publishers, Kuji Sports, Lin Manufacturing, Louis Gameau, Marin Bikes, Marwi USA, Mocean, NiteRider Technical Lighting Systems, Olympic Uniforms/J. Marcel, Optibike, Patrol Bike Systems, Kenda USA, Police Technical, R&B Fabrications, Rudy Project Eyewear, Spenco Ironman Cycling Gloves, Stone Cold Outdoor, Tactical Wear Online, Trek Bicycles, Tri-anim, Trico Sports, Trikke Tech, United Uniform, Volcanic Bicycles, Watchguard Video...



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## CORPORATE MEMBERS



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 Product: Field-tested bicycle patrol products  
 Phone: 951-318-7341  
 Website: www.bpopatrol.com



**Bratwear**  
 Product: Uniforms  
 Phone: 253-517-4000  
 Website: www.bratwear.com



**Brite-Strike Technologies**  
 Product: Tactical Illumination  
 Phone: 508-746-8701  
 Website: http://brite-strike.com



**Cannondale Bicycles**  
 Product: Bicycles, Equipment  
 Phone: 608-268-8908  
 Website: www.cannondale.com



**Cycle Force Group**  
 Product: Smith & Wesson Bicycles  
 Phone: 515-232-0277  
 Website: www.cyclefg.com



**EMS World**  
 Product: Leading EMS Magazine, Website, and Expo  
 Phone: 920-563-6388  
 Website: www.emsworld.com



**iFORCE Bicycles**  
 Product: Patrol Bikes and Accessories  
 Phone: 724-431-3073  
 Website: www.iforcebikes.com



**Jones & Bartlett Learning**  
 Product: Educational Materials, Complete Guide to Public Safety Cycling  
 Phone: 800-832-0034  
 Website: www.jblearning.com



**Mocean**  
 Product: Technical Bike Patrol Uniforms  
 Phone: 949-646-1701/877-662-3680  
 Website: www.mocean.net



**Police Bike Store**  
 Product: Complete Line of Police Bikes & Accessories  
 Phone: 973-366-5868  
 Website: www.policebikestore.com



**R & B Fabrications**  
 Product: Panniers & Safety Vests  
 Phone: 812-847-7607  
 Website: www.rbfab.com



**Trek Bicycle Corporation**  
 Product: Bicycles & Accessories  
 Phone: 920-478-2191 x 12427  
 Website: www.trekbikes.com



**Volcanic Bicycles**  
 Product: Custom Police Bicycles  
 Phone: 360-943-8613  
 Website: www.volcanicbikes.com

## IPMBA Corporate Member Update

IPMBA appreciates the support of our Corporate Members and ask you to show yours by patronizing them whenever possible. Please see the complete listing of IPMBA Corporate Members at left.

## New Corporate Member

### BRITE-STRIKE TECHNOLOGIES

Brite-Strike® Tactical Illumination Products, Inc., was started by two police officers, Glenn Bushee and Jon Neal, to create world-class tactical flashlights with the features that police officers and citizens need to keep them safe.

Brite-Strike® Professional tactical LED lights and lighting solutions are designed by police officers for the needs of police officers and SWAT teams.

Products include the Tactical Blue-Dot™ lights, featuring one-finger operation, a brilliant white light, and an ergonomic, virtually indestructible case; the DLC™ Duty Light Camera rechargeable duty light with built in VID, video and audio recording; and the TOC (Tactical Observation Camera) with color LCD monitor.

Brite-Strike® also offers police cycle and traffic safety gloves with built-in LED light strips, and All Purpose Adhesive Light Strip (APALS™), in a variety of colors.

Brite-Strike® manufactures in small batches with meticulous quality control, allowing them to incorporate the latest technology all the time, so they are always ahead of the pack.

Almost all employees at Brite-Strike® are active duty police officers and share ownership in the company, so they have a unique perspective in knowing what officers and operators need. Designed by Police Officers for Police Officers™ is more than just a tag line.

## Renewed Corporate Members

IPMBA thanks **iFORCE Bicycles**, **Jones & Bartlett Learning**, **Mocean**, **Police Bike Store**, and **Volcanic Bicycles** for renewing their commitment to IPMBA and public safety cycling by continuing their participation at IPMBA Corporate Members. **Mocean** joined the program in 2004; followed by **Police Bike Store** and **Volcanic** in 2006; **Jones & Bartlett** in 2008; and **iFORCE Bicycles** in 2009. IPMBA appreciates the support of these and all IPMBA Corporate members!

To become a corporate member, contact the IPMBA office at 410-744-2400 or maureen@ipmba.org.

## Correction

The winners in the Female 30-39 category were inadvertently omitted from the list of IPMBA competition winners in the Summer 2011 issue of *IPMBA News*. IPMBA sincerely regrets the error.



**Female 30-39**  
 ← Lara Bauer – 3:27.83  
 University of Minnesota (MN)  
 Police Department  
 (Team Snowballers)



Leslie Torgow – 3:31.93 →  
 Asheville (NC)  
 Police Department  
 (Team Asheville)

# Product Purchase Program

Industry

**F**ull listings of the Product Purchase Program are maintained on the web at [www.ipmba.org/ppp.htm](http://www.ipmba.org/ppp.htm). The number of participating companies is over sixty, and the range of products is broad. Only new and updated listings will appear in *IPMBA News*.

**The IPMBA Product Purchase Program can really save you money**, and in this economy, every dollar counts! Many companies offer “Pro-Deals”, which represent savings of up to 40% off retail. You can save on bicycles, lights, sirens, eyewear, uniforms, footwear, gloves, panniers, maintenance supplies, tires, safety vests, and more. **These companies want to help YOU, so get out your membership card, and shop the Product Purchase Program today! Welcome New PPP Participants!**

## — NEW LISTINGS —

### BRITE-STRIKE TECHNOLOGIES

**Product:** Package: 1 pr police cycle gloves, 1 white A.P.A.L.S, 1 set A.P.A.L.S-Air (red), 1 set A.P.A.L.S-Air (blue)  
**Regular Cost:** \$65  
**Cost to Members:** \$40  
**Form of Payment:** C, CH, DC, MC, PO, V  
**Ordering Options:** Phone, Fax, E-mail, Website  
**Contact Name:** Jon Neal  
**Phone:** 508-746-8701  
**Fax:** 781-585-5332  
**Website:** [www.brite-strike.com](http://www.brite-strike.com)  
**Email:** [customerservice@brite-strike.com](mailto:customerservice@brite-strike.com)  
**Brite-Strike Technologies**  
 11 Raffaele Road/Camelot Industrial Park,  
 Plymouth, MA 02360  
**Notes:** Request IPMBA package deal and provide IPMBA # when ordering.

### DUTYSMITH

**Product:** Speed Set Duty Gear  
**Regular Cost:** \$184.70 (for belt and five holders/accessories)  
**Cost to Members:** 30% off  
**Form of Payment:** CH, DC, MC, PO, V  
**Ordering Options:** Phone, Email, Website, Mail  
**Contact Name:** John Utlej  
**Phone:** 541-870-4646  
**Website:** [www.dutysmith.com](http://www.dutysmith.com)  
**Email:** [john@dutysmith.com](mailto:john@dutysmith.com)  
**DutySmith**  
 534 Westlake Ave. N Suite 210, Seattle, WA 98199  
**Notes:** Include IPMBA membership number when placing order.

## — UPDATED LISTINGS —

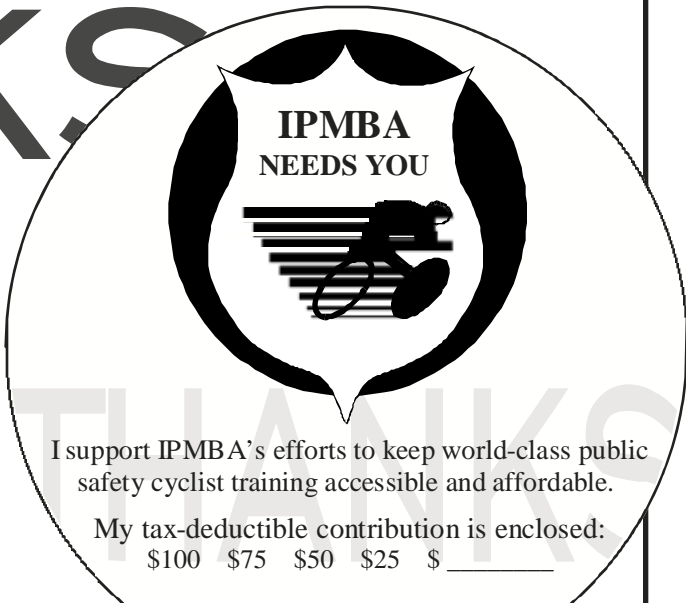
### CANE CREEK CYCLING COMPONENTS

**Product:** Thudbuster Suspension Seatpost  
**Regular Cost:** \$159  
**Cost to Members:** \$99  
**Form of Payment:** AX, D, MC, V  
**Ordering Options:** Phone, Fax  
**Contact Name:** Chris Strout  
**Phone:** 800-234-2725 / **Fax:** 828-684-1057  
**Website:** [www.canecreek.com](http://www.canecreek.com)  
**Email:** [chris@canecreek.com](mailto:chris@canecreek.com)  
**Cane Creek Cycling Components**  
 355 Cane Creek Rd., Fletcher, NC 28732

### MOUNTAIN RACING PRODUCTS

**Product:** Power Grips, Tamer Suspension Seatposts  
**Regular Cost:** Contact for Product List  
**Cost to Members:** 20% off Retail  
**Form of Payment:** CK, MC, V  
**Ordering Options:** Phone, Fax, Email, Website  
**Contact Name:** Billie Uriguen  
**Phone:** 800-999-8277 / **Fax:** 970-241-3529  
**Website:** [www.mountainracingproducts.com](http://www.mountainracingproducts.com)  
**Email:** [info@mrpbike.com](mailto:info@mrpbike.com)  
**Mountain Racing Products**  
 580 North Westgate Dr., Grand Junction, CO 81505

# THANKS



IPMBA thanks the following members and friends for their generous support during these challenging economic times. With their support – and yours – we can help keep world-class public safety cycling training accessible and affordable.

- Ronald Colson**, Florida Capitol Police, Tallahassee FL
- Rebecca Conway**, Franklin & Marshall Public Safety, Lancaster PA
- Gene England**, LifeStar EMS, W. Columbia SC
- Robert Ferguson**, Howard County Fire Rescue, Columbia MD
- J. Michael “Joe” Gagliardi**, Univ. of Mary Washington Police, Fredericksburg VA
- Brian Gillman**, Cypress Creek EMS, Spring TX
- William A. Golden II**, Bowie Police Department, Bowie MD
- Artie Gonzales**, Topeka Police Department (ret.), Topeka KS
- Tom Lynch MBE**, London Ambulance Service, London UK
- Neal Mitchell**, San Antonio Police Department (ret.), San Antonio TX
- Christian Nielsen**, Indianapolis Metro Police Department, Indianapolis IN
- Mike McKenna**, Lawrence Police Department, Lawrence IN
- Mari Noguchi**, San Francisco Police Department, San Francisco CA
- Al Simpson**, Pompano Beach Police Dept. (ret.), Pompano Beach FL
- Jonathan Stipetich**, Wheeling Police Department, Wheeling WV
- Jennifer Toavs**, Minneapolis-St. Paul Airport Fire Department, St. Paul MN

I support IPMBA’s efforts to keep world-class public safety cyclist training accessible and affordable.

My tax-deductible contribution is enclosed:  
 \$100 \$75 \$50 \$25 \$ \_\_\_\_\_

Name \_\_\_\_\_

Membership Number \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone Number (\_\_\_\_\_) \_\_\_\_\_ Amount of contribution: \$ \_\_\_\_\_

My check is enclosed (*payable to Police on Bikes, Inc.*).

Charge my MC/Visa: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

EXP \_\_\_\_/\_\_\_\_/\_\_\_\_ Mail to: International Police Mountain Bike Association  
 583 Frederick Rd., Suite 5B, Baltimore MD 21228



by David Millican, PCI #1006  
Denton (TX) Police Department

The 2011 IPMBA Conference in Richmond, Virginia, was a great success. Each year the conference provides members with a vendor show, during which many new and inventive items are placed on display for the cycling law enforcement/EMS/security community. This year was no different. A new foot restraint system, called Hold



Fast FRS (foot restraint system), was on display. Hold Fast FRS is one of those simple little designs that make you wonder why it didn't come out earlier. The pedal

restraint is a heavy duty Velcro® strap placed on a standard platform pedal. The straps are available in many different colors and designs, including custom EMS and POLICE logos.

Shortly after we returned from the conference, a pair of these new pedals appeared on our bike room work bench. They sat there for about a week before I decided to put them on my bike. From the moment I started using them, I enjoyed

using them. I had to stop and adjust the strap tension a couple of times to get it just right, but once that was accomplished, it wasn't really necessary to touch them again. They secure my foot to the pedal much more securely than the clips with straps that I formerly used, and it is much easier for me to exit from them. With toe clips, it always seemed that I had to strike a compromise between how secure I wanted the straps and how easily I wanted to be able to exit from the cages. With the new Hold Fast FRS design, neither is a concern. Also, the BMX-style pedal provides for a larger contact area between the foot and the pedal. As an added benefit, there are no screws or bolts to loosen from the cages and no small straps around the cages that tend to break during every IPMBA Police Cyclist course. Finally, they are instantly adjustable to different types of foot wear, and there is no learning curve to getting out of them if you are already used to toe clips. All and all, the Hold Fast pedal is a really nice alternative to straps and cages.

I checked out several internet sites to see what others were saying about the product and found the reviews and comments to be very favorable. Remarks such as,

"Fashioned from thick nylon webbing, all metal hardware and heavy Velcro®, the Hold Fast FRS is meant for abuse" (<http://urbanvelo.org/>) and "I've been riding with Hold Fast FRS for about eight months now, and I can't say better things about them." (<http://ekajnitram.com/>) were not uncommon.

Hold Fast straps can be purchased directly from [www.holdfastordie.com](http://www.holdfastordie.com). They have fifteen different colors and designs to choose from and offer custom versions of "Police" or "EMS" for a few dollars more. Hold Fast FRS sell on the internet for \$59.95 and a good pair of platform pedals will go for about \$20. These pedals are also available from [www.4Bike-Police.com](http://www.4Bike-Police.com), where they are stocking limited quantities of the "Police" and "EMS" versions.

*David has been a patrol officer with the Denton Police Dept. for 12 years. He has served as an FTO and has been on the bike team for the past eight years. He has a master peace officers license, a TCLEOSE instructor certificate, and has completed the IPMBA Police Cyclist Course, Public Safety Cyclist II Course, Bicycle Maintenance Officers Course, Night Ops/ Firearms and Tactics, and MMR-IPMBA Core Skills & Scenarios Clinic. He can be reached at [david.millican@cityofdenton.com](mailto:david.millican@cityofdenton.com).*

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This riding style involves aggressive citizens, moving obstacles, and moderate combat. PATROL forks should be used only with those frames, wheels and other components specifically designed for this riding style.



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by **Mitch Trujillo**, PCI #244/EMSCI #248T  
 Boulder (CO) Police Department  
 Education Director - IPMBA Board

**A** potentially hazardous issue has surfaced recently regarding the end of the cable protruding from the bike's rear derailleur.

If the cable is long enough and finds itself between the derailleur pulleys (jockey wheels) and cogset while you are riding, the cable can become lodged or pinned, potentially causing expensive damage and/or injury. While I don't have an image to illustrate this, it can occur when the derailleur is in the lowest cog and spring tension in the derailleur is at minimum. In this position, the pulley cage can swing up and back, coming in contact with the cable and potentially pushing it into the gears.

There are a few simple things you can do to troubleshoot this issue with your bike and those in your fleet. First, allow an excess of a couple of inches to protrude from the anchor bolt on both front and rear derailleurs. Make sure your cables have end caps.

Next, bend the rear derailleur cable rearwards and away from the bike's cogs; bending the cable is a common safeguard to avoid working parts. Bending the rear cable will keep it out of the way during mechanical shifting and prevent the cable from snagging

on brush, body parts (should the cap be missing), and/or any parts of the bike. Bending too close to the crimped strands of the cable near the anchor bolt could cause stress and fraying of the cable.

A diligent mechanic or dealer might make the bend when they build the bike, but not always. I don't believe they are required to do this.

Instructors should be informed so they can be on the lookout for their students' bikes, but this isn't necessarily a derailleur-design flaw. It depends on who you ask, but I prefer no less than two inches of extra cable projecting from the anchor bolt (on any geared bike.)

Hope this is helpful. Ride safe. Stay thirsty, my friends!

*Mitch is an IPMBA Instructor Trainer, serves as Education Director on your IPMBA Board, and has a penchant for singlespeeds. He can be reached at [trujillom@bouldercolorado.gov](mailto:trujillom@bouldercolorado.gov).*

There are a few simple things you can do to troubleshoot this issue with your bike and those in your fleet.

## Congratulations, New Instructors!

### Boulder, Colorado ~ June 27-July 1, 2011

**Michael Bejarano**, Casa Grande Police Department, Casa Grande AZ; **Brandon Brown**, Choctaw Tribal Security, Durant OK; **Timothy Cisler**, Racine Police Department, Racine WI; **Evan Coward**, Asheville Police Department, Asheville NC; **Noel Dunham**, Pinellas County Sheriffs Office, Largo FL; **Keith Hollingsworth**, Ohio Support Services, Columbus OH; **Kelly Idema**, Boulder Open Space & Mountain Parks, Boulder CO; **Josh Klamm**, Topeka Police Department, Topeka KS; **Aaron Lightfoot**, Salt Lake City Fire Department, Salt Lake City UT; **Rick Magnuson**, Aspen Police Department, Aspen CO; **Tyson Miller**, Salt Lake City Fire Department, Salt Lake City UT; **Justin Ownbey**, Longmont Police Department, Longmont CO; **Samuel Quamina**, Trinidad and Tobago Police Service, Crown Point, Trinidad and Tobago; **Shaun Sloan**, Univ. of Colorado Police Department, Boulder CO.

*Photo Courtesy Stephen Angiolillo*

### Fairfax County, Virginia ~ September 26-30, 2011

**Michael Byrnes**, Fairfax County Police Department, Alexandria VA; **Sean Corcoran**, Fairfax County Police Department, Alexandria VA; **David Faulk**, Fairfax County Police Department, Fairfax VA; **Ron Haas**, Fairfax County Police Department, Fairfax VA; **Scott Shafer**, Fairfax County Police Department, Alexandria VA; **Joshua Shoemaker**, Fairfax County Police Department, McLean VA; **Keith Shook**, Fairfax County Police Department, Reston VA; **Aaron Spooner**, Fairfax County Police Department, McLean VA; **Dean Tran**, Fairfax County Police Department, Annandale VA.

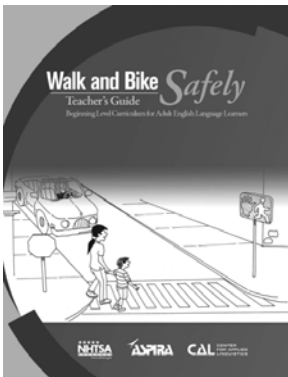


*Photo Courtesy Mike Wear*



# Bicycle Safety and Education Resources

More people are getting on bikes more often. As a result, bicycle safety education programs are gaining importance. Here is the latest array of bicycle safety education tools that can be used to education children and adults about the rules of the road.



## **Walk and Bike Safely - Beginning Level Curriculum for Adult English Language Learner** – NHTSA (National Highway Traffic Safety Administration)

NHTSA is pleased to announce the new pedestrian and bicycle safety education program designed to reach adult immigrants with limited understanding of the English language. The **Walk and Bike Safely - Beginning Level Curriculum for Adult English Language Learners** is

designed for use by teachers or volunteers working with adult immigrants who are beginning English language learners. The product is in English and uses a more pictorial approach than the previously posted Intermediate level curriculum on the same subject matter. The beginning level curriculum includes: a Teacher's Guide; a Student Workbook and two listening segments. *Walk and Bike Safely* consists of six lessons, each covering a different safety message.

Both the beginning level and intermediate level curriculums can be accessed from either NHTSA's pedestrian or bicycle websites at: [http://nhtsa.gov/Driving+Safety/Pedestrians/For+English+as+Second+Language+\(ESL\)+Teachers+and+Learners](http://nhtsa.gov/Driving+Safety/Pedestrians/For+English+as+Second+Language+(ESL)+Teachers+and+Learners).

Other educational tools and information packets developed by NHTSA are available at <http://www.nhtsa.gov/Bicycles>.

For any additional information, please contact Paula Bawer at [paula.bawer@nhtsa.gov](mailto:paula.bawer@nhtsa.gov).

## **Bike Basics: The AAA Guide to a Great Ride and Parents, Buying Your Child a Bike?** – American Automobile Association (AAA)

**Bike Basics** is a 12-page booklet containing an overview of the following topics: *Selecting a Bike, Three Steps to a Good Fit, Choosing*

*a Helmet, Gear to Go, Cycling Skills, Keeping Your Bike Buff, Mistakes Cause Mishaps, Safety and Cycling Tips, and Bicycle Crash Statistics.*

**Buying Your Child a Bike?** provides a series of questions parents should ask to determine the child's readiness, a basic bike fit guide, an overview of bicycle types, bicycle safety equipment, and riding safety tips. AAA also has a **bike safety bookmark** available in English and Spanish.

Published by the AAA Department of Public Affairs ([www.aaapublicaffairs.com](http://www.aaapublicaffairs.com)), AAA's bicycle safety literature is available through local AAA clubs.

## **Bicycle Safety Manual** and **Pedal Power with Safetyup** –

## National Child Safety Council

The National Child Safety Council (NCSC) offers an assortment of fun-filled materials for all age groups.

One of the most popular is the **Bicycle Safety Manual**, a 24-



page activity booklet featuring Safetyup® and Spike-the-Bike™. Designed for young bicycle drivers, the manual addresses all aspects of bicycle safety through fun games, puzzles, and activities. Topics covered are: *Does Your Bike Fit You?; Get to Know Your Bike; Safety Check Your Bike; Bike*

*Reflectors; Bike Helmets; A Storm is Coming; Hand Signals; Safety Signs; Traffic Safety; Be Careful When Riding Your Bike (Hazards); Keep Your Bike Safe and Sound (Bike Locks); Bike Safety Rally; and Rider Review.*

## **Pedal Power with Safetyup**®,

a full-color mini-book, is a comprehensive guide to safe bicycle driving designed to help prepare kids mentally and physically to ride. It includes tips for different types of bicycles, including all-terrain bikes (ATBs)/mountain bikes; comfort bikes; racing-style/touring bikes/road bikes (10 or 12 Speed); moto-cross and BMX bikes. Topics covered are: *Control Your Bike; Make Sure*



*Your Bike is in Proper Working Order; Proper Fit; Dress Appropriately; Watch for Hazards; How to Avoid Accidents; Wear a Helmet; Switching Gears; Riding Downhill; Proper Braking; Rules of the Road; Other Bicycle Activities; and Clubs.*

Other resources available from the National Child Safety Council include a bike inspection checklist in English and Spanish, a bike safety bookmark in English and Spanish, bicycle safety pledge trading cards, and bicycle safety-checked stickers.

Materials from NCSC are often obtained through community partnerships. For more information, visit [www.nationalchildsafetycouncil.org](http://www.nationalchildsafetycouncil.org).



## — IPMBA Board Openings Announcement —

Three seats on the IPMBA Board of Directors will be up for election/re-election at the 2012 IPMBA Conference in St. Paul. This is the official notice for those who may be interested in serving on the IPMBA Board.

In order to be eligible to serve on the Board of Directors, you must hold current, active certification as an IPMBA Instructor.

According to the IPMBA By-Laws, Article 111, Section 5: Board Candidate, any qualified member can become a candidate for the Board of Directors by:

- a. Submitting a letter of interest to the Executive Director after the official notice and no later than 45 days prior to the first day of the Annual IPMBA Conference (last day to submit letter and resume will be **March 19, 2012**).
- b. A resume or C.V. (curriculum vitae) must accompany the letter of interest. If a resume or C.V. is not submitted, the candidate's name will be deleted from the list of potential candidates.

If you are interested in serving on the IPMBA Board, you may submit your letter of interest and resume to the Executive Director at any time before **March 19, 2012**. Please email your letter of interest and resume to [maureen@ipmba.org](mailto:maureen@ipmba.org). You will be expected to address the board during its pre-conference meeting; date and time to be determined.

If you have questions about board member responsibilities, please contact Maureen at 410-744-2400 or any current board member. Contact information for current board members can be found at <http://www.ipmba.org/board.htm>.

# WEAR THE BEST

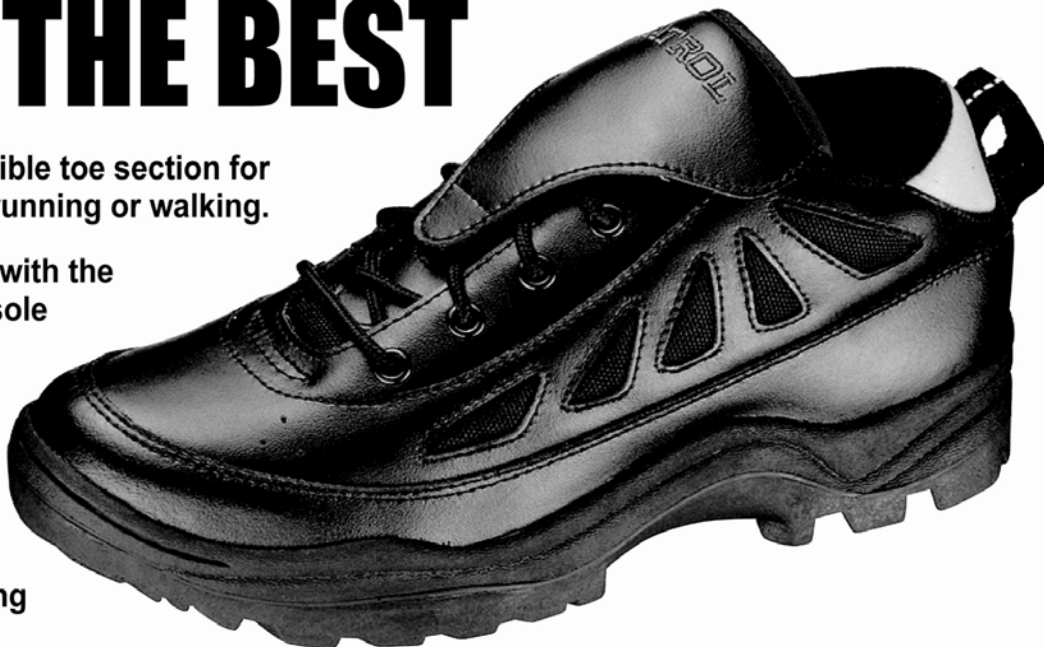
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by **Ashley Sweetland**

*National Officer (Operational Cycling), St John Ambulance (UK), Cycle Response Unit Manager, St John Ambulance London (Prince of Wales's) District and IPMBA UK correspondent.*

Since the Royal Wedding, the UK emergency services have been very busy. You may have seen images from the riots to which our emergency services responded. A small minority of mindless and opportunistic criminals certainly did not favours to the international reputation of the UK and

London in particular. The Government, mindful of next year's Olympic and Paralympic Games, have been very keen to respond decisively and bring those responsible to justice – more than 2000 arrests have been made across the UK, with over 1,000 people charged with criminal offenses. The cost of the damage was in excess of £100m. There was a 400% increase in calls to the emergency services across the period of the riots.

There has been a significant effort in London to raise the profile of policing and other emergency services, and police forces across the UK have seen bicycle response as part of the mix of resources deployed in order to raise the profile of community policing and restore confidence in safe communities.

Of course, the context of public sector spending challenges have resulted in difficult decisions across emergency services, with Police, Ambulance and Fire services needing to find an average of 20% savings in budgets between 2011–2014. We have seen the impact already on some front line cycling teams — Cycle Response Units from Yorkshire Ambulance Service have been completely withdrawn from service, while Essex Police have made cutbacks to their dedicated cycle squad but say they remain committed to Operation Velo.

In the midst of it, we continue to promote emergency services cycling at events such as the Cycle Show, held in Birmingham this past September. The four-day show saw the leading names in the industry feature their products and some of the best BMX riders in the world showcase their skills. It was co-ordinated through the St John Ambulance West Midlands Cycle Response Unit, with particular thanks to John Bragginton and Cassie Maciver and all those who supported them. The 2012 Cycle Show will take place at the NEC from 27-30 September.

In October, St John Ambulance hosted the fourth meeting of the NHS UK Cycle Response Unit Group, which is developing standards for the use of bicycles by the Ambulance Service. I was delighted to host the meeting at St. John's Gate, the historic home of the Order of St. John. Nearly all UK ambulance service trusts were in attendance. It is clear that cycle teams must make their case for resourcing at senior levels in order to secure the financial investment needed to see sustainable teams in place. We heard about excellent examples of new teams in the South West (Plymouth), East of England (Cambridge) and London (various) where this case has been made in the NHS. The fifth meeting of this group will take place in the early New Year.

St John Ambulance continues to expand its use of Cycle Response Units with more than 20 new bikes entering service in

teams across England in the last few months, built by our supplier Havebike, who have helped save our charity more than £14,000 over the last two years through bulk purchasing and proper supply chain management, helping keep costs down.

I am pleased to welcome the British Red Cross to the emergency services cycling community. Funded by a generous partnership with Land Rover, the Red Cross have equipped some their first 26 Cycle Response Units to support their UK operations. We wish our British Red Cross colleagues well as they embark with their endeavours.

Operationally, over the summer months in particular, cycle teams have been very busy supporting hundreds of community and major events. In London alone, our Cycle Response Unit has supported more than 100 events so far this year.

We had a rather unique request in October which resulted in one of my Assistant Staff Officers in London, Nuno Alves, and myself spending five days in New York City, where the St John Ambulance Cycle Response Unit had been asked to participate by one of our UK clients with an event in central Manhattan. More details and photos will follow in the next issue.

In November, I am taking the message of emergency services cycling on behalf of St John Ambulance to a celebration for the European Year of Volunteering at the European Parliament in Brussels organised by Johanniter International ([www.Johanniter.org](http://www.Johanniter.org)) which is the partnership of the national charities originally founded by the Orders of St John.

As I have been building up to in all my 2011 features, the challenges of 2012 will soon be upon us. As this goes to press, fewer than 200 days remain until the Olympic Games, and before that, in

June, the Diamond Jubilee of Her Majesty Queen Elizabeth II, which will bring millions of people to the streets of London. We are already planning our Cycle Response Unit deployment and are very much looking forward to the challenges of 2012 and all the opportunity that will bring.

The 12-15 January 2012 will see the London Bike Show return for a second year at the ExCeL in London. I am delighted to confirm that St John Ambulance will feature at the show, so watch this space for further news and an update on the latest products.

I hope you have a very Happy Thanksgiving, and all of us in the UK emergency services cycling community here wish you a very happy holiday season, good health, and a prosperous New Year. Thank you for reading these articles in 2011.

Until the next time,  
**Ashley Sweetland**





## Local Cop Bikes From Ground Zero to Pentagon — Raising \$4,000 Along The Way

Northbrook's Michael Shep [PCI #188] did it to support the families of fellow officers killed in the line of duty.

by Jennifer Fisher

Northbrook (IL) Patch

As towns across the country held ceremonies recognizing the 10th anniversary of the Sept. 11 terrorist attacks, Northbrook police officer Michael Shep pulled up to the Pentagon in Arlington, VA, on his road bike, having cycled nearly 300 miles to get there.

Shep was one of 250 riders who participated in the Tour de Force, a four-day bike ride from Ground Zero in New York to the Pentagon — both sites were struck by hijacked airliners. Each rider also raised funds for the nonprofit, which supports the families of police officers who are killed in the line of duty.

"Personally, it was really rewarding for me," said Shep, who made the 13-hour drive to New York along with a handful of other police officers participating from the area.

"It represents the entire police department, the community as well," said Northbrook Police Chief Charles Wernick.

The ride began with a ceremony on Sept. 8 at the site where the World Trade Center once stood. It was Shep's first time at Ground Zero — as well as his first visit to New York City.

"That was pretty surreal, thinking that there were 110-story buildings there 10 years ago," he said.

From Ground Zero, the riders were ferried to New Jersey. As they passed the Statue of Liberty, they received an aquatic salute from fire department boats lined up to shoot water in the air. Once in New Jersey, a

crowd of people, fire trucks and police cars with their lights flashing were there to meet the cyclists.

"A lot of them had flags, and a lot of them were saying 'Thank you,' 'We love America,' that kind of stuff," Shep recalled. The riders took off from beneath an arch created by two fire trucks with ladders extended, crossing overhead.

Over the course of the four-day ride, Shep and the other cyclists saw the Liberty Bell in Philadelphia, traveled through Atlantic City and saw historic Annapolis, Maryland. When they arrived at the Pentagon, there was no ceremony, however — the building was cordoned off due to heightened security measures for the anniversary of 9/11.

Ten years before that day — on Sept. 11, 2001 — Shep was also set to be on a bicycle. He was headed to work as a member of the bike patrol in Evanston when the first plane hit the World Trade Center.

"I remember thinking to myself, what kind of dumb pilot would crash into a building?" he recalled.

Sixteen minutes later, the second plane hit the other twin 110-story tower, and everything changed.

"We all knew, this isn't an accident," he said. "And then Evanston went on a lockdown, because nobody knew what was going on."

While the ride served as a commemoration of the attacks of 9/11, something Shep said,

"we should never forget," it was also a way for him to help out families of law enforcement in the area.

"Being in police work for 38 years, I've been to enough funerals," Shep told Patch after he signed up for the ride in February.

Money raised locally will come back to the families of slain Chicago-area officers through the Tour de Force fund. Shep was able to raise \$4,000, while



Tour de Force raised \$400,000 total, he said.

"The generosity of people in Northbrook and other places is great," Shep said.

This past year, Tour de Force funds benefited the family of Chicago police officer Michael Flisk, who was shot in the head while investigating a burglary, and Schaumburg police officer Roy Reininger, who died in a car accident.

For Shep, the ride was more than a fundraiser and a commemoration of 9/11, however — it was also a personal challenge.

"Sitting down is a little hard, but I'm glad I did it," he said.

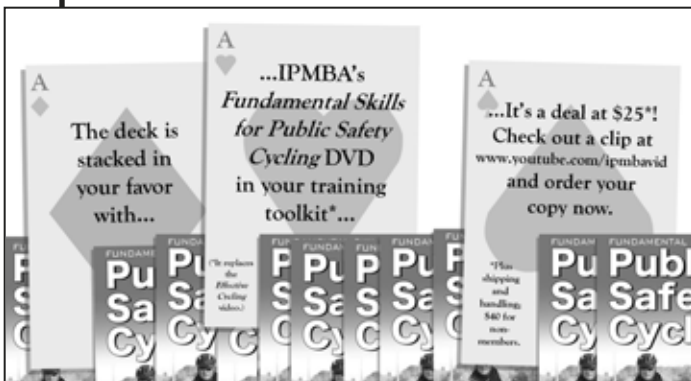
Getting ready for the ride required getting in shape, he told Patch in February. To train, Shep biked to and from work at the Northbrook Police Department, rode around the north suburbs on the Green Bay Trail and took classes at Body Empowered Fitness in Highland Park.

A longtime biker, Shep trains police officers throughout the area on bike patrolling and was a member of Evanston's bike patrol unit for 13 years before he joined the Northbrook department. Still, he said, getting in shape for the ride was tough — and completing all 280 miles was an even bigger challenge.

"What I learned is I might have a mindset of a 30-year-old, but a body of a 61-year-old," he said. "I basically rode as far as my body let me.

"I think I did pretty good," Shep added.

*This article appeared in the September 23, 2011, edition of the Northbrook Patch.*



Made possible through the generous support of Mocean, manufacturers of technical law enforcement & bike patrol uniforms.



# IPMBA Remembers

## Member News

Officer Nick Armstrong and Officer J. Ryan McCandless of the Rapid City Police Department (SD) were shot and killed as they and another officer questioned four suspicious subjects at the intersection of East Anamosa and Greenbriar Streets at about 4:30 p.m. on August 2, 2011.

After several minutes a male subject in the group pulled out a concealed handgun and opened fire, striking all three officers before being wounded by return fire. The subject was shot and fatally wounded.

All three officers were transported to a local hospital in critical condition. Officer McCandless was pronounced dead shortly after arrival at the hospital, and Officer Nick Armstrong succumbed to his wounds five days later.

Officer McCandless had served with the Rapid City Police Department for six years. He is survived by his fiancée.

Officer Armstrong had served with the Rapid City Police Department for two years and had previously served two years with the Spearfish Police Department. He responded to the call on his mountain bike.

Officer Armstrong completed the IPMBA Police Cyclist Course in May 2011 and became a certified IPMBA member and Police Cyclist. IPMBA Instructor Jason Amdahl, PCI #990, Beresford (SD) Police Department, described him as an inspirational officer who took to the bike like a pro.

*Source: Officer Down Memorial Page (www.odmp.org).*



**Police Officer Nick Armstrong**  
Rapid City Police Department, SD  
EOW: Saturday, August 6, 2011  
Tour of Duty: 4 years



**Police Officer J. Ryan McCandless**  
Rapid City Police Department, SD  
EOW: Tuesday, August 2, 2011  
Tour of Duty: 6 years

## Operation School's Out

*(Continued from page 1)*

attention, and in most instances, can be addressed before criminal behaviors arise.

Using past experience, crime statistics and the concept of power in numbers, our Department's leaders got together with the Public Schools Superintendent and devised a plan to deploy all of MPD's bicycle officers to the schools that most often experience problems during the end of the year dismissal. These problems, which begin during the school's dismissal, tend to pour out into the surrounding neighborhoods, negatively affecting both citizens and businesses.

The reasoning behind using our IPMBA officers was to build enough presence so that students would see 10-12 officers at every school. These efforts, reinforced by the school staff and security, resulted in two days of minimal troubles, with nothing more severe than a bit of loitering that occurred after the school day.

The benefits of such an increase in police bicycle presence to these parts of our city proved to be a reduction of crime, fear and disorder. It also communicated to the citizens that the police are working to rid

their neighborhoods of threats, public nuisances and violent crime. It is vital to let our citizens know that not only can they depend on their police department for presence, but also that we are doing our best to reduce and prevent crime, and make their neighborhoods as safe as possible. Public visibility of this magnitude, coupled with the use of additional resources, including the Milwaukee Police Bicycle Unit, demonstrated to the community that its officers are focused on identifying problems that already exist and preventing new problems.

As school came to an end on June 14th and 15th, MPD's 87 bicycle officers were on the grounds of Milwaukee's schools with the highest probability for problems. Our officers congratulated seniors in tassels, offered smiles to excited young people and provided a safe departure for thousands of kids on their last day of school. This year's dismissal showed improvement over years past in numerous ways. The biggest effect was that there were no major incidents on school property or in any of the neighborhoods surrounding the schools at which IPMBA

officers were deployed. Another achievement seen by this mission was a noticeable reduction in calls for service involving students and young adults causing problems for citizens in neighborhoods near schools. And finally, our most gratifying result was the showing of appreciation and praise for the police presence our department received from school staff, parents of students and residents. The community gave us very positive feedback, stating what an incredible difference this year's school dismissal was from previous years. When we look at the success of this project as a whole we can find three things for sure: 1) a pleased community, 2) a safe school environment for our children, and 3) a police department and a group of IPMBA officers who found a way to be more effective and make a difference.

*Kieran was certified as an IPMBA Instructor in 2010. He is also the District 7 R.A.M.P. Director and the president of the Milwaukee Police Endurance Club. He can be reached at kjsaw3@yahoo.com.*



Congratulations to Bruce Jackson, PCI #239T, of the George Mason University Police Department in Fairfax, Virginia. As evidenced by the “T” that appears in his instructor number, Bruce has earned the distinction of IPMBA Instructor Trainer. Instructor Trainers are those instructors who have met a stringent set of criteria and completed a student teach. In order to apply for “IT” status, instructors must have: been an active IPMBA Instructor for at least four years; taught a minimum of 4,000 student-hour; taught a minimum of four approved IPMBA courses within the past four years, at least two with co-instructors; served as lead instructor in at least two classes taught with co-instructors; served as a lead or co-instructor of a class of 15 or more students; and taught at the IPMBA conference and/or pre-conference. Bruce was certified as an IPMBA Police Cyclist at the first IPMBA Police Cyclist Course, held in Fort Lauderdale, Florida, in 1993. He was certified as an IPMBA Instructor in 1997. Since his certification, Bruce has taught almost 500 students in nearly 40 classes, amassing an impressive 15,552 student-hours. Bruce completed his student teach during the IPMBA Instructor Course held September 26-30, 2011, in Fairfax County, Virginia.

**2011 World Police and Fire Games**

by **Clint Sandusky**  
*Riverside Community College (CA) Police Department*

It is hard to believe that it has been a couple of months since my trip to NYC to compete in the 2011 World Police & Fire Games.

Hurricane Irene not only caused devastation up and down the east coast for many residents and businesses, but she also affected the games. My XC Cycling (mountain bike) event was one of the events that had to be cancelled due to storm damage. However, I was very fortunate to enter into an alternate Street Cycling (road bike) event an hour before the race started. Using a rented road bike and my mountain bike shoes, I competed and represented RCCD and our department well. Did I win? No. Do I count just being able to compete as a victory? Yes.

From meeting police officers and fire fighters from all over the world to visiting Ground Zero, the trip was an outstanding experience.

I would like to thank EVERYONE who encouraged and supported me in my quest to compete at the games, including my former and current cycling coaches, Brady Irwin and Steven Brandes of Carmichael Training Systems. Special thanks also to RCCD Police Chief Jim Miyashiro, Gustavo Segura of CSEA Chapter 535, Linda Reifschneider of RCCD Public Affairs, Brian Fountain and the Moreno Valley Rotary Club and Rich Goldstein and the members of the Community College Peace Officers Association of Riverside. Without their help, I wouldn't have been able to go!



*Clint has been an IPMBA member since 1994. He is an avid cyclist, both on- and off-duty. Past victories include 2<sup>nd</sup> place in his age division in the 2005 IPMBA Competition and 2<sup>nd</sup> place in his age division, Master B, at the Western States Police and Fire Games. He can be reached at [clint.sandusky@mvc.edu](mailto:clint.sandusky@mvc.edu).*

**Police Unity Tour**

The Southern California (SOCAL) Chapter of the Police Unity Tour (PUT), has already begun planning for the 2012 Tour. They will join the New Jersey Chapter and bike from Somerset, New Jersey, to Washington, DC, May 8-13, 2012. They are recruiting new riders, support, and motors to support this worthy cause. For more information or to volunteer, visit [www.socalput.org](http://www.socalput.org) or call IPMBA member/SOCAL PUT vice president Craig White at 818-522-0744.

**Juan Atan Promoted to Orange County Battalion Chief**

Congratulations to Juan Atan, Orange County Fire-Rescue, on his recent promotion to Battalion Chief in the Operations Division. Juan has been an IPMBA member since 1999. IPMBA wishes him all the best in his new position.



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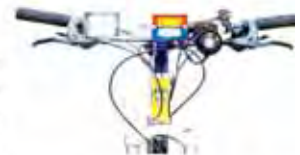
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# Niagara EMS Ride for Heart

Member News

by Al Doneff, *Operations Superintendent*  
*Niagara (ON) EMS*

**O**n June 5 of this year, twenty Niagara EMS Bike Medics participated in the Ontario Heart and Stroke Foundations Ride for Heart. The Ride for Heart is a large fundraising event held annually in Toronto, Canada. Last year, the Heart and Stroke Foundation introduced the “EMS-PAD Challenge”. Most EMS agencies in the province coordinate their community’s Public Access Defibrillator (PAD) program, through which AEDs are placed in public places. The key to the EMS-PAD challenge was that if an EMS agency participated in the program, every dollar raised by that EMS team would go directly back to their community to support their PAD program.



Our team – the Pedal Angels – set the goal of collectively raising \$20,000 (\$1000 per team member), and in March, we set out to accomplish this task. On Friday, May 27, we surpassed the \$20,000 mark, and one week before the ride, our total funds raised were \$21,500! We were awarded the Platinum Wheel award for being the top fundraising team, but more importantly, with these funds, our team will be able to place seven AED’s throughout the Niagara Region.

The real sense of accomplishment will be felt the day we read a story in the paper how an AED saved someone’s life. That’s really what this is about...saving lives.

Congratulations, Niagara EMS Bike Medics, on making the Niagara Region one of the most heart-safe places in the province of Ontario!

*Al is an Advanced Care Paramedic and Operations Superintendent with 34 years EMS experience. He coordinates the Niagara EMS Bike Medic Unit, which operates on a full-time basis in the busy Niagara Falls Tourist District from May to September. A proud IPMBA member, Al can be contacted at [al.doneff@niagararegion.ca](mailto:al.doneff@niagararegion.ca). Visit [www.niagararegion.ca](http://www.niagararegion.ca) for more information on Niagara Emergency Medical Services.*

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