



The Complete Guide to Public Safety Cycling, Third Edition

by Maureen Becker
Executive Director

Editor's Note: In the previous issue of IPMBA News, Rance Okada was identified as a retired Colonel, U.S. Air Force Reserve. That was an error. As many within IPMBA know, Rance is proud of his career as a Ranger in U.S. Army Reserve. Mea culpa, Rance. Even an editor needs a proofreader!

It is my great pleasure to announce that the *Complete Guide to Public Safety Cycling, Third Edition*, has been printed! Despite uncertainties within the printing industry caused by shortages of both staff and supplies, the book was printed on March 15, right on schedule. It was added to the Jones & Bartlett online catalog shortly thereafter, and eager members began to place their orders. We think "the Colonel" was the first to buy it!

With this edition, we are entering the e-Book era. As of late April, both the print and the e-Book versions were made available for purchase. Of course, we think this book should be a permanent edition to every public safety cyclist's personal library, and we hope you agree. If not, the e-Book does have some unique and useful features. It is not a direct download; you must create and log into your Jones & Bartlett PSG Learning account in order to access it.

Once again, we thank the more than 200 people who contributed to this edition, particularly those who persevered throughout what turned into a nearly three-year process. You should all be very proud of our collective accomplishment.

To purchase a personal copy as well as multiple copies for classes, visit <https://tinyurl.com/CG-PSC-3>.

With the debut of the CG3, inquiring instructors want to know: what about the ITK? We're still working on it!

We were so excited about completing the book that we decided not to wait to release it. See page 33 for more information about what to expect when the ITK is released.

We look forward to seeing you in Dayton!

On the Importance of Physical and Mental Fitness

by Allan Howard, PCI #001
Dayton (OH) Police Department (retired)

By the time you read this, three decades will have passed since the first governing board of IPMBA was elected in Las Vegas, Nevada. In some ways it seems just like yesterday; in others, a lifetime ago. One of the things that makes it seem so long ago is the progress public safety cycling, through IPMBA, has made. To say that it's "different and better now" would be a massive understatement.

Sadly, we have suffered losses over the years. However, I know we've prevented injuries and deaths by offering the highest quality and up-to-date training available for the specific nature of our work. That is exactly what we had in mind sitting at that Sands Casino restaurant table in 1992. Our next conference will be held in Dayton, Ohio, and I'm looking forward to seeing old friends, meeting new ones, and enjoying our organization thrive.

By the time you read this, winter will be over (for those of us in the Northern hemisphere), but it is still winter as I write it. For many of us, winter can be a time when we aren't able to go out and do the things that bring us true joy and happiness. Consequently, it's very easy to fall into the dark mental abyss that can prevent us from seeing just how wonderful our lives are. In many cases, despite having it better

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Conference Attendance is Crucial



Throughout my nine years on the IPMBA Board, I have come to realize just how important our conference is to the viability of the association and our membership. While the conference is not our largest source of income, it is nonetheless important. Those who attend do contribute to the

organization's bottom line, but just as importantly, the conference enables us to continue to improve and diversify our training. It is the proving ground for new techniques and a platform for timely topics. Attending the conference, even if only once in your career, has many benefits. I encourage you to please do your best to get to Dayton this June. The benefits of attending the conference are listed here in no particular order.

Benefit Number 1: Training. This one is obvious, but I'd be remiss if I didn't mention the professional training the conference offers to attendees. The certificate courses – Maintenance Officer, Bicycle Response Team, Public Safety Cyclist (police, EMS, and security), PESC II, and Instructor – are arguably the best offered throughout the year. Not because courses offered elsewhere are not high quality, but because the conference attracts the broadest spectrum of attendees. It also brings a certain amount of pressure and gravitas to the classes, and instructors rise to the occasion. The Instructor Course is usually the largest of the year. With more students come more examples, experience, and input from which to learn. The breakout sessions are extremely well-done, and provide a multitude of topics for those of us involved in public safety and personal cycling. Look through all the options before deciding what to take, but don't wait to the last minute because the workshops fill up quickly, especially the on-bike ones.

Benefit Number 2: Professional Networking. Who doesn't enjoy meeting others in the profession, comparing experiences, sharing stories, and commiserating over the lack of support from the higher ups? But seriously, the opportunities to network among nationwide and international attendees will greatly expand your knowledge of the profession – and inspire you to perform. Meeting and learning from others in a class, a breakout session, in the vendor hall, or during hospitality times is very easy because we are all so similar in our

desire to provide safety and security to the public we serve. Bring lots of business cards or be ready to cultivate contacts using your contacts app. You'll also be able to communicate with other attendees and vendors via the conference app.

Benefit Number 3: Personal Networking.

Yes, this is a professional development conference and the classes taught during it are never taken lightly. However, just because you connect with someone professionally doesn't mean you can't relate on a personal level. Here you will encounter classmates, random table mates at meals, and people you meet around the silent auction tables. They may turn out to be the future guest who needs a place to crash for a night, the tour guide in a town your family is visiting, or just someone who texts you funny memes because you have similar senses of humor. Be sure to welcome those personal connections into your circle!

Benefit Number 4: The Vendors. The vendor area (a.k.a. the exhibit hall) offers the opportunity to see and handle some of the technology and equipment designed and sold to cyclists and, often, specifically for public safety personnel. While this is a public safety bike conference, most of the vendors offer many different products that you might use in your personal life, or professionally, even if not while on bike patrol. Developing relationships here can help you with placing orders for your department, providing input on design features and issues, and sampling products. Make time to personally meet the vendors and see their wares!

Benefit Number 5: Individual

Investment/Improvement. If your department is anything like my previous one, the training budget is usually the smallest and is often the first to be cut when finances get tight. Many times, it is incumbent upon us to seek out and provide our own training, for personal and professional development. IPMBA has taken into account the difficulties facing public safety professionals and works extremely hard to keep costs down. Holding the conference on a college campus reduces housing and meal costs. Instructors and presenters volunteer their time. Vendors donate items for the auction (though it is a fundraiser for IPMBA, so we encourage you to bid early and often!) and the hospitality areas. All of these efforts are geared (see what I did there?) to enable you to focus on the learning, networking, and overall experience of attendees. Come take advantage of all you can!

Benefit Number 6: Support IPMBA.

This is perhaps the most important benefit of conference attendance. We remain the largest and best public safety cycling training association. However, the last few years have hit our volunteer organization as hard as many businesses and organizations. While we are primarily an organization run by volunteers, there are many costs involved in developing and distributing training materials, producing marketing and membership materials, maintaining records, organizing regional trainings and the conference, maintaining the website, producing the print and e-newsletter, etc., etc. We would not be the top-notch organization we've become without the guidance of our only paid employee, Maureen Becker. What she does behind the scenes and as the face of IPMBA for so many is incalculable.

The annual conference is not a big money-maker for the association, but it provides all of the above benefits and, with larger attendance, would more consistently bring in even more than it costs to produce. The more conference attendees, the better the experience, and the more significant impact on IPMBA's bottom line. The better IPMBA's bottom line, the more training opportunities can be made available and we can continue to improve and grow. It's a circular argument, but simply put: the more attendees at the conference, the better IPMBA will be; the better IPMBA is, the better trained public safety cyclists can be.

Whether or not you attend the conference, making a monetary donation is another way to support IPMBA. Our current membership is about 2300, but each year, fewer than 50 members make a donation. If every member donated just \$10, that would generate \$23,000. Twenty-five dollars per member would raise \$57,500. Fifty bucks brings that to a whopping \$115,000! Imagine how much that would benefit our members! So, please step up and make a donation. IPMBA will be that much better from the generosity of so many.

To commemorate the end of my nine years on the Board, I pledge to make a \$1 donation for every member who makes a donation of at least \$50 between May and October. I'd be ecstatic to add \$2300 to the potential collective \$115,000. Please hold me to my promise.

Craig Lepkowski



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PRODUCT GUIDE 2022

Welcome to the 20th Annual Product Guide! Monte May, when you read this, know that you have made a lasting impact on IPMBA. Public safety cyclists will always need products and services that are designed or modified to fill the niche in which cycling meets public safety. Those products are not always easy to ferret out, so this issue of *IPMBA News* is dedicated to our industry partners and celebrates the wide array of products, services, and technologies which they offer. In this time of global shortages and supply chain disruptions, we are grateful to those companies which have continued to support our organization, our members, and the public safety cycling profession as a whole. Vote with your wallet! Whenever possible, purchase from companies that truly value your business and support your efforts to protect and serve your community. Put IPMBA's industry partners at the top of your shopping list! We look forward to seeing them—and you—in Dayton! *Pages 5-17.*

CABDA Midwest 2021: Back in Gear!

by Craig Lepkowski, PCI #1180-B/EMSCI #272-B
Lake Forest (IL) Police Department (retired)
IPMBA President

In February 2020, I attended the CABDA Midwest Expo in Schaumburg, Illinois. The Chicagoland Area Bicycle Dealers Association (CABDA) re-launched its trade shows in 2014, and has since expanded beyond Chicagoland to include locations in Southern California and Metro New York. At that exposition, there were more than 200 vendors present hawking their goods and services.

The CABDA event scheduled for February 2021 was delayed by COVID and was held in September instead. Unfortunately, the response from attendees and vendors was affected by the pandemic. Only 74 vendors were listed for the event; I do not know the final attendance numbers. While the smaller turnout made for a more intimate occasion, I'm sure the organizers and businesses were less than pleased. Although the expos are retailer-focused and industry-participant events, IPMBA is granted access through CABDA's generosity.

While IPMBA is a training organization, having access to those who manufacture and design for cyclists is a great opportunity to view new products, learn about new services, discover new businesses, and build relationships that help the Association serve its membership, and help our members do their jobs.

As in the past, participating companies ran the gamut from large distributors and companies like Midway Bicycle Supply and ABUS Germany to family-owned shops like IPMBA Corporate Member ISM Saddles. Even with the small turnout, the show featured seminars, clinics, and product displays from manufacturers, service companies, distributors, and sales groups. I was on a mission to strengthen connections with current vendors and establish relationships with businesses of potential interest to public safety cyclists.



Once again (as in 2019 and 2020), I tried to entice those I met with to exhibit at our next conference, donate items for the silent auction, participate

in the Product Purchase Program, and/or provide an item for a evaluation and subsequent review in the *IPMBA News*. I had the pleasure of visiting with the following vendors (listed in alphabetical order).

ABUS Germany: Provides helmets for road and mountain biking with German engineering and in multiple designs, colors, and sizes. They also design innovative security for bicycles, including multiple gauge-sized cable, chain, u-lock, and plastic locking systems. A couple of their products also have alarm systems.

Arsenal Cycling: This company bills itself as providing the "arsenal of lighting" every cyclist needs. Their technology (SYNCT Lights) sync multiple lights to highlight to approaching motorists that you are a cyclist and assist them in gauging the distance, which one taillight cannot do.

BiKASE: As its name implies, this company out of Milwaukee provides multiple cases and holders for phones and GPS units, top bar and handlebar cases that can be removed and become sling bags or waist packs, and beverage cages and wraps. They offer front and rear racks, panniers, hard case baskets, and even pet-carrier kits (but not quite big enough for a standard K9 bike partner!).

Bike Rags: This small company is doing well and staying strong despite the pandemic struggles so many businesses have dealt with. Tony

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Burnett joined the Product Purchase Program within a week or two of speaking with me at the 2020 CABDA show. His company does custom screen printing and is hoping to help fulfill our penchant for camaraderie and love of t-shirts.



Bliz Eyewear: As I've found with most eyewear companies, Bliz offers a large selection of styles and designs of eyewear for all sports, most of which would be suitable for public safety cycling. Many of their prices are well within a normal budget for the quality they provide. For those who do more than cycle in their personal time, Bliz also has ski goggles and helmets. Since the show, Bliz has joined the Product Purchase Program via a company called EnjoySummer, which offers 35% off Bliz eyewear as well as KinetiXx gloves.

Boeshield T-9: A regular at all the expos I've attended, Boeshield T-9 focuses on one product and has perfected it for use on bicycles, automobiles, and any other equipment that requires cleaning, corrosion prevention, waterproofing, and long-lasting lubrication.

Camelbak: Once again, Camelbak brought plenty of newly-introduced mugs and bottles to the show. Some models can be engraved with logos or messages and some offer cold/hot technology for various liquids. They also continue to produce hydration packs for more active cyclists.



EcoSheep: Another vendor with lubrication and cleaning products, but this one with its own twist – they are made of lanolin. They promote their biodegradable and non-toxic sheep oil in a regular-sized bottle but also had miniature one-use packets of “sheep on the go” that takes up very little room in your bike pack or pocket. They also have cleaning kits, because “a clean bike is a happy bike.” Since the show, EcoSheep has joined the PPP, offering 20% off retail when purchased on their website.

Galeo Group: With bike theft incidents increasing every year, Galeo offers a solution to the problem. The company sells motion sensor, motion alerts, and cellular-based GPS technology to protect bicycles (and pretty much anything else) from rolling away without permission.



G-Form: For those public safety personnel in crowd control or Bicycle Response Teams, G-Form may have a product to assist in protecting your most valuable asset – yourself. Their SmartFlex pads boast “patented technology that is exceptionally flexible during use, instantly hardens on impact, and can provide more

comfortable, low-profile, lightweight, and waterproof protection that outperforms existing gear solutions.”

ISM Saddles: Laura and Steve Toll were once again in prime position at a bicycling show, and, as always, very supportive of IPMBA and public safety cycling. Their saddles are growing in popularity as riders discover the benefits of their research and technology. They

are expecting to attend the 2022 IPMBA Conference, June 20-25, in Dayton, Ohio.

Kask America: This company is based in Italy but has a location in Charlotte, North Carolina. Kask manufactures helmets for cycling, snow sports, and equestrians.

Kryptonite: Along with other vendors providing security systems for bicycles, Kryptonite has expanded its selection of products and increased the variety of locks and materials. They have also entered into the lighting arena with a number of LED head- and tail-lights.

Kuat Racks: Since the 2020 CABDA show, two product reviews have been published on the IPMBA website. The first was made possible by Craig Metcalfe (“Kuat NV Base 2.0 Passes the Pothole Challenge”: <https://ipmba.org/blog/comments/kuat-nv-base-2.0-rack-passes-the-pothole-challenge>); the second was volunteered by a member (“Kuat NV Base 2.0 Receiver Mount Bike Rack: The Solution for Transporting Your E-Bike”: <https://ipmba.org/blog/comments/kuat-nv-base-2.0-receiver-mount-bike-rack-the-solution-for-transporting-yo>).

Both were very satisfied with the rack. They (and we) have contacted Kuat with hopes of the company joining the Product Purchase Program.

LactiGo: This company promotes its product as a topical gel to help people maximize their athletic performance

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and muscle recovery. The products I saw included a tearable 10ml paper packet and a 100ml spray bottle.

Lezyne: This company offers a multitude of products geared to cyclists. They seem to offer everything from bottle cages to floor pumps, from LED lights to GPS units, from hard cases to phone/GPS mounts, and from bike tools to valves and valve caps.

Magnum Bikes: E-bikes are the only product offered, but they have a large selection of styles in the touring, fat tire, cargo, folding, cruiser, and trail categories. Several of the trail styles appear to be suitable for public safety use.

Muc-Off: This company offers everything from a pressure washer to liquid washes and from concentrates to biodegradable drivetrain cleaners and brushes. Anything and everything you need to keep your best friend clean and operating smoothly.



Polar Bottle/HydraPak: These two divisions of water delivery systems focus on mostly bottles (Polar) and primarily bladders (HydraPak). Both seem to have a large high-quality selection of options to store, carry, and deliver water or other hydration liquids for everyone from the everyday person to the extreme athlete. Since the show, they have enrolled in the PPP, offering 30% off retail prices.

Retrospect Bicycles: Retrospect was focused on promoting their selection of bicycles and e-Bikes, but their website boasts a wider range of products, including paddle boards, skateboards, snowboard helmets (but not ski or bike

helmets?), yoga mats, and youth balance bikes. The e-Bikes are not suitable for public safety, but their two mountain bikes could be, although the low pricing suggests the sturdiness and component quality might be questionable.

Serial 1 e-Bikes: Serial 1 bikes are “powered by Harley-Davidson” but unlike the motorcycle, they do not seem suitable for public safety use. While they appear to be high quality for commuter use, none of the five configurations seem ready to support public safety needs.

Serfas: Serfas offers a collection of headlights and taillights, along with helmets and bells, bags and other miscellaneous items that could be used on- or off-duty. With new developments in batteries and LED lighting, the products last longer and get smaller every year! For discounts on Serfas products, shop 4Bike-Police or Bicycle Patrol Outfitters.



SKS/SqLab: German company SKS produces high-quality fenders, tools, pumps, bags, bottles and holders, and lubes and cleaners. Sister company SqLab Ergonomic Products offers saddles, bars, stems, grips, insoles, and more. Both companies participate in the PPP, offering 20% off to individual IPMBA members and wholesale pricing to departments.

Untapped: One of the more innovative vendors I encountered in 2020, Untapped was still going strong and had a larger offering of flavored products. They use organic maple syrup as an all-natural source of sports nutrition. They were offering samples

of flavored syrups and waffles, and visitors at the booth all seemed to have a favorable impression of the offerings.

A new attendee at the Expo, **Anderson's Maple Syrup**, offers sports nutrition made from maple syrup as well. I'm looking forward to trying that one, too.

Once again, the CABDA Midwest event was a great time to peruse the new wares on the market, check out innovative products, meet with established contacts, and make new connections. The 2022 show was originally scheduled for February, but unfortunately, it was cancelled “out of an abundance of caution.” The next one is slated for February 8-9, 2023. CABDA West is scheduled for January 10-11, 2023, and CABDA East is on the calendar for March 8-9, 2023.

It takes more than stopping by a booth to develop a relationship. The best way to encourage companies to get involved with IPMBA and public safety cycling is to purchase their products. I ask all of you to actively contact these companies, purchase their wares,

invite them to join the Product Purchase Program, and thank them for their support. Be sure to tell them that IPMBA sent you!

Craig retired in 2021 after 29 years at the Lake Forest (IL) Police Department. He is currently influencing students of all ages through part-time teaching at a pre-school, a law enforcement training organization, a community college, and 1six3 Consulting. After completing the IPMBA Police Cyclist Course in 2009, he attended the Instructor Course in 2010 and has enjoyed teaching IPMBA courses ever since. Craig was elected to the IPMBA Board in 2013 and served seven years as Secretary. He is currently serving as President and can be reached at CraigLepkowski@comcast.net.

Photos courtesy Craig Lepkowski.



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HMP Global

by Greg Bowen, PCI #1227T
Tarrant County College (TX) Police Department
IPMBA Industry Liaison

Welcome to IPMBA's newest Corporate Member: DuraBike.

Brenden Westin, the founder of DuraBike, was deployed to the Middle East and Africa. He questioned why the bikes at his deployment locations were almost always rusted and in pieces. This frustration inspired him to develop what he has dubbed, "Earth's toughest bike".

operator, medical device quality engineer, and production plant manager. I value reliability and equipment. I designed DuraBike to fill a gap in the service bike market by developing a bike that defines a new value point between performance, utility, and service-life.

DuraBikes are designed to be ridden in all weather conditions, year-round, with minimal maintenance.

They feature a sealed gearbox transmission, carbon fiber belt,

Jeff stated, "Overall, the design and concept of the gearbox and belt-driven DuraBike seem to have resulted in a high-quality, purpose-built bike that any police department could seamlessly incorporate into their fleet".

Lars stated, "Overall, for the public safety riding that we do, I think the twelve-speed version of the DuraBike is the most suitable [it is also available with six or eighteen speeds]. The bike rides well, has a great build quality, and requires less maintenance". He added, "I think that this is a great new bike for any department".

Having been responsible for maintaining a fleet of public safety bicycles, Lars' interest was piqued when he heard about a bike without a chain that required little to no maintenance. He understands that high-quality, more expensive components generally offer better performance than lesser ones, but they still require time and maintenance in order to last long and perform well. DuraBike solved the problem of having to repair, adjust and maintain a bicycle drivetrain by providing a bike with a gear box and belt drive.

Lars observed that the bike was a little different than what he was used to riding. The bike is equipped with a twist (grip) shifter, but he was surprised how well it performed. He had to adjust to the need to stop pedaling in order to shift. He commented on how crisply and cleanly the bike changed gears and how quiet the bike was to ride without the sounds of the chain and the derailleur.

Lars appreciated the Surly Sunrise handlebars, which provided a good, heads-up riding position that he described as helpful "for those handlebar surveys". His demo bike was equipped with a seat dropper



In his words:

"DuraBike was engineered to thrive in austere environments and require an absolute bare minimum amount of maintenance.

DuraBike's mission is to provide the most durable and reliable bikes to working riders.

The world needs a bike designed for work; used by professional organizations, with reliability that can be depended on.

I am a life-long cyclist and bike mechanic. My perspective comes from my experience as an Air Force

stronger wheels, puncture proof tires, and a comfortable frame. DuraBikes will last many years longer than traditional bikes at a fraction of the cost, thus saving organizations time, money, and headaches."

Lars Irvine, EMSCI #251, West Hartford (CT) Fire Department, and Jeff Foran, PCI #1668, Manchester (CT) Police Department (retired), both performed test rides and provided their impressions of the DuraBike. This review is a compilation of their insights and opinions.

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post, which he said made for a comfortable ride. I never thought of installing a dropper post on my patrol bike, but why not?

Jeff stated, "I liked the overall comfort and shifting of the bike. The wheels, tires, dropper post, and front fork made it a high-quality, solid package". The bike he tested had a rear cargo rack and bag. However, he suggested changing that to a rear rack that would accommodate a trunk bag that could be more easily removed.

He noted that the bike did not have a silent hub. Anymore, how many bikes have silent hubs? They seem to be a thing of the past, even on patrol bikes. Our IPMBA training and experience teaches us that we can overcome the clicking of the rear hub by applying a gentle pedaling motion when we want to make a stealthy approach.

Jeff also emphasized that the DuraBike, being almost maintenance-free, should help to reduce the yearly expenditures for a bike unit, and that the bean-counters need to look beyond the purchase price and factor the cost savings into the equation. The bike has a reasonable price considering the high-quality components. Though it is not yet available, the cost is expected to range \$2000-\$3000.

As for my thoughts, when I was first approached by Brenden as he was entertaining the idea of developing a belt drive bike to be marketed to public safety, I was

intrigued. I was a bit surprised that the DuraBike would have a steel frame. There are some benefits to a steel frame. A steel frame can be more comfortable. The ride is smoother because the frame is not completely rigid, which helps it dampen and absorb road vibrations. I would not worry so much about weight on a patrol bike. Even a lightweight bike becomes a heavy bike after we load it up with our public safety equipment.

Brenden expects production bikes to be available in late 2022 or early 2023. He is accepting pre-orders with a 30% deposit.

In the meantime, come to Dayton, Ohio, June 20-25, 2022, for the 30th IPMBA Conference (finally!). Brenden will be offering test rides and an opportunity to get acquainted with the new DuraBike.

After our break due to COVID-19, I look forward to seeing the "regulars" and meeting some of our newest IPMBA members!

Greg is a police captain for the Tarrant County College Police Department in Central Texas. He attended the IPMBA Police Cyclist Course in 2001, hosted by Denton Police Department, and started the bike unit for his department. In 2011, he attended the IPMBA Police Cyclist Instructor Course in Richmond, Virginia. He was fortunate to attend several IPMBA Conferences. He always thought that Fort Worth, Texas, would be an outstanding

location for a conference. After building a relationship with the Fort Worth Police Department, he was asked by their bike unit commander about co-hosting a conference. Of course, he said "yes". After over a year of planning, Tarrant County College Police Department and Fort Worth Police Department were co-hosts to the 2019 IPMBA Conference. After having such a positive experience working with the leaders of IPMBA, Greg decided in 2020 year to run for a position on the IPMBA Board of Directors. He was elected and appointed to the at-large position of Industry Liaison. He can be reached at industry@ipmba.org.

Photo courtesy DuraBike.

DuraBike Specs

Bicycle: \$2,150 - \$3,175

OPTIONS

FRAME: Chromoly steel, gloss black, ED coated

TRANSMISSION: 6, 9, or 12 speed

DRIVE SYSTEM: Carbon belt

FORK: Rigid or suspension fork

BRAKES: Stainless steel or standard cable disc brakes

SEATPOST: Suspension dropper or standard seatpost

WHEELS: 27.5+, 29" standard, or DuraWheels

TIRES: 2.2-2.8" urban, mixed, or trail with puncture-proof liner

STANDARD EQUIPMENT

Bottle cage and direct-mount kickstand


Accessories: \$575.00

ACCESSORIES + \$185

Topeak Explorer MTX Rack,
Topeak DXP trunk bag, Topeak top tube bag

LAW ENFORCEMENT LIGHT PACKAGE + \$390

NiteRider dual 600L with pursuit flashing, siren, and flashing tail lights



Despite the challenges of the past two years, the IPMBA Product Purchase Program is still here! These companies have not wavered in their support for public safety personnel, and though there may be shortages, they still offer discounts. We know you have many choices when you shop, but we urge you to support those who support you. Visit <http://ipmba.org/product-purchase-program> and start shopping today! *The ones marked with a shield are also IPMBA Corporate Members.*

Bicycles

Recon Power Bikes

Product: E-Bikes, Bike-Based LPR, Bike Trailers, Accessories

Discount/Cost to Members: 5% discount on bikes

Contact Name: Tim Burns

Phone: 888-485-2589

Email: info@reconpowerbikes.com

Website: www.policepowerbikes.com

Notes: Mention the IPMBA discount prior to placing order.

Enabled Enterprises LLC

Product:

Electric Police Patrol Bike

Discount/Cost to Members:

20% off MSRP

Contact Name: Bill Eichengreen

Phone: 817-282-2270

Email: bill@enabled.vet

Website: www.enabled.vet

Strider Sports International, Inc.

Product: Balance Bikes and Accessories

Discount/Cost to Members:

35-40% off MSRP

Contact Name: Customer Service (Ann or Jennifer)

Phone: 605-342-0266

Email: ann@striderbikes.com

Website: www.striderbikes.com

Notes: Available in two sizes (12",

14"). To order, email

info@striderbikes.com for an order

form. Mention your IPMBA number in the email.

Bicycle Accessories and Components

ISM Saddles, LLC

Product: ISM Bicycle Saddles

Discount/Cost to Members: 50% off

Retail + Free Shipping in the US on sales of at least \$100, pre-discount

Contact Name: Laura Toll

Phone: 813-909-1441

Email: orders@ismseat.com

Website: www.ismseat.com

Notes: Click on PRODUCTS, choose your saddle, enter discount code FIRSTRESPONDER at checkout.

Volcanic Bicycles

Product: Bicycles and Accessories

Discount/Cost to Members: 20% off

MSRP on accessories, replacement parts, and tools

Contact Name: Nathan Keenan

Phone: 509-427-8623

Email: sales@volcanicbikes.com

Website: www.volcanicbikes.com

Arkel, Inc.

Product: Bicycle Panniers, Trunk Bags, Racks

Discount/Cost to Members:

20% off MSRP

Contact Name: Yves Cadieux

Phone: 888-592-7535

Email: info@arkel-od.ca

Website: www.arkel-od.com

Notes: Send email with name, member number, item(s), and quantity. An invoice will be send for payment via credit card or PayPal.

Bar Mitts, Inc.

Product: Bar Mitts

Discount/Cost to Members:

20% off MSRP

Contact Name: Ward or Patti Graham

Phone: 775-622-8048

Email: barmittsinc@gmail.com

Website: www.barmitts.com

Notes: Send email with name, member number, item, and quantity. An invoice will be sent for payment via credit card or PayPal.

Cane Creek Cycling Components

Product: Forks, Shocks, Cranks, Seatposts, Headsets, Brakes, Handlebar Accessories, etc.

Discount/Cost to Members: 20% off all non-sale/promotional items

Contact Name: Colin Reis

Phone: 828-641-9560

Email: support@canecreek.com

Website: www.canecreek.com

Notes: Visit www.canecreek.com/about-us/cane-creek-heroes-program, complete the application, and submit with your IPMBA membership card or public safety credentials.

Fidlock USA

Product: Magnetic Bicycle Accessories

Discount/Cost to Members:

25% off Retail

Contact Name: Barton Burdette

Phone: 848-244-2626

Email: support@fidlock-bike.us

Website: www.fidlock-bike.us

Notes: Use coupon code PRO25IPMBA2022 at checkout.

HydraPak/Polar Bottle

Product: Water Reservoirs, Bottles, Containers

Discount/Cost to Members:

30% off Retail

Contact Name: Rodger Bradford

Phone: 720-738-9637

Email: rodger@hydrapak.com

Website: hydrapak.com and polarbottle.com

Notes: Use coupon code IPMBA30HP (HydraPak) or IPMBA30PB (Polar Bottle)

Kenda USA

Product: Premium Bicycle Tires & Tubes

Discount/Cost to Members:

30% off MSRP

Contact Name: Bicycle Customer Service

Phone: 614-866-9803

Email: bicycle@kendausa.com

Website: <http://shop.kendatire.com>

Notes: Available through Kenda's consumer direct platform using the discount code IPMBA2022.

Pedaling Innovations

Product:

Bicycle Pedals - Catalyst 1

Discount/Cost to Members:

30% off MSRP (Catalyst 1 only)

Contact Name: Kiele Wilson

Phone: 970-589-6418

Email:

support@pedalinginnovations.com

Website:

www.pedalinginnovations.com

Notes: Email

support@pedalinginnovations.com for coupon code. Discount applies only to the Catalyst 1.

(Continued on page 12)

Rock Bar Cycling

Product: Rock Gear and Rock Bar Storage Cases

Discount/Cost to Members: 20% off MSRP

Contact Name: Mark Connelly

Phone: 818-745-2068

Email: moreinfo@rockbarcycling.com

Website: www.rockbarcycling.com

Notes: Use discount code at checkout: ipmba.

SKS USA

Product: Fenders, Tools, Pumps, Bags, Bottles & Holders, Lubes & Cleaners

Discount/Cost to Members:

20% off to members / wholesale pricing for departments

Contact Name: Corey Steber

Phone: 618-395-2400

Email: sks.sales@sks-usa.com

Website: www.sks-us.com

Notes: Online discount code: 20IPMBA2022

SQLab Ergonomic Products

Product: Saddles, Bars, Stems, Grips, Insoles

Discount/Cost to Members:

20% off to members / wholesale pricing for departments

Contact Name: Corey Steber

Phone: 618-395-2400

Email: sqlab@sks-usa.com

Website: www.sqlab-usa.com

Notes: Online discount code: 20IPMBA2022

Team Cycling and Fitness

Product: Accessories, Components, Tools (Trek, Shimano, Bontrager, Pearl Izumi, etc.)

Discount/Cost to Members: 15% off MSRP

Contact Name: Geoff or Greg Thielmeyer

Phone: 513-522-1551

Email: info@teamcyclingandfitness.com

Website: www.teamcyclingandfitness.com

Notes: Online: Use discount code IPMBA in promo box at checkout. Discount does not apply to bicycles.

Tiger Eye

Product: High-Quality, USA-Made, Helmet-Mount Cycling Mirrors

Discount/Cost to Members: 10% off MSRP; quantity discounts an logo customization available

Contact Name: Rich Scott

Phone: 630-292-0044

Email: ghreg@yahoo.com

Website: www.teamtigereye.com

Notes: Contact Rich via phone or email to place your order.

TOGS

Product: TOGS Thumb-Over-Grip Systems

Discount/Cost to Members: 30% off MSRP

Contact Name: Neil Harvey

Phone: 801-891-7739

Email: cs@togs.com

Website: www.togs.com

Notes: Enter discount code IPMBA30 at checkout.

Bicycle Storage and Transport

Lift & Store, LLC

Product: Automatic Bike Lift Storage Systems

Discount/Cost to Members: 25% off MSRP

Contact Name: Chris Benyo

Phone: 800-825-4777

Email: chris@liftnstore.com

Website: www.liftnstore.com

VeloGrip

Product: Bicycle Storage for the Home, Apartment, and Commercial Settings

Discount/Cost to Members: 25% off MSRP

Contact Name: Eric Anderson or Sean O'Rourke

Phone: 972-824-9633

Email: support@velogrip.com

Website: www.velogrip.com

Notes: Email support@velogrip.com with quantity and color choices. Include name and address for shipping. VeloGrip will send payment link and invoice.

Bike Patrol Supply Companies

Bicycle Patrol Outfitters

Product: One-Stop Bicycle Patrol Products Store

Discount/Cost to Members: 5% off web prices

Contact Name: Nelson Raboy

Phone: 951-318-7341

Email: bpopatrol@yahoo.com

Website: www.police-bikes.com

Police Bike Store

Product: Bicycles, Patrol Lights/Sirens, E-Bikes, Bags, Accessories, Uniforms, C3Sports, Code Bikes, and More

Discount/Cost to Members: 5-10% off Web Prices

Contact Name: Michael Espejo

Phone: 973-366-5868

Email: info@policebikestore.com

Website: www.policebikestore.com

4Bike-Police.com

Product: Police Bikes and First Responder Bicycle Duty Accessories; Complete

“Head-to-Toe” Outfitting; Mobile Services

Discount/Cost to Members: 10% or more off MSRP

Contact Name: Mark Leonard

Phone: 501-517-5338

Email: LCGInc@sbcglobal.net

Website: www.4bike-police.com

Notes: When ordering online, use coupon code IPMBA 10 for 10% discount.

American Bike Patrol Services

Product: Bicycles, Lights, Parts, Gloves, Clothing, Accessories

Discount/Cost to Members: 10% off products; 5% off bicycles

Contact Name: Aaron Roesler

Phone: 626-488-2421

Email: abps@bikepatrol.info

Website: www.bikepatrol.info

Notes: Bike coupon code: police18 / Products coupon code: ipmba18

Patrol Bike Systems

Product: Bikes, Uniforms, Equipment, Park Tools, Patrol Cycle Shoes

Discount/Cost to Members: Contact for Pricing

Contact Name: Mark Eumurian

Phone: 651-773-8763

Email: patrolbikesystems@gmail.com

Website: www.biketools.com

Notes: Contact Mark directly for items other than Park Tools.

Clothing and Accessories

ArroWhere

Product: “Move Over!”: Safety gear designed to help direct traffic away from the wearer.

Discount/Cost to Members: 30% off MSRP

Contact Name: Khyle Pinkman

Phone: 209-250-9994

Email: info@arrowhere.com

Website: www.arrowhere.com

Notes: Enter coupon code IPMBA20 at checkout.

Bern Helmets

Product: Helmets and Lights

Discount/Cost to Members: 20% off MSRP; maximum 20 times.

Contact Name: Brendan Donarum

Phone: 781-582-8125

Email: bdonarum@bernhelmets.com

Website: www.bernhelmets.com

Notes: Contact directly for discount.

(Continued on page 13)

Bike Rags Apparel

Product: Custom Cycling Apparel, T-Shirts, Hats, and More
Discount/Cost to Members: 10% off total order; free design (limits apply)
Contact Name: Tony Burnett
Phone: 319-640-8920
Email: info@bikeragsapparel.com
Website: www.bikeragsapparel.com
Notes: Mention the IPMBA PPP in your initial email.

Maxit Designs

Product: Summer & Winter Moisture-Wicking Headwear and Sock Liners
Discount/Cost to Members: 35% off Retail
Contact Name: Liz Fuoco
Phone: 800-556-2948
Email: info@maxit-inc.com
Website: www.maxit-inc.com, www.headgator.com
Notes: Please provide IPMBA membership number and expire date.

Duty Gear

R & B Fabrications

Product: Panniers, Equipment Bags, & Safety Vests
Discount/Cost to Members: 15% off Retail
Contact Name: Ashley Parisot or Melissa Durham
Phone: 800-553-1911
Email: info@rbfab.com
Website: www.rbfab.com

Earmolds Direct

Product: Custom Earmolds
Discount/Cost to Members: 3.5 mm transducer cord (connects to shoulder mic, \$25 value) at no additional charge for each custom earmold purchased.
Contact Name: Charles Breitbart
Phone: 704-237-0561
Email: Tactical@EarmoldsDirect.net
Website: www.Earmoldsdirect.net
Notes: Proof of membership in good standing (e.g., membership number) is required via email.

Portage Notebooks

Product: Professional Notebooks for Law Enforcement, EMS, Health & Fitness, Media and Business
Discount/Cost to Members: 40% off retail (customer pays shipping)
Contact Name: William Thompson
Phone: 877-907-6397
Email: william@portagenotebooks.com
Website: portagenotebooks.com
Notes: When ordering online, enter coupon code IPMBA at checkout.

SMITH Optics

Product: Helmets (regular and full-face); Protective Eyewear (goggles, shields, sunglasses)
Discount/Cost to Members: 40% off MSRP
Contact Name: Willy Breen
Phone: 800-635-4401
Email: willybreen@gmail.com
Website: www.smithoptics.com
Notes: Contact Willy via email to obtain discount.

Electronics and Lighting

Cygotite

Product: High-Intensity Lighting Systems, Designed and Built in the USA
Discount/Cost to Members: 35% off Retail
Contact Name: Andrew Ibanez
Phone: 949-297-4972
Email: patrol@cygotite.com
Website: www.cygotite.com
Notes: Contact Andrew for discount.

C3Sports Bike Patrol Solutions

Product: MaxPatrol-600 Police Light System, Siren, Cycling Lights, Gloves, Bags
Discount/Cost to Members: 10% off online prices
Contact Name: Michael Espejo
Phone: 973-631-9839
Email: info@c3sports.com
Website: www.c3sports.com
Notes: Enter discount code IPMBA10 at checkout.

Cateye Bicycle Electronics

Product: Cycling Computers, Lights, and Accessories
Discount/Cost to Members: 50% off all items on website
Contact Name: Jim Blattner
Phone: 303-501-1317
Email: jim@cateye.com
Website: www.cateyeamerica.com
Notes: Order via www.cateyeamerica.com. Email Jim for one-time discount code.

Night Provision

Product: Bicycle Lights/Tactical Flashlights
Discount/Cost to Members: 15% off MSRP
Contact Name: Evan Hsieh
Phone: 800-592-0319
Email: support@nightprovision.com
Website: www.nightprovision.com
Notes: Online: During checkout, use

coupon code IPMBA15 and include your IPMBA membership number under "Comments and Notes".

EMS

EMS World

Product: EMS World Magazine
Discount/Cost to Members: Free
Contact Name: Rose Ann Boggs
Phone: 610-560-0500 x4200
Email: rboggs@hmpglobal.com
Website: www.emsworld.com
Notes: Visit <https://tinyurl.com/EMS-IPMBA> to subscribe using IPMBAs member portal.

Rescue Essentials

Product: Tactical Emergency Medical Supplies
Discount/Cost to Members: 10% off any purchase
Contact Name: Jeff Hidek
Phone: 910-830-0286
Email: info@rescue-essentials.com
Website: www.rescue-essentials.com
Notes: Enter coupon code IPMBA10RE during checkout.

Stat Packs

Product: Trauma Bags & Accessories
Discount/Cost to Members: 25% off MSRP
Contact Name: Andrew Tepper
Phone: 435-627-2265
Email: atepper@statpacks.com
Website: www.statpacks.com
Notes: Enter coupon code IPMBA35 online during checkout or reference when placing phone orders.

Eyewear

Enjoy Summer

Product: Bliz sunglasses, KinetiXx gloves
Discount/Cost to Members: 35% off MSRP
Contact Name: Andrew Gerlach
Phone: 406-585-2660
Email: sales@enjoywinter.com
Website: www.enjoysummer.com
Notes: Enter promo code IPMBA at checkout.

(Continued on page 14)

Rudy Project USA

Product: Performance and Casual Eyewear, Helmets
Discount/Cost to Members: 35% off eyewear; 15% off helmets
Contact Name: Chris Lupo
Phone: 949-272-2457
Email: clupo@gorace.pro
Website: www.rudyprojectna.com/vip
Notes: Online: Go to the Rudy Project IPMBA VIP page to create an account.

XX2i Optics

Product: Performance, and Casual Eyewear
Discount/Cost to Members: 60% off MSRP
Contact Name: Chris Lupo
Phone: 949-272-2457
Email: clupo@gorace.pro
Website: www.xx2i.com
Notes: Go to www.xx2i.com and use coupon code IPMBA.

Maintenance & Tools

Blimp City Bike and Hike

Product: Bicycle Maintenance and Repairs
Discount/Cost to Members: Minimum 10% off MSRP
Contact Name: Michael J. Purdy
Phone: 330-836-6600
Email: info@blimpcitybikeandhike.com
Website: www.blimpcitybikeandhike.com

EcoSheep (Midwest Natural Products, LLC)

Product: All-natural Bicycle Lubricants, Cleaner, EZ Clean Commuter Lube, Household Spray
Discount/Cost to Members: 20% off pricing (customer pays shipping)
Contact Name: Seamus Malley
Phone: 216-236-4770
Email: info@ecosheep.com
Website: www.ecosheep.com
Notes: When ordering online, enter coupon code IPMBA at checkout.

HGNR/Dumonde Tech

Product: Bicycle Lubricants
Discount/Cost to Members: 10% off dealer pricing (customer pays shipping)
Contact Name: Maria Schur
Phone: 888-609-4467
Email: maria@hgnr.com
Website: www.hgnr.com
Notes: Minimum 12 pieces. Credit cards only. Call to order and reference IPMBA member number.

United Bicycle Supply

Product: Bicycle Tools and Parts
Discount/Cost to Members: Wholesale Pricing to Departments
Contact Name: Erik Larsen or Mark Super
Phone: 541-482-1750
Email: ubs@bisp.net
Website: www.unitedbicyclesupply.com
Notes: Call to establish an account for your department to be eligible for wholesale pricing on all products.

Nutrition

ATAQ Fuel

Product: Electrolyte Hydration Drink Mix (Powder), Protein Powder, Booster Shots
Discount/Cost to Members: 25% off MSRP
Contact Name: Jeff Brown
Phone: 949-274-9948
Email: support@ATAQfuel.com
Website: https://ataqfuel.com/
Notes: Enter promo code IPMBA at checkout.

NuGo Nutrition

Product: Nutrition/Energy Bars
Discount/Cost to Members: 20% off MSRP
Contact Name: Alyssa Nard
Phone: 888-421-2032
Email: anard@nugonutrition.com
Website: www.nugonutrition.com
Notes: Enter coupon code IPMBA20 at checkout.

Skratch Labs

Product: All-Natural Sports Nutrition (Hydration Mixes, Energy Bars, etc.)
Discount/Cost to Members: 20%-40% off MSRP
Contact Name: Annie Dwyer
Phone: 800-735-8904
Email: info@skratchlabs.com
Website: www.skratchlabs.com
Notes: Visit https://www.skratchlabs.com/pages/skratch-industry-pro-application to apply for an account.

Specialty Suppliers

Expert Voice

Product: Outdoor-Bike-Action Sports Gear
Discount/Cost to Members: Promotional Pricing
Contact Name: Customer Service
Phone: 866-376-4685
Email: Submit request via website.

Website: www.expertvoice.com

Notes: Visit www.expertvoice.com/ipmba/ to enroll and apply. If you already belong to Expert Voice, apply to join the IPMBA team.

Training

American Cycling Education Association, Inc. (ABEA)

Product: *Bicycling Street Smarts - CyclingSavvy Edition*
Discount/Cost to Members: 50% off case orders (168 booklets per case)
Contact Name: Keri Caffrey
Phone: 407-758-4543
Email: info@abea.bike
Website: www.cyclingsavvy.org
Notes: Go to this webpage. Under quantity, select case. Go to the cart in the upper green block. Use promo code IPMBA_BSS50 at checkout to receive the discount. Shipping is not included. Florida sales are subject to sales tax. Tax exempt organizations MUST contact Keri prior to placing an order to avoid having tax applied to their order.

Street Crimes Training

Product: Street Crimes Training
Discount/Cost to Members: \$350 (regular rate \$450)
Contact Name: Natalie Walsh
Phone: 733-594-0945
Email: streetcrimesinfo@gmail.com
Website: www.streetcrimes.com
Notes: Call and mention IPMBA and the \$100 discount when registering.

Uniforms

Sound Uniform Solutions

Product: Bratwear and Olympic Uniforms
Discount/Cost to Members: 10% off Standard List Price
Contact Name: Julie Cruise
Phone: 253-328-5724
Email: info@sounduniforms.com
Website: www.sounduniforms.com

Bellwether Clothing

Product: Uniforms
Discount/Cost to Members: 30% off MSRP
Contact Name: Joel Gurga
Phone: 888-800-5999 ext. 182
Email: jgurga@gallopcorp.com
Website: www.bellwetherclothing.com
Notes: Contact Joel for a list of participating dealers.

The Supplier Listing is a compilation of companies which have shown their commitment to public safety cyclists over the course of the past year through their active participation with IPMBA as Corporate Members, sponsors, Product Purchase Program participants, and advertisers. Please show your gratitude for their support by giving them your business whenever possible.

Bicycles

Benelli North America
mailchi.mp/4616d08c5aa7/
benelli-public-service-bike

DuraBike
www.durabike.us

Recon Power Bikes
www.policepowerbikes.com

PWR Bike
www.pwrbike.com

Volcanic Bicycles
www.volcanicbikes.com

Blimp City Bike and Hike
www.blimpcitybikeandhike.com

Enabled Enterprises LLC
www.enabled.vet

Strider Sports International, Inc.
www.striderbikes.com

Bicycle Accessories and Components

GeoOrbital
www.geoo.com/public-safety/

ISM Saddles, LLC
www.ismseat.com

Arkel
www.arkel-od.com

Bar Mitts, Inc.
www.barmitts.com

Cane Creek Cycling Components
www.canecreek.com

Fidlock USA
www.fidlock-bike.us

Hero Kit
www.herokit.com

HydraPak/Polar Bottle
www.hydrapak.com

Kenda USA
http://shop.kendatire.com

Pedaling Innovations
www.pedalinginnovations.com

ProNetCycling, Inc.
www.pronetcycling.com

Rock Bar Cycling
www.rockbarcycling.com

Serfas
www.serfas.com

SQLab Ergonomic Products
www.sqlab-us.com

Team Cycling and Fitness
www.teamcyclingandfitness.com

Tiger Eye
www.teamtigereye.com

TOGS
www.togs.com

Bicycle Storage and Transport

Setina Manufacturing
www.setina.com

Lift and Store, LLC
www.liftnstore.com

VeloGrip
www.velogrip.com

Bike Patrol Supply Companies

Bicycle Patrol Outfitters
www.police-bikes.com

Police Bike Store
www.policebikestore.com

4Bike-Police.com
www.4bike-police.com

American Bike Patrol Services
www.bikepatrol.info

Patrol Bike Systems
www.biketools.com

Clothing and Accessories

ArroWhere
www.arrowhere.com

Bern Helmets
www.bernhelmets.com

Endurance Enterprises dba EnjoySummer
www.enjoysummer.com

Maxit Designs
www.maxit-inc.com,
www.headgator.com

Duty Gear

R & B Fabrications
www.rbfab.com

RZ Mask, LLC
rzmask.com/pages/public-safety-1

Earmolds Direct
www.earmoldsdirect.net

Portage Notebooks
https://portagenotebooks.com

Electronics & Lighting

Cygolite
www.cygolite.com

C3Sports Bike Patrol Solutions
www.c3sports.com

Cateye Bicycle Electronics
www.cateyeamerica.com

Night Provision
www.nightprovision.com

EMS

Pax USA
www.paxbags-us.com

Rescue Essentials
www.rescue-essentials.com

Stat Packs
www.statpacks.com

Eyewear

Rudy Project USA
www.rudyprojectna.com/vip

SMITH Optics
www.smithoptics.com

XX2i Optics
www.xx2i.com

Maintenance and Tools

Eco Sheep
www.ecosheep.com

HGNER/Dumonde Tech
www.hgner.com

SKS-USA
www.sks-us.com

United Bicycle Supply
www.unitedbicyclesupply.com

Nutrition

Cera Products
www.ceraproductsinc.com

ATAQ Fuel
<https://ataqfuel.com/>

GQ-6
www.gq-6.com

NuGo Nutrition
www.nugonutrition.com

Skratch Labs
www.skratchlabs.com

Organizations and Associations

NAEMT
www.naemt.org

California Peace Officers Association
www.cpoa.org

Code Green Campaign
www.codegreencampaign.org

IACP/IACPNet
www.theiacp.org/www.iacpnet.com

League of American Bicyclists
www.bikeleague.org

National Association of School Resource Officers
www.nasro.org

National EMS Memorial Bike Ride
www.muddyangels.com

National Interscholastic Cycling Association
www.nationalmtb.org

National Law Enforcement Officers Memorial Fund
www.nleomf.org

National Ski Patrol Bike Patrol Program
<https://nspserves.org/bikes/>

Officer Down Memorial Page
www.odmp.org

People for Bikes
www.peopleforbikes.org

Wilderness Medical Society
<https://wms.org>

Specialty Items

Expert Voice
www.expertvoice.com

Training

Jones & Bartlett Public Safety Group
www.psglearning.com

NAEMT Tactical Emergency Casualty Care for Law Enforcement Officers and First Responders (TECC-LEO)
www.naemt.org/education/tecc/tecc-courses

American Bicycling Education Association
www.cyclingsavvy.org

Commission on Accreditation for Law Enforcement Agencies
www.calea.org

NHTSA Safety Countermeasures
www.nhtsa.dot.gov

National Institute for Occupational Safety and Health
www.cdc.gov/niosh/homepage.html

Street Crimes Training
www.streetcrimes.com

UNC Highway Safety Research Center
www.hsrc.unc.edu

Uniforms

MOCEAN Tactical
www.moceantactical.com

Sound Uniform Solutions
www.sounduniforms.com

Bellwether Clothing
www.bellwetherclothing.com



IPMBA thanks **Cygolite Bicycle Lighting Solutions, RECON Power Bikes, Setina Manufacturing, and Sound Uniform Solutions** for their continued participation in the IPMBA Corporate Member Program.



Benelli

Product: E-Bikes Developed Specifically for Public Service Use
Phone: 800-832-2966
Website: mailchi.mp/4616d08c5aa7/benelli-public-service-bike



Bicycle Patrol Outfitters

Product: Bike Patrol Products
Phone: 951-318-7341
Website: www.police-bikes.com



Cera Products

Product: Rice-Based Hydration Products
Phone: 706-221-1542
Website: www.ceraproductsinc.com



Cygolite Bicycle Lighting Systems

Product: High-Intensity Lighting Systems, Designed and Built in the USA
Phone: 949-297-4972
Website: www.cygolite.com



DuraBike

Product: Bikes
Phone: 207-956-1650
Website: https://durabike.us/



EMS World

Product: Leading EMS Magazine, Website, and Expo
Phone: 800-547-7377
Website: www.emsworld.com



GeoOrbital

Product: GeoOrbital Public Safety Electric Wheel
Phone: 781-248-5594
Website: www.geoo.com/pages/public_safety



ISM Saddles

Product: ISM Bike Seats
Phone: 813-909-1441
Website: www.ismseat.com



Jones & Bartlett Public Safety Group

Product: Educational Materials, Complete Guide to Public Safety Cycling
Phone: 800-832-0034
Website: www.psglearning.com



MOCEAN Tactical

Product: Technical Bike Patrol Uniforms
Phone: 336-582-0757
Website: www.moceantactical.com



NAEMT

Product: Association of EMS Practitioners
Phone: 601-924-7744
Website: www.naemt.org



PWR

Product: E-Mobility Solutions
Phone: 609-828-5918
Website: www.pwrbike.com



Police Bike Store

Product: Complete Line of Public Safety Bikes & Accessories
Phone: 973-366-5868
Website: www.policebikestore.com



RECON

Product: Law Enforcement E-Bikes
Phone: 888-485-2589
Website: www.policepowerbikes.com



R & B Fabrications

Product: Panniers, Duty Bags & Safety Vests
Phone: 800-553-1911
Website: www.rbfab.com



RZ Mask, LLC

Product: The World's Most Comfortable Air Filtration Mask
Phone: 952-324-5474
Website: https://rzmask.com/pages/public-safety-1



Setina

Product/Service: Vehicle Safety Equipment
Phone: 800-426-2627
Website: https://setina.com



Sound Uniform Solutions

Product/Service: Bratwear and Olympic Uniforms
Phone: 253-625-7420
Website: www.sounduniforms.com



Volcanic Bicycles

Product: Patrol Bicycles, Hand-Built in the USA
Phone: 509-427-8623
Website: www.volcanicbikes.com

WELCOME NEW CORPORATE MEMBER: DURABIKE



DuraBike provides bikes that won't break down to people who depend on bikes to do their jobs. DuraBike establishes a new value point between performance, reliability, and price. DuraBikes are engineered to be the most reliable, highest performing, lowest maintenance bikes for law enforcement, EMS, security, military, and fleet service use. All DuraBikes feature a

sealed gearbox transmission, carbon-belt drive system, low-maintenance components, and a comfortable, light-weight steel frame. For inquiries, email contact@durabike.us.
DuraBike: Hard Working Bikes for Hard Working People.

Closings

We regret to report that long-time IPMBA Corporate Member iFORCE Patrol Bikes and long-time Product Purchase Program participant ArmorPUR have closed their doors. We thank them for their past support of IPMBA and wish them well in their future endeavors.



RECON

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Gears & Gadgets: Cassette Replacement

by David Cohen
Maryland National Capital Park Police
Reserve Unit

It has happened to all of us at some point: the chain on our bike is skipping, jumping, or perhaps has snapped completely. So, we replace the chain with a new one, only to find that the new chain doesn't make much of an improvement. Why didn't the chain replacement work? The answer lies on the rear wheel; specifically, the rear cassette.

When replacing automobile tires, it is almost always recommended that an alignment be done as well. The alignment is performed so that the new tires will wear evenly. Putting new tires on a car that is out of alignment will result in a poor driving experience and premature wear of the tires. The same can be said about the relationship between the chain and the cassette. When replacing the chain, the cassette should also be replaced to avoid a poor riding experience and premature wear of the new chain.

When purchasing a new cassette, the first thing is to make sure that the gear range matches the existing cassette on the bike. This is done by counting the gear teeth. If you don't know the number of teeth, then it's a matter of counting them by hand. Mark one of the teeth with a Sharpie®, crayon, or piece of tape and count your way around. Most 9- and 10-speed cassettes are going to be 11 (smallest) to 34 teeth (largest), and the gear ranges. Once you start getting into single-ring front cranks, the gear ranges on 11- through 13-speed cassettes can be 9 (smallest) to 53 (largest).

Theoretically, it is possible to change the rear cassette ratios. However, the other factors involved in making such a change, including chain length and derailleur clearance, are beyond the scope of this article and may be covered in a future G&G.

Once you have ascertained the proper gear range, the next step is to

purchase the cassette. There is a dizzying array of bike parts manufacturers, and multiple models per manufacturer. The "big two" are Shimano and SRAM. The chief difference between the various model lines is usually weight. Lighter doesn't always translate to better for the public safety role. The ¼ pound (.45 kg) you may save going with a premium cassette will barely be perceptible on a fully laden public safety bike; for the price of a premium cassette, you could buy several mid-level cassettes.

Likewise, the "consumer grade" parts, like the Shimano ALIVIO line, are not going to hold up to the demands put on a public safety bike. A good balance can be found in the mid-level price lines: reliable enough to handle the rigors of public safety cycling without blowing the entire maintenance budget on a single component. My personal preference is the SRAM 970 line for 9-speed cassettes. They run around \$45.

Replacement of the cassette is not a difficult operation. Two tools are required: A locking tool (9728) and a chain whip (9726).

The locking tool is needed to remove the cassette. The tool comes either with or without a guide pin. The guide pin goes into the hole for the quick-release through-axle. I personally prefer the locking tool with a guide pin, but if you have bikes with different sizes of through-axles, you may want to purchase one without a guide pin. The chain whip holds the cassette in place while you loosen the lockring. The lockring tool is usually less than \$10, and chain whips are typically under \$30. A good quality tool will give you many years of service, so don't try to find the cheapest one around.

To remove the cassette, remove the rear wheel from the bicycle. Remove the quick-release skewer and set it



Lockring tool (9728)



Chain whip (9726)



Placing the chain whip on the cassette (9721)

aside. Place the locking tool into the splines for the cassette lockring. They should fit snugly and the tool should be more or less flush with the cassette surface once fully inserted. It is at this point you will discover the need for the chain whip. If you try to loosen the lockring without holding the cassette in place, the cassette will simply spin freely.

The chain whip should be placed on the cassette to hold it in place (9721).

(Continued on page 20)

Cassette Replacement, cont.

(Continued from page 19)



Chain whip and wrench on the cassette (9732)

Place a wrench on the lockring tool so that the lockring tool and the wrench more or less form a “V” (9732).

Turn the wrench counter-clockwise, while pushing the chainring tool clockwise to put

pressure on the cassette. The lockring should release with a little bit of force.

If it isn't turning, spray the lockring with some PB Blaster or Seafoam DeepCreep. If those fail to release the lockring, it may be best to take the wheel to a local bike shop.

Once the lockring is off, the old cassette should come off fairly easily. If it doesn't, a thwack with a rubber mallet on the rear of the cassette will usually do the trick. Once removed, there really is no need to keep a worn cassette, except as maybe a paperweight.

Before mounting a new cassette, clean the old grease off the freehub and apply a new layer of grease. This will not only make it easier to mount the new cassette, but it will also ensure that when it is time to replace this cassette, it will come off the freehub easily.



Splines on the freehub (9757)

As you apply grease to the freehub, you will see several splines on the hub (9757). One of the splines is much narrower than the rest. Set this spline to the 12 o'clock position, as this will be the guide to mount the new cassette.

Remove the new cassette from its box. When you look at the rear of the cassette, you will notice one of the grooves is smaller than the rest (9759). This is the groove which will line up to mount on the freehub. Take some grease and apply it to the inside of the cassette with your finger. Line up the narrowest spline with the narrowest groove and press the cassette on. Sometimes, the smallest chainrings are separate, so go ahead and line those up as you would with the larger part of the cassette.

With the entire cassette now mounted, apply a little bit of grease to the new lockring supplied with the cassette.

Remember the lockring tool? You will need that to tighten down the lockring. Place the lockring tool into the splines of the new lockring.

Some chain whip tools have the fitting for the lockring tool on the opposite end, but an adjustable wrench works fine, too. Tighten the lockring until it no longer moves easily (9761). Do not over-torque the lockring.



Back of cassette showing the matching splines (9759)



Tightening the lockring using the chain tool (9761)

The cassette is now mounted. Replace the quick-release skewer and mount the wheel back on the bicycle. With the wheel and new cassette on the bike,

install a new chain. Once the chain is installed, the bicycle's driveline may need a little bit of breaking-in before it achieves optimum smoothness. If the driveline continues to be problematic after the break-in period, the derailleurs may need an indexing adjustment by turning the barrel connectors. Once all is properly adjusted, a new chain and cassette will yield lots of miles of smooth and consistent service.

Gears & Gadgets is a blog written by David Cohen #1116. It features various repair tips and tricks that David has picked up in nearly 25 years of cycling, including 12 years of public safety cycling. Gears & Gadgets also periodically reviews some of the latest “gadget” items of potential interest to public safety cyclists. The advice and opinions in this column are solely the author's and should not be interpreted as IPMBA mandates or recommendations unless explicitly stated.

About the author: David Cohen is a 12-year volunteer with the Maryland-National Capital Park Police. When he isn't riding or tinkering with bicycles, David can be found tinkering with vintage cars or World War II airplanes. An avid historian, David enjoys researching and writing as well. He can be reached at onyxax@aol.com.

Photos courtesy David Cohen.

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Fundraising Challenges 2022



Albert Jackson Challenge

In 2021, Albert pledged to contribute at least \$500 to IPMBA. He far outdid his promise, donating \$1000, our largest donation to date. Not to be outdone, IPMBA founding member Tom Woods matched it! We thank them and all of our donors for their support.

Albert has once again thrown down the gauntlet...will YOU be the next one to pick it up?

Craig's Challenge

The past two years have been tough on all of us, and IPMBA is no exception. The cost of absolutely everything is increasing, while our membership has retracted somewhat as a result of the lack of classes (and therefore certifications) in 2020 and 2021. While our instructors are slowly getting back to teaching classes, we still need your support.

Our current membership is about 2300, but each year, fewer than 50 members make a donation. If every member donated just \$10, that would generate \$23,000. Twenty-five dollars per member would raise \$57,500! Fifty bucks brings that to a whopping \$115,000! Imagine how much that would benefit our members! So, please step up and make a donation of any size. IPMBA will be that much better from the generosity of so many.

To commemorate the end of my nine years on the Board, I pledge to make a \$1 donation for every member who makes a donation of at least \$50 between May and October. I'd be ecstatic to add \$2300 to the potential collective \$115,000. Please hold me to my promise.

— Craig Lepkowski, *Outgoing President*

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IPMBA Members on the Move

Andrew Albers, Bentonville (AR) Police – retired

Travis Arnold, U.S. Department of Defense (FL) Police – retired

Steve Bazany, San Antonio (TX) Police – retired

William Butters, Virginia Commonwealth University Police – now Chief, Department of Army Security Guards, Fort Lee VA

Jon Constantino, Panama City (FL) Police (retired) – now with Panama City (FL) Airport Police

Frank Demes, Case Western University (OH) Police – retired

David Erenius, Warminster (PA) Police – now Chief, North Wales Borough (PA) Police

David Falin, University of Texas-El Paso – now teaching law enforcement at a high school

Ralph Guerra, San Antonio (TX) Fire – retired

David Howe, Columbia (SC) Police – retired

Alexsandr Ignatov, Port of Seattle (WA) – now with Renton (WA) Police

Doug Johnson, Indiana University-IUPUI Police – now Superintendent, Indiana University Health Police

Stephen Prescott, San Antonio (TX) Police – retired

Jay Rosen, Lafayette (IN) Police – retired

Michael Walker, Kettering (OH) Police – retired

Promotions

Sherwin Brown, Atlanta (GA) Fire & Rescue – EMS Chief, Airport Division

Joseph Nargiso, Miami Gardens (FL) Police – Assistant Chief

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After two years without an IPMBA Conference, we are all eager to be back learning new skills on our bikes. That doesn't mean we no longer need your financial support, however. Although the conference is an important source of revenue, it is also expensive, and we still have some catching up to do.



We are thrilled to announce that the time we invested in updating the *Complete Guide* has been well-spent. The third edition is printed and ready for purchase! We derive a royalty from every copy purchased, so the more Jones &

Bartlett sells, the more IPMBA benefits. **Instructors:** if you can, please build the books into your course budgets as courses account for the majority of sales.

The cost of just about everything has been increasing rapidly, but we continue to strive to provide you with the resources and support you expect and deserve.

Since 1991, IPMBA has been the driving force behind public safety cycling. Today, bikes are used in nearly every facet of public safety. IPMBA unites a diverse group of public safety cyclists to share knowledge and expertise, which in turn helps us to advance the profession of public safety cycling.

What does IPMBA do for you?

We produce the excellent, information-filled *IPMBA News* that you are currently reading. We work closely with manufacturers to help ensure that their products meet your needs and encourage them to enroll in our **Product Purchase Program**, through which you are eligible for discounts on a variety of products for personal and professional use.

We author publications, including educational materials, position papers and model policies, as well as our signature work, the *Complete Guide to Public Safety Cycling*. We are back to offering the only **public safety cyclist training conference and product exhibition** – June 20-25, 2022, in Dayton, Ohio.

We host a **resource-packed website**, **FaceBook** page, and **LinkedIn** group to help you keep pace with public safety cycling news from around the world. We offer outstanding **networking opportunities**, through our live events and via IPMBA HQ, which serves as your **information clearinghouse** and referral point.

Even with our limited resources, we strive to serve you to the best of our ability. If you are in a position to do so, please make a **tax-deductible contribution** to help us keep those wheels turning!

Thank you for your support of IPMBA and public safety cycling!

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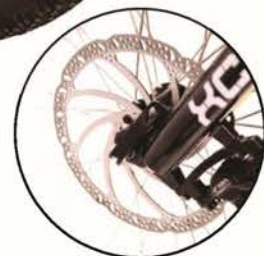
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North Wales Hires New Police Chief

[IPMBA Instructor] David Erenius, formerly of Warminster Police Department, takes over

by Dan Sokil
The Reporter

Editor's Note: This article appeared in the January 6, 2022, edition of The Reporter Online.

NORTH WALES — The next full-time chief of the North Wales Borough police department is now on board.

Borough council has unanimously hired and welcomed new Chief David Erenius to be the town's next chief.

"I want you to know that we're all behind you. That we are here to make you successful," said council President Sal Amato.

A veteran of the Warminster Police Department who "just started my 18th year" and most recently held the rank of sergeant, Erenius holds a bachelor's degree in administration of justice from Penn State Abington, a master of public administration from Anna Maria College and has attended the Northwestern University School of Staff and Command.

"I'm looking forward to getting started and serving the people of North Wales Borough," Erenius said.

During his time in Warminster, Erenius said Wednesday, he led a squad of eight officers in a patrol division, after starting his career as a patrol officer working crime scenes, and also acted as that department's mountain bike and firearms instructor. He completed three separate FBI leadership courses while in Warminster, Erenius added, which he said will bring valuable lessons to North Wales.

"As far as leadership goes, I see it being the same things: consistency, lead by example, and my big thing is to be community-oriented, being out in the community," he said.

At the start of Tuesday night's meeting, council President Sal Amato asked for a motion to appoint Erenius to the position of chief, and councilman Eion O'Neill made the motion with councilwoman Wendy McClure seconding.

As a full room of fellow police chiefs and officers watched, council voted unanimously to approve the hiring, then Erenius received his oath from District Judge Suzan Leonard.

"The police department is the front line of keeping our borough safe. And we're 100 percent in support of our police department, without any questions, or anything else," Amato said.

Borough Manager Christine Hart added her own thanks to Erenius and to interim chief Mark Bentzel and to W.M. Smeal Police Management, the search firm that assisted in filling the vacancy.

"They did a wonderful job in seeking candidates, and going through the application process, and we couldn't do it without everyone working collaboratively," she said.

His hiring fills a vacancy created by the departure of previous Chief Mike Eves in November 2021. Eves had been the borough's police chief since September 2018, following the

retirement of previous chief Don Fantry, who led the department for just under two years starting in 2016, and Fantry's predecessor Alex Levy had led the department from November 2013 to May 2016. Erenius said Wednesday he had not heard much about the borough before applying for the job beyond that turnover, and expects his tenure in town to be a long one.

"I hadn't heard a whole lot, honestly. The big thing was that they had been through a lot of chiefs in a short period of time, so we were just looking for maybe some consistency," he said.

Day one on the job was spent meeting with fellow officers and acclimating to the town's

computer systems, he said Wednesday, and a few goals are already becoming clear, including developing a formal mission statement for the department and building an online presence while getting used to the differences between a small borough and a larger township.

"Being new here, I think it's a tighter-knit community, being 3,400 residents versus 36,000 residents, but one thing I compare it to is that Warrington is kind of broken up into neighborhoods, and the neighborhoods here are kind of tight. But the problems are the same everywhere," he said.

Fellow chiefs from Bucks County joined a packed meeting room for the swearing-in, then followed upstairs for a reception afterward, along with neighboring chief Mike Trail of Lansdale and David Duffy of Upper Gwynedd. Erenius said afterward that he'd only recently met Duffy, but attended the Northwestern University command training with Trail, and was glad to see the show of support.

"I think it's a super nice gesture. Hopefully it shows a community where everyone's involved," he said.

"I can't wait to get going, and get in uniform, and get out here on the streets and start to meet people."



Incoming North Wales police Chief David Erenius, center, receives his oath from District Judge Suzan Leonard, left, during borough council's January 25, 2022, meeting (photo courtesy of North Wales Police Department).

IPMBA Instructor William (Bill) Laramee Named Officer of the Year



Amherst Bulletin photo by Kevin Gutting

Amherst Police Officer William Laramee holds his K9 partner, Winston, an 8-week-old chocolate English Labrador Retriever, during a meet-and-greet for the department's new comfort dog on Friday, September 11, 2020, in Sweester Park.

On December 7, 2021, Officer William Laramee, PCI #1000, was awarded the Richard Werenski Officer of the Year Award by the Western Massachusetts Chiefs of Police Association.

The Western Massachusetts Chiefs of Police Association established this award "to recognize a Police Officer in Western Massachusetts who has demonstrated within his or her department, the highest standards of professional conduct, and diligence to duty, loyalty, honesty, and integrity as a Police

Officer. The recipient should be a Police Officer who is respected by other Police Officers, respectful to his or her superiors, and compassionate with the public. The recipient should accomplish tasks in the best interests of the Department and the community, and have the initiative to solve problems, the initiative to address situations before they become problems, and be a model of the law enforcement code of ethics."

The award was presented by Amherst Police Chief Scott P. Livingstone and Eric P. Gillis, President of the Western Massachusetts Chiefs of Police Association. During the presentation, Chief Livingstone stated that "Officer Laramee, since joining the Amherst Police Department, has been indispensable in filling a myriad of roles within the department throughout his career."

Officer Laramee founded the Amherst Police Youth Adventure Academy, a very successful summer program for Amherst youth. In 2020, he introduced the concept and founded the department's Comfort Dog Program. He and his chocolate Labrador partner, Winston, work together providing comfort, support, and community outreach on a daily basis.

He is the department's officer in charge of the bicycle unit and an international trainer for the International Police Mountain Bike Association. He serves as the neighborhood liaison officer, working in partnership with community stakeholders and area colleges conducting outreach and addressing quality of life issues to promote the safety and well-being of the student population and entire Amherst Community.

Officer Laramee is the department's liaison to The Strategic Partnership for Families and Youth Coalition, whose mission is to help communities reduce risk factors that make it more likely youth will engage in unhealthy behaviors, while increasing protective factors that encourage them to make healthy choices. In addition, Officer Laramee oversees the department's physical fitness program.

William Laramee has been a patrol officer for the Town of Amherst since 1995 and holds a Bachelor's degree in criminal justice from Castleton University and a master's degree in criminal justice administration from Western New England University. He was certified as an IPMBA Police Cyclist in 2006 and as PCI #1000 in 2007. He has been carrying the IPMBA torch in Massachusetts and New England ever since.



Photo courtesy Amherst Police Department Facebook page

Bill Laramee receives the Officer of the Year Award on December 7, 2021.

Adam Gaby Appointed to IPMBA Board

MEMBER NEWS



Adam Gaby, PCI #1326T-B/EMSCI #299T-B, of the Five Rivers MetroParks Ranger Division in Dayton, Ohio, has been appointed to the IPMBA Board of Directors. Adam fills an at-large position left vacant following the 2021 Board elections. Adam will serve the remaining two years of the three-year term. Adam is a lead member of the 2022 IPMBA Conference Host Agency Committee and looks forward to welcoming everyone to Dayton, June 20-25, 2022.

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Donald Richard (Dick) Kramer

April 1, 1938 - January 14, 2022

In 2015, after ten years of discussion, the stars aligned, and the talented Dick Kramer created the long-awaited "Bike Cop" print with the help of IPMBA members Scott Parr (photographer), and Blake Fairclough, Jason Sieczkowski, and Tara Ford (photographed). A kind and thoughtful person, Dick always said the print was one of his favorites and expressed his gratitude to us for making it possible, but it was we who were (and are) grateful to him. The International Police Mountain Bike Association is honored that Dick chose bike cops as one of his subjects and those of us fortunate enough to own a print will treasure it and his memory forever.

Dick Kramer, U.S. Navy veteran and acclaimed artist and illustrator, 83, passed away January 14, 2022, at his home in Leesburg, Virginia, beside his beloved family.

Mr. Kramer was born on April 1, 1938, in Newark, New Jersey, to Donald and Pearl.

From a very young age Dick had a calling to art and would draw on anything he could get his hands on. In fact, one of his first jobs was for a local butcher and he was paid in the brown paper that would be used to wrap the various meats in the shop. His mother would often receive calls to their home in Nutley, NJ, from displeased teachers finding Dick's textbooks covered in drawings.

After attending Nutley High School, Dick enlisted in the United States Navy at the age of 17 and became the youngest 2nd Class Petty Officer in the Pacific Fleet, serving as an Aviation Ordnanceman. After a troubled youth Dick would refer to his decision to join the Navy as the best decision he ever made, second only to his decision to propose to his wife, Virginia. They would marry soon after Dick's honorable discharge in 1959.

Dick quickly returned to his pursuit of art, attending the Newark School of Art and the School of Visual Arts in New York City at night. With the birth of twin boys Richard and Robert in 1960, money was tight and Dick would work various jobs during the day, including selling vacuum cleaners door-to-door to provide for the growing family.

As a convert to Catholicism and follower of the teachings of Christ, Dick was ordained a Deacon in 1976, at Saint Joseph's Church in Newark. This would be a lasting source of pride for Dick as he worked to serve Christ throughout his life. Always dedicated to the service of his country, a few years later Dick and his daughter Suzanne would make New Jersey history as the first father and daughter to graduate from the

same police academy – the Essex County Police Academy in Verona, NJ. They would go on to serve together as Special Deputy Sheriffs.

In the following years Dick would flourish as an artist, working as a freelance illustrator in New York City for many notable clients such as Grosset & Dunlap, Bell Telephone, and the National Football League, to name a few. During this time he was accepted into the prestigious Society of Illustrators.

In 1981, Dick accepted a position as a staff artist for the defense contractor ITT to support their military programs. He would go on to paint more than sixty original paintings for the Air Force Art Program, including what would become one of the defining works of his life. In 1987, Dick painted an enormous sixteen by eight-foot mural honoring the 40th anniversary of the Berlin Airlift, which he would present to President Ronald Reagan hours before his historic "Mr. Gorbachev, tear down this wall" speech at Brandenburg Gate. This mural hangs in honor at Berlin's Tempelhof Airport and will soon be transferred to the Allied Museum.

An unapologetic America-loving patriot, Dick would open his own studio with wife Ginny and spend the rest of his career honoring the



military and law enforcement, which he loved so deeply, through his art. Dick would go on to create hundreds of pieces of art profiling every type of first responder and elite unit imaginable. He has been the recipient of countless awards from police and military organizations, including the Department of Homeland Security, for his skillful depiction of these heroes. He was named Entrepreneur of the Year by the Loudoun County Chamber of Commerce in 1998 and Citizen of the Year by the city of Purcellville, Virginia, in 2014.

He was preceded in death by his parents, his aunt Evelyn Murray, his brother Elwood "Pete", and son-in-law Anthony Torsiello. He is survived by his beloved wife Virginia, son Richard and daughter-in-law Debbie of Petersburg, NJ, son Robert and fiancée Brenda of Edison, NJ, daughter Suzanne Torsiello of Middletown, NJ, daughter Kathleen Sciaraffo of Middletown, NJ, and son Stephen and daughter-in-law Amy of Bettendorf, IA. He was grandfather to Robert, Katie, AJ, Brittany, Tara, Steve, Nicole, Michael, Jillian, Chloe and Colton; and great-grandfather to Ella, Brooklyn, Ryan, Aeva, Layla and Connor.

To Maureen - I can never thank you enough for all you've done! God bless!

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Norman (OK) Police Department
IPMBA Education Coordinator

One of my all-time favorite movies is *Back to the Future*. Perhaps one of the most iconic scenes takes place at the “Enchantment Under the Sea” dance. Marty McFly is asked to assist Marvin Berry and the Starlighters perform “Earth Angel” by playing guitar. This is because their guitarist injured his hand rescuing Marty from the trunk of their car. Marty does a great job playing guitar, so after the song is over, Marvin asks Marty to do another one, requesting to do “something that really cooks.”

So Marty, being the rocker that he is (by 80’s standards, anyway), decides quickly on a song. He says to the band members, “Alright guys, it’s a blues riff in B, watch me for the changes, and try to keep up.” He goes on to play perhaps one of the best known songs, *Johnny B. Goode*. He rocks it out, and at the very end, as he is playing a guitar solo, he kicks over an amp and then drops to his knees, guitar squealing. He looks around at the crowd, who has stopped dancing and is staring him down in disappointment and disgust over this “loud music.” He says to them: “I guess you guys aren’t ready for that yet. But your kids are gonna love it.”

This scene reflects something that we, as instructors, need to make sure we do: watch for the changes and try to keep up. Since I have been involved with IPMBA, I have

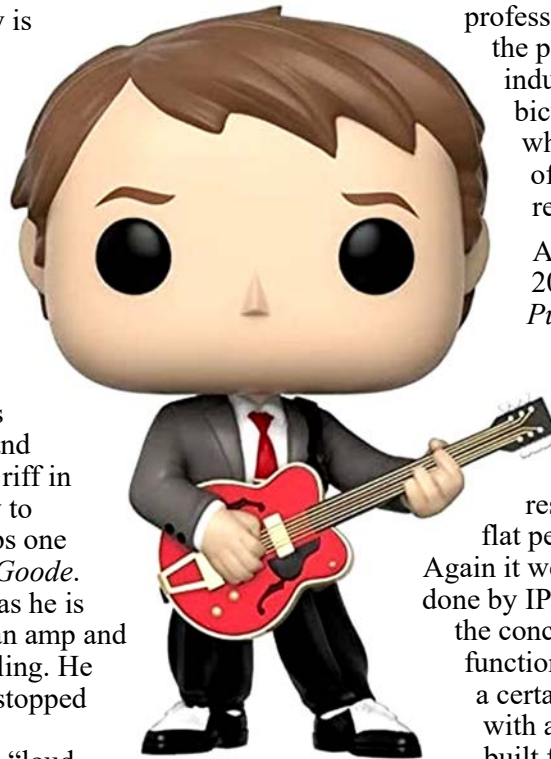
seen many changes. The first one that I can remember was in August 2009, when IPMBA wrote a position paper entitled *Use of Large-Diameter Wheels*, which referred to the use of 27.5” and 29” (29ers) diameter wheels. Prior to this, the only acceptable wheel diameter was 26”.

There was testing, riding done by professionals within the organization, and the paper was written. Now, the industry standard is to equip most bicycles with either 27.5” or 29” wheels. 26” wheels are now a thing of the past and it is difficult to find replacement parts.

Another major change came in May 2016, with *Use of Flat Pedals by Public Safety Cyclists*. This one

pertains to pedal retention. Prior to this paper, IPMBA only allowed three types: toe clips/cages, pedal straps (e.g., Power Grips), and clipless systems. This research explored the viability of flat pedals as pedal retention devices.

Again it went through some rigorous testing done by IPMBA professionals who came to the conclusion that flat pedals could function as pedal retention if they were of a certain type (with pins) and coupled with appropriate footwear (purpose-built flat pedal shoes). These shoes have soles constructed of the correct kind of sticky rubber, which allows the shoes to stick to the pins. It is also recommended that the pins be removable to increase the lifespan of the pedal.



(Continued on page 32)



BECOME AN IPMBA INSTRUCTOR

Join the ranks of more than 2,000 of your fellow public safety bicyclists by becoming an IPMBA Instructor.

Call 410-744-2400, email info@ipmba.org, or visit www.ipmba.org for an instructor application packet. In simple 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.

Upcoming Courses 2022:

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September 12-16, Bloomington, Minnesota

October 17-21, Gallatin, Tennessee

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(Continued from page 31)

Most recently was the position paper, *Use of e-Bikes by Public Safety Cyclists*, August 2020. The paper describes the different kinds and classes of e-Bikes available and outlines IPMBA’s position on their deployment in the field of public safety. Recognizing the advantages and disadvantages of e-Bikes, IPMBA recommends that if and when purchasing or adding these to a fleet, the agency takes into consideration how they will be used. It also calls upon instructors to become familiar with the how the e-Bike **changes** the dynamics of riding cone courses and performing other maneuvers.

If you have read this far, you are probably quoting Doc Brown, saying “Great Scott!” The point of all this is that, as things change, we as instructors need to be **aware of the changes**. We need to actually **read** the print and e-newsletters and position papers (which are posted on the IPMBA website). Most importantly, we need to familiarize ourselves with the changes and become proficient with emerging technologies and methods. For example, if you are still riding a 26” bicycle, go purchase, borrow, or “steal” a 27.5” and/or a 29” bicycle and tackle the obstacles you are used to riding. Keep practicing until you become proficient. If you have only used one type of pedal retention, such as toe cages or clipless, procure a set of IPMBA-approved flat pedals and footwear and go ride. Several Product Purchase Program participants offer discounts on flat pedals, so take advantage of your membership benefit. Every time you need to make a purchase, check the PPP first. You can keep up at a lower cost.

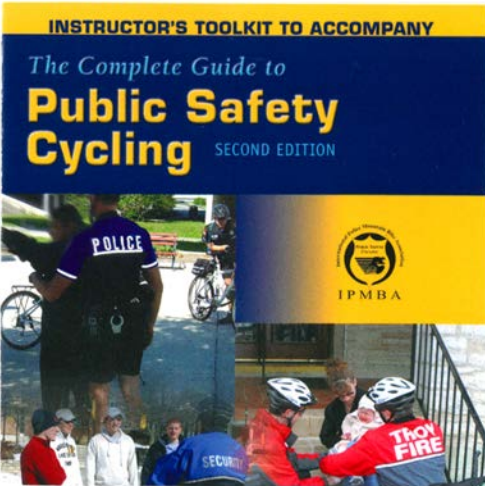
If you have not purchased the e-Bike curriculum, do so by visiting the Training Materials & Merchandise page under Resources on the IPMBA website. Become familiar with e-Bikes. If you can’t buy one, rent one or arrange for test rides at your local dealer. You already likely have had a variety of bicycles show up for your class. It is only a matter of time before someone asks you if they can bring an e-Bike. You will know to tell them that the best practice is to complete the basic course on a conventional bike first, and then attend the e-Bike module. Once you are proficient, you can offer it as a stand-alone, continuing education experience.

As an instructor, you are viewed as the expert in the field. Don’t be left behind, not able to navigate the box in a 29er, or loft and climb stairs on flat pedals. Don’t be like Marty and say, “This is Heavy” when attempting to pick up an e-Bike for the first time (yes, they are heavy). In closing, remember Marty’s word of wisdom (paraphrased): Watch IPMBA for the changes and try to keep up. Don’t be the like those in the crowd who aren’t ready for that yet, because the kids are gonna love it!

Thomas joined the Norman Police Department in 2009. He is currently assigned to night shift patrol and is the training coordinator and instructor for the bike team. He has been active with IPMBA since 2011, after taking the IPMBA Police Cyclist Course. He was certified as PCI in 2013 at the IPMBA Conference in Baton Rouge and cross-trained as an EMSCI in 2017. He became an Instructor Trainer in 2019, BRT certified in 2020 and BRT instructor certified in 2021. He currently serves on the IPMBA Board of Directors as the at-large member overseeing education. He can be reached at Thomas.Zermeno@yahoo.com.

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Instructor ToolKit Update



As this newsletter goes to press, the *Complete Guide to Public Safety Cycling*, 3rd Edition, has been published!

Both the print and e-book versions have been added to the Jones & Bartlett Public Safety Group's catalog and are available and are eagerly being purchased.

Be sure to visit <https://tinyurl.com/CG-PSC-3> to place your order for either or both versions.

While we would have liked to have made the Instructor ToolKit (ITK) available at the same time, it has been a massive undertaking, so it is not yet available. Our goal (but not our promise) is to complete it in time for the 2022 IPMBA Conference, June 20-25, in Dayton, Ohio.

We continue to make progress on the ITK, which is undergoing significant changes, both to the curriculum and the materials used to teach it. In order to transition to the new material as quickly as possible, upon release, current instructors will be required to purchase the ITK within

nine months. This applies to all instructors, even those in agencies with more than one instructor.

Instructors who have not purchased the ITK at the end of the nine-month period will be required to attend the IPMBA Instructor Course as a recertification requirement or relinquish their teaching materials and instructor certification. The cost of the ITK will be announced at a later date.

In an effort to make this easy and affordable, in-person training will not be required. However, instructors are encouraged to register for the 2022 IPMBA Conference (June 20-25, in Dayton, Ohio) and enroll in the "Tour de New ITK" workshop.

Like the current version, the ITK will contain all of the documents needed to conduct an IPMBA course, including, but not limited to: Unit Plans, Lecture Outlines, PowerPoint® Presentations, Skill Stations, Mock Scenes, Written Tests, Practical Tests, Model Schedules, Forms, Fact Sheets, and Administrative Guidelines. Unlike the original CD version of the current ITK, the files will be accessed via download.

We are thrilled to be so close to releasing the updated curricula and no longer having to read comments on the evaluation forms about outdated teaching materials.

We will notify you about availability and pricing as the information becomes available.

Thank you for your patience and your continued support of IPMBA.

INTERNATIONAL POLICE MOUNTAIN BIKE ASSOCIATION

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IPMBA: PROMOTING AND ADVOCATING EDUCATION AND ORGANIZATION FOR PUBLIC SAFETY BICYCLISTS. VOL. 31, No. 1

Newsletter of the
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 Email Maureen@ipmba.org for information.

(Continued from page 1)

than we ever had it before, we aren't "happy". I'm not here to sell the idea that anyone who isn't truly happy and/or grateful for their lives can change things completely with introspection and an attitude change. But I am here to say that being physically and mentally fit can add an immense amount of quality to our lives.

As a bike patrol and academy instructor, I sold recruits on the idea of fitness as a way to add more "life" to their years. No one can say for certain how many years we'll get, but we can certainly control how much "life" we get in the years we're allotted. Whether it be a potentially deadly encounter with a violent offender, an accident with injuries, or a disease that would otherwise be fatal, being physically and mentally prepared can sometimes mean the difference between life and death. Money is hard to beat when it comes to solving problems, but being physically and mentally fit is one of the few things that trump a fat bank account when trouble comes to call.

To be able to achieve this state of fitness for life, we must control several things.

WHAT WE TAKE IN

No physical fitness plan can overcome what we put in our mouths. You can work out intensely seven days a week and not achieve the goal if you're indiscriminate about what you put in your body. This is widely known, yet under practiced. I'm not saying we can't have special foods/treats, alcohol, or other things considered to be unhealthy. I'm saying we can't have them all the time or in large quantities. It takes far more discipline to monitor what goes into the body than it does to exercise daily. With exercise, we only have to get past the mental hump once a day. With intake choices, we have to get over the hump every waking minute of the day. Heck, there are times where I even dream about brown sugar and cinnamon Pop Tarts 🍪.

The facts about nutrition are out there and easy to find if you look past the fads. Start with small changes and work from there. Drastic changes usually don't last, but small, incremental changes do.

To close out the "intake" piece, I submit that we also need to be careful about what we "take in" mentally. The jobs we do have more than enough negativity; seeing the suffering and pain of others is enough. We don't need to seek out more to wallow in like a pig in mud. Unlike the pig who gets cool from rolling around in the mud, we get nothing from rolling around in things that offend our sense of right and wrong; especially ones we can do absolutely nothing about. The only one that dies from drinking poison is one who ingests it. Moreover, all that time we could spend grinding our teeth over things that don't suit us could be better spent appreciating friends, family, and the good lives we truly have, even if we don't always recognize it.

WHAT WE PUT OUT

Our personal foundation starts with our bodies. To that end, exercise is good for the body and mind. It teaches us how to physically and mentally persevere when things get tough. Deciding to do what it takes to stay fit and doing it to our

(Continued on page 35)



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(Continued from page 34)

maximum ability is the true strength builder. You can measure the output of the human body in many ways, but the human will is immeasurable. We've likely all seen someone accomplish something on pure will. They were able to do it because they said they were going to, and because they never mentally gave themselves an out or a fallback. Deciding to do something, preparing oneself for the task, and then giving everything, especially when it gets tough, is something we can use to face any kind of adversity. Quite literally, it's the difference between getting "acceptable" and "exceptional" results.

WHAT WE THINK

What we think and say affects us far more than we realize. Whether you say you "can" or "can't", you are right. Closely monitoring our thoughts and words can enable us to see things we don't know and accomplish what we never thought possible. One of the biggest turning points in my life was when I realized I didn't

know what I didn't know. Prior to that, if someone told me something I'd never heard of before, I subconsciously suspected the veracity because I didn't already know it.

That unwarranted arrogance taught me some hard lessons before I finally opened my eyes.

I'm luckier than many because I've had experiences that have put me closer to death than anyone I've ever met. It has allowed me to separate the wheat from the chaff and put things in two metaphorical boxes in my mind. One box is labeled "Stuff that Matters" and the other is "Stuff that doesn't Matter".

I concentrate on looking in the first box every day so I can live my best life and keep it uncluttered. The second box is full of stuff that I can't control; once

something is put into it, I rarely think about or spend time on it.

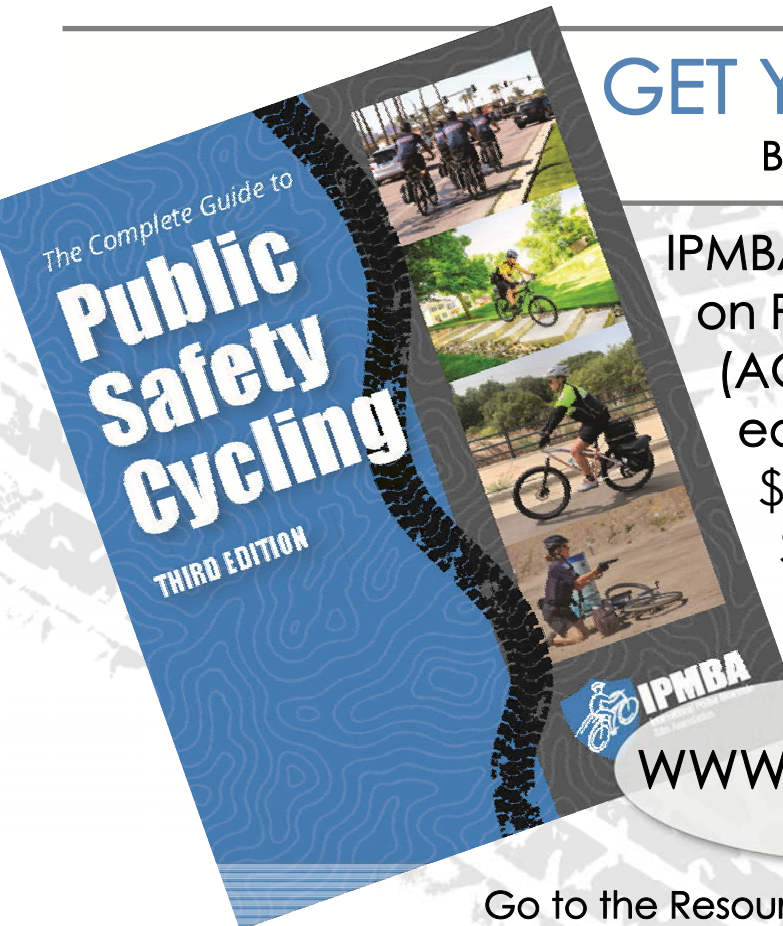
Our organization is based upon the foundation of training that involves physical and mental components. It is incumbent upon us to achieve and maintain a high state of physical and mental preparedness so we can get the best of out of our professional and personal lives. Whether you know it or not, people look to you for direction, whether they be citizens, co-workers, friends, and/or family.

When you take care of yourself, you take care of others by providing a positive example. Each of us embarked upon our careers to help others, but to do so, we must first help ourselves.

See you in Dayton!

Allan

It is incumbent upon us to achieve and maintain a high state of physical and mental preparedness so we can get the best of out of our professional and personal lives.



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