



LIVE TO RIDE



PROGRAM IMPACT REPORT

July - August 2025

THE PROGRAM

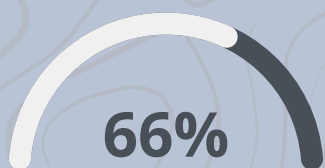
Program Description

In 2025, we served 17 equity-deserving youth: 9 youth in the “Live to Ride” group, who had never mountain biked before, and 8 youth in the “Ride More” group who had prior experience. Youth explored life skills such as Patience, Safe Risk-Taking, and Coping with Failure, all while making new friends and working together to improve their confidence on their bike.

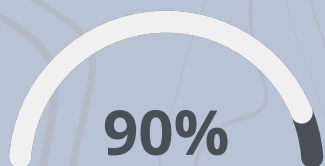
Our Goals are to...

1. Build trust among participants and increase confidence on their bikes.
2. Enhance physical health through outdoor activity.
3. Improve communication, resilience, and emotional regulation.
4. Strengthen social connections and reduce isolation.

Demographics



of program participants identified as a member of the BIPOC community, including Indigenous and Métis youth



of youth accepted into the program were on a full scholarship, meeting eligibility criteria such as being from low-income families, in foster care, or identifying as Indigenous



MORE THAN JUST BIKING

Applying Lessons Learned

After working on the basics, and building up their confidence, participants head up to Big White's Bike Park to practice their skills. The youth ride a chairlift up and then descend 400m (1320 feet) of technical mountain bike terrain through sub-alpine forests with gorgeous views.



Looking Ahead



Youth in the “Live to Ride group” received a full gear package: the bike, gloves, and pads they used while learning, along with a hydration pack. Those in the “Ride More” group were also given any gear they were missing. This reduces future barriers to participation, helping youth continue mountain biking on their own time.

THE IMPACT

Moving the Needle



of youth reported making a new friend in the program, strengthening social connections



14%

increase in ability to cope with failure



7%

increase in markers of grit and resilience

Participants love Live to Ride because...

"As with every other program I've been in with Elevation Outdoors, it gets me through my weeks. They help me find a purpose for what I want to do with my life. All of the adults were always such a joy to be around and gave me a sense of belonging no matter what."

"The mountain biking program has had a really positive impact on me. It has helped me build confidence, improve my physical fitness, and learning that I don't have to give up on the first try."

Being in Elevation has taught me patience, gratitude, and self-confidence. Because of all of you, I can ride without feeling embarrassed of failure, and actually enjoy MTB."



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