Pictured: Faisa Farah (left) and Nasra Noor (right) stand with Nasra's daughter, and Nasra's new bike. Faisa is a participant in the SPOKES Bike Walk Connect learn-to-ride bike class. Nasra, the Seward Neighborhood Group's community organizer for Seward Towers, bought the bike when she heard about the opening of SPOKES and its learn-to-ride bike classes.
The Minneapolis bicycling boom has largely bypassed the city's growing East African population - until now. On Wednesday, Aug. 22, SPOKES Bike Walk Connect, a new community bicycling and walking resource, opened to serve residents of the Seward, Cedar-Riverside and Phillips neighborhoods.

The goal of SPOKES, located at 1915 East 22nd St. (1/2 block west of Minnehaha Ave.) in Minneapolis, is to create and grow a more diverse and informed community of bicyclists and walkers in the community, according to Sheldon Mains, director of SPOKES.

"While our services and programs are open to all, SPOKES is working especially at helping East Africans in the Seward, Cedar-Riverside and Phillips neighborhoods of Minneapolis bike and walk more," Mains said. "A lot of people in this area are not bicycling. We have found there are a lot of barriers. For example: not knowing what kind of bike to get; the cost of a new bike; not knowing how to ride a bike; and not knowing how to ride in traffic."

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