



Northwest Illinois Criminal Justice Commission

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Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Police Cyclist

DATE: May 6-8, 2026

Registration Ends: April 30, 2026

TIME: 8:00 AM—4:00 PM 24 Hours

LOCATION: Rockford Police – District 3, 557 S. Newtowne Dr., Rockford, IL

INSTRUCTOR: Sgt. Brandon Dillard (Rockford PD) & Brad Larson (Ret.)

This 24-hour course will cover the following:

- Mountain bike nomenclature
- Bike maintenance
- Repairing flats
- Bike Patrol Tactics
- Installing bike on bike rack and car
- Braking
- Obstacles
- Car door simulation
- Obstacle course
- Group rides
- Equipment requirements/recommendations

Students will need the following equipment:

- -Helmet
- -Eye protection
- -Cycling gloves (full or half fingered)
- -Full cyclist uniform as approved by students agency
- -Body armor, and duty gear
- -Reputable police mountain bike with pedal retention
- -Front and rear reflectors, or lights
- -Water bottle
- -At least one inner tube
- It's recommended, but not required that students have a rear bicycle rack and rack bag.
- 100 rounds of pistol ammunition.

Students will be able to store their bikes at District #3 during the class.

We recommend that students bring weather appropriate gear. We will continue class rain or shine!



This course has been certified by the ILETSB and approved to meet the following mandates:

- High Risk Traffic Stops – 7.0 hours
- De-Escalation Techniques - 6.0 hours
- Officer Safety Techniques - 4.0 hours
- Laws Concerning Stops, Searches and Use of Force – 2.0 hours
- Legal Updates – 2.0 hours
- Constitutional Use of LE Authority – 2.0 hours
- Civil Rights – 2.0 hours

REGISTRATION:

All registrations are received on the [MTU#1 website](#). Find Registration instructions [here](#)

THIS IS NOT A PUBLIC MEETING