

Host a Ride

What kind of ride?¹ The sky's the limit. Organize a bikepool to commute with colleagues in a more visible way; Create a bike challenge in the spirit of fun competition and provide prizes at the end of the week; Build a discovery ride that takes participants on new and different routes.

Group rides are a great way to engage communities and bring people together around bike week. They can be useful for hands-on celebration and learning, all in the beautiful outdoors. Whether this is your first or 100th ride, check out the list below for some helpful organizational tips.

1. **Pick a Date and Time** that accommodates your ridership (it helps to build in a 15-30 minute meet-up time for the beginning of your ride)
2. **Design your Route!** You know your street better than anybody. Trust yourself to make a sweet ride! Use some helpful route building tools like Google Maps [Create Your Own](#), or Ride with GPS [Route Planning](#).
 - When thinking about your ride, think about who you are taking, how long (hours and miles) you want it to be, and if you'll need stops (bathroom, food/drink) or support along the way.
 - Test it out. Ride your route before leading the group ride – that way you can better foresee any issues in advance (construction, road closures, poor conditions)
3. **Publish It!** Announce your ride by choosing a name for it and creating a post or PDF with the route link or map, start and end time and location(s), distance, pace, and gear needed.

¹ Types of Ride Tips courtesy of RideAmigos' [Top 4 Ways to Engage Commuters for Bike to Work Week](#)

- It helps to be creative and have fun with where and how you market your ride. Flying, social media posts, and email blasts work well. Your ride will also be published on the Bike Fed Website!
4. **Organize Support.** Whether your ride is self-supported or has multiple stops along the way, be sure to organize any and all people/items needed prior to the day. It is always best to designate at least one other person to “sweep” the rear for any stragglers or mechanical issues, though more support is always better.
 5. **GO RIDE!** Day-of is the most exciting and nerve racking part. Be sure to arrive at your meet-up spot early to greet fellow participants and riders.
 - Always have a pre-ride discussion² with:
 - i. A route overview and any planned stops
 - ii. Conversation about pace - the expected ride speed and whether the ride is “no drop” (no one gets left behind) or not
 - iii. Proper rider conduct for bike trails/lanes, red lights, stop signs, and road/lane sharing.
 6. **Have FUN** and enjoy providing a meaningful experience for yourself and other people.



² Pre-Ride Tips courtesy of ritcheylogic.com's [How to Organize a Group Ride](#)



Host a Commuter Station



The purpose of commuter stations is to celebrate and encourage people who get places by bike and also support people who are just getting started. Commuter stations can be at any time of the day and as many days of the week as you like!

When? Engage morning, mid day, or evening commuters

What? You can offer ANYTHING! Music, food, incentives, activities, repair/support

How? Set up on a local bike path, commuter trail, or cycling-friendly road/intersection – tents and tables are nice, though whatever you choose to provide still supports the spirit of cycling. Be creative; it's all about making people who go by bike feel welcome and celebrated!

Many businesses and organizations want safer and healthier communities and work forces. This is the opportunity to further support and nurture cycling in their community. Here are 3 tips for a successful commuter station.

1. Location: A good site can be a place where you see many bikers especially in the morning or evening. You may also choose a site that you wish to encourage cycling like at the workplace. In this case heavier promotion and encouragement is recommended (encouragement, contests, safe cycling resources etc.)
2. Volunteers: Having energetic volunteers who cheer on cyclists and connect them to resources is key. Encourage your team to volunteer, reach out to a neighborhood or faith group. If you require more volunteers, reach out to the Bike Fed, we'll try to round some up for you!
3. Offerings: Bikers eat their fuel! Snacks and drinks are always a fan favorite, especially food on the go: baked goods, coffee, tea, bacon, cheese, cookies, the list goes on! If you're running a station in the evening or weekend you may want to offer a beer sample with a savory snack!