

## Important Instructions for Riders

**Time: 2PM to 4PM**

**Place: 4219 Wallingford Ave N**

**Dates: March 1st, April 5th, May 3rd, June 7th, July 5th, Aug 2nd, Sept 6th, Oct 4th, Nov 1st, Dec 6<sup>th</sup>**

**Contact Information: [info@spokespeople.us](mailto:info@spokespeople.us) (206) 547-9569**

**Helmets Required** Helmets need to be **Snell or CPSC certified**. Both children and adults must wear a helmet. We have helmets for sale at a low cost at SPOKESPEOPLE rides if you come to a ride without a certified helmet.

**Make sure your bike is ready for the road.** Your bike needs to have brakes, handlebars, seat posts, and tires in good working order. We can't fix your bike but we can make minor adjustments before SPOKESPEOPLE rides.

**Adults who are returning riders** need to build cycling confidence. You have the necessary judgment and motor skills to ride on the road and SPOKESPEOPLE rides will help you build your confidence before you go on the road.

### **If you are an expert bicycle commuter:**

- § **We welcome and need your participation in SPOKESPEOPLE rides!** Your participation is essential in modeling skillful riding techniques on more challenging urban rides.
- § As SPOKESPEOPLE grows, your participation will make city road improvements for cyclists happen more quickly and the dream of making Seattle a bikeable city more of a reality.
- § **SPOKESPEOPLE rides needs your help** if you are already an excellent bicycle commuter. You can take a training to learn how to help returning adult cyclists gain confidence or how to teach cycling skills to children. You can assist a trainer as a volunteer on any SPOKESPEOPLE ride day.
- § If you want to learn to be a trainer please get in touch with SPOKESPEOPLE! [info@spokespeople.us](mailto:info@spokespeople.us)  
206-547-9569

### **SPOKESPEOPLE rides with children**

- § **Children must have parents or legal guardians with them at all times and a signed waiver to ride.**
- § Small babies just don't have the neck muscles needed to support helmets. The American Academy of Pediatrics says that children under one year of age should not ride in a trailer or bike seat. If your baby is under one, we must politely ask you to return to SPOKESPEOPLE when your baby can support a helmet.
- § Wallingford Playfield has a gravel path running around its perimeter. Children under age nine not riding in a trailer or child seat can remain in Wallingford Playfield with their parent or guardian. There is so much to do in this park including a playfield, playground, and path to practice cycling skills!

- § Children younger than nine lack the motor and developmental skills needed for road biking with cars. Kids also haven't had driving experience. They don't know road dangers the same way adults do. Younger kids can have a great time riding on dedicated bike paths, in parks, and on sidewalks, but young children cannot be expected to go on longer SPOKESPEOPLE rides. In time, Seattle will have more dedicated bike paths so younger kids can ride safely!
- § You need to make sure your bikes are ready for the road. Your bike needs to have brakes, handlebars, seat posts, and tires in good working order. You can't ride with a broken bike. We can't fix your bike but we can make minor fitting adjustments at SPOKESPEOPLE rides.
- § Helmets need to be SNELL or CPSC certified. Both children and adults must wear a helmet. We have helmets for sale at a low cost at SPOKESPEOPLE rides if you come to a ride without a certified helmet.
- § SPOKESPEOPLE rides are designed to help all people, young and old, expert and novice enjoy a positive urban road-riding experience. SPOKESPEOPLE will grow if you are safe, successful, and supported as you connect to the cycling community.

### **SPOKESPEOPLE rides with YOU!**

- § Adults who are returning riders need to build cycling confidence. You have the necessary judgment and motor skills to ride on the road and SPOKESPEOPLE rides will help you build your confidence. You are a SPOKESPERSON when you return and bring your friends! SPOKESPEOPLE gathers bicyclists together every first Saturday in Wallingford Playfield at 2 p.m.
- § **All children who come to SPOKESPEOPLE rides are encouraged to take the SPOKESKIDS introduction at and around Wallingford Playfield. Many adults will want to take this quick one-hour introduction to road cycling as well.**
- § Children older than nine, and adults who took the SPOKESKIDS introduction, can ride on the road with trip leaders to the nearby Meridian /Good Shepherd Tilth Park in Wallingford and then ride back again to meet up at 4 p.m. with SPOKESPEOPLE who have completed the longer ride. Every set of eight to 10 riders will have a lead and a sweep rider. The road to and from Meridian Park includes sharrows, a stoplight, stop signs, and uncontrolled intersections. It is almost flat and is a wonderful ½ mile first road trip.
- § If you are nine or older and have completed the SPOKESKIDS introduction and this first short ride you will get a stamp in a SPOKESPEOPLE passport that you can bring to your next SPOKESPEOPLE ride, showing that you may be ready for a longer, more challenging road ride.
- § **Expert bikers** – we welcome and need your participation in SPOKESPEOPLE rides! Your participation is essential in modeling skillful riding techniques on more challenging urban rides. You can take a training to learn how to help returning adult cyclists gain confidence or how to teach cycling skills to children. You can assist a trainer as a volunteer on any SPOKESPEOPLE ride day. If you want to learn to be a trainer get in touch with SPOKESPEOPLE!

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