

#### WE ALL RIDE THE SAME ROAD

# LET'S ROLL IN 2024

Cycle St. Louis hopes you had a great winter and are ready to ride!

#### Adapted Cycle Loan Survey - Help Us Help You!

Cycle St. Louis is committed to creating cycling opportunities for individuals with disabilities by overcoming barriers that keep people from riding. We are exploring the placement of adapted cycles in different locations throughout our community where individuals could easily borrow them. This five minute survey will help us learn more about the STL Region's needs and interests, and whether such a loaner program could make cycling easier. Your participation (STL Region



residents only) will help us tremendously. To take the survey, click here. Thank you!

#### Drive the Change: Buckle Up Phone Down

Individuals with disabilities are especially at risk from distracted and reckless driving, and Trailnet's *Drive the Change: Buckle Up Phone Down* campaign will help make roads safer for all users. Help Drive the Change by recruiting neighbors to 1) sign the Buckle Up, Phone Down pledge 2) challenge friends and family to sign the pledge, and 3) display a car magnet and yard sign showing their support during April 2024. Click here to view the entire toolkit with graphics, pledge forms and more!



## Cycle STL Participating in Give STL Day

For the first time, Cycle St. Louis is participating in STL Give Day on May 29th. Please consider making a donation so we can continue providing cycling resources for individuals with disabilities in our region. We have our eyes on some upgraded equipment and need to make improvements to our website and other communications. To donate, click here or look us up on May 9th.



### **Tandem Captains & Solo Riders Needed**

Do you want to share your love of riding? Achilles St. Louis and Delta Gamma Center (DGC) are searching for captains and solo riders for the 2024 riding season. Achilles rides with adults with disabilities and DGC rides with blind and visually impaired children. Any experience is welcome and you'll receive extensive tandem training. For more information, send an email to Kelly Driver at kdriver@dgckids.org or Annie Donnell at achillesstl@gmail.com.



# **Upcoming Events**

- Accessible Trailnet Rides. Our partner, Trailnet is has designed another inclusive ride
  season with the Bridge Birthday Bash on May 18 and I Scream for Ice Cream on July 7
  being good fits individuals with disabilities. Checkout all of Trailnet's rides here. These
  rides are FREE for Cycle STL participants and their support person(s). For the free ride
  code, send an email by clicking here.
- June 17-21, Lydia Cox Memorial Bike Camp this camp teaches differently abled children how to ride a two-wheeled bike. For camper registration information or to volunteer, click here.
- June 13 & 27, July 18, Camp Independence & Adapted Cycle Fittings. For camp information and to register, click here. Adapted cycle fittings from 12:00 1:00 PM and after 3:00 PM. To schedule a fitting session, call the Bike Rack at 630-587-8100.
- Remove The Limits Triathlon (Ballwin Triathlon), July 21, For more information click here, and contact Rhonda Hembree at rhembree@slarc.org or (314) 817-2245.
- August 31, 9:00, Gateway Cup Ride to Unite It's never too early to put this ride on your calendar. For more information and to register, click here.
- September 8 Tri My Best Triathlon is an adaptive event for children with motor disabilities at Washington University's Danforth Campus. For more information and to register, click here. To schedule an Adaptive Cycle Fitting from 7:00 AM to noon to schedule, call the Bike Rack at 630-587-8100.

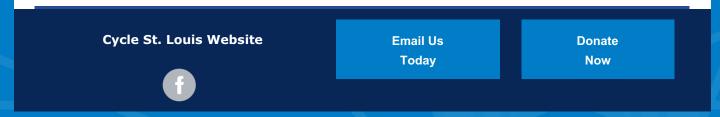
Send us your cycling related new and events by clickinghere.

## Cycle St. Louis Partners

Click on our partner's below to learn about them:

- · Achilles St. Louis
- Big Shark Bicycle Company
- Children's Hospital St. Louis Cerebral Palsy Sports & Sports and Rehabilitation Center
- Delta Gamma Center
- Gateway Tykes on Trykes
- Kids Enjoy Exercise Now (KEEN)
- Missouri Families for Effective Autism Treatment (MO-FEAT)
- St. Louis Arc
- St. Louis County Parks

- Ranken Jordan Pediatric Hospital
- Recreation Council of Greater St. Louis
- Special Olympics Missouri
- Team Activities for Special Kids (TASK)
- Trailnet
- Variety



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