

## 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!

**DID YOU KNOW ?**

In the time it took you to read this you could have driven the length of a football field at 55 mph.



### 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](mailto:kdriver@dgckids.org) or **Annie Donnell** at [achillesstl@gmail.com](mailto: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](mailto: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 clicking [here](#).

## 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

[Cycle St. Louis Website](#)



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