

Niagara's Big Move

cancer ride

RIDER CHECK LIST

- ☐ WATER BOTTLE
- ☐ SNACKS FOR THE RIDE (E.G., BANANA, GRANOLA BARS, DRIED FRUIT)
- ☐ WEARING BRIGHT, VISIBLE CLOTHING
- ☐ MULTI-TOOL (IN CASE NEEDED)
- ☐ SMALL FIRST-AID KIT
- ☐ HELMET
- ☐ BELLS ATTACHED TO BIKE
- ☐ DONATIONS TO HAND IN ALONG WITH OFFLINE DONATION FORM
- ☐ ARE YOUR TIRES PUMPED UP TO PROPER PSI? NO CRACKS OR WORN AREAS
- ☐ DO YOUR BREAKS WORK PROPERLY?
- ☐ DID YOU DRINK LOTS OF WATER BEFORE THE RIDE?
- ☐ REFRESHED YOUR MEMORY ON THE RULES OF THE ROAD?
- ☐ ARE YOU FAMILIAR WITH YOUR ROUTE AND WHERE THE REST STOPS ARE?