



Other Ways to Participate

VIRTUAL RIDES

If you decide to host your own virtual ride, you'll need to register online and create a personalized fundraising page to utilize. Once complete, you'll want to find a cycle to use and decide on the details of your ride (where, when, distance & fundraising goal). Your ride could be at a fitness/community center, school, friend's house or even your own home. Now it's time to start promoting your ride; use social media, word of mouth and your own network. See our 'Fundraising 101' document and 'Get The Community Excited' document for tips & ideas on how to promote & raise funds for your event.

When it's ride day, consider going "live" on social media to document your ride. You can use social media live, videos and posts to document your training and promote your event. You may even have a few people join your virtual ride by riding "live" with you. Create some friendly fundraising competition- perhaps the winning cyclist challenges the losing cyclist to another few laps - for charity!



SPIN CLASS RIDES

Participating in a spin class can be a great opportunity for your network of friends and workout buddies to get in a great sweat and have a good time! There are 2 ways to do spin class rides.

- 1 A gym or fitness center that offers spin classes.
- 2 At an indoor cycling facility. Two national indoor cycling venues are CycleBar and Flywheel Sports.

Most facilities will offer a partnership where they supply the instruction, spin bikes and the venue. In turn, you provide the riders! You may charge cyclists an entry fee and donate the proceeds to Rettsyndrome.org. Each facility may have their own requirements & offers for charity rides, so contact your local fitness center or cycling facility for more details.

Once the details are ironed out with your venue then it's time for promotion and fundraising to commence. See our Fundraising 101 document and Get the Community Excited document for tips on recruiting bikers and raising funds.

If you are organizing a class charity ride you may want to consider putting together a planning committee to promote your event, solicit sponsors, and gather door prizes to put in a raffle of those who are cycling.

CycleBar

<https://cyclebar.com/community/cyclegiving/>

Flywheel Sports

<https://www.flywheelsports.com/charity-rides>

Visit www.rettrideacrossamerica.com or email Jackie Ventura at jventura@rettsyndrome.org.