## Riverside Ride to 150 Rules & Regulations

Goal: Ride 150 miles on your bicycle in honor of Riverside's Sesquicentennial.

When: June 8<sup>th</sup> - September 19<sup>th</sup>. Pick up a mile tracker at any time in this duration.

Where: Riverside Ride to 150 will take place wherever you adventure with your bike! Kicking off at the 6<sup>th</sup> Annual Riverside Ride, we will have mile trackers available for you to pick up. We encourage all productive and safe forms of movement, but limit our mile marker tracking for Riverside Ride to 150 is specific acquiring your mileage through a mechanism with wheels motored only by your muscles, i.e. bicycles, tricycles, wheel chairs, unicycles, etc.

How: With safety guidelines above all else! Wear your helmet properly; get your bike checked regularly; have proper reflectors, have a bell or horn secured within reach. Be sure to have a water bottle holder filled with the properly sized water bottle to stay hydrated. Track your miles on the mile tracker provided by Riverside Parks & Recreation. Miles do not have to be completed in Riverside. This program is run by the honor system. We hope the lovely summer weather keeps you active and this is a helpful way to motivate you to reach an attainable goal. To be a part of the official tracking program, acquire your tracker from Riverside Parks & Recreation. Miles for completion reward must be turned into the Water Tower by September 19<sup>th</sup>, 2019 at 6 PM, the day of Riverside's Annual Touch A Truck Event.

## Does this count?

- Riverside Ride miles Yes!
- Cori's Triathlon August 10<sup>th</sup> Yes!
- Exercise Bike ok!
- Bicycle, Unicycle, Tricycle, Yep!
- Recumbent Bikes Sure!
- Motorcycle nope!
- Scooter nu uh!
- Video Game don't think so!



We're excited that you'll be joining Riverside Parks & Recreation on this adventure! This community has built a foundation of support over the past 150 years; we are excited to see what Riversiders will do next!

