



SEPTEMBER 9TH, 2023 | 9:00AM | JERRY'S POND, ALEWIFE STATION | CAMBRIDGE, MA

BE Prepared Checklist

Woohoo! We're so glad you're joining us for the 2023 Bike Tour!
This event is going to be very fun, but safety comes above all else, so here's a handy checklist of things to do and bring to stay safe on our ride!

Event Logistics

Event date: *September 9, 2023 @ 9:00 am - 2:00 pm (Rain date: 9/10 @ 9:00 am)*

Meeting point: *Jerry's Pond (Alewife Station - Russell Field Station)*

More information on the [Bike Tour event page!](#)

BYO Water!

Did you know that hydration for today started yesterday? Make sure you drink plenty of hydrating beverages the day before the ride, and pack plenty with you the day of! We will stop for water breaks, but it is recommended you bring at least 32 ounces of water, or 2 bottles.

Stretch!

Before getting your body moving, prepare your muscles by doing a few quick stretches the night before and right before we pedal off.

Get a Good Night's Rest!

Getting a full 7 to 9 hours of sleep the night before your ride will help you stay more alert and keep your reflexes sharp!

Have a Helmet, and Wear it Too!

Your noggin keeps those super smart ideas flowing that help you through your job, social interactions, and mid-shower epiphanies - take good care of it :)

Calories Count!

Bring snacks and eat a good breakfast! You'll need energy to keep yourself going on the ride!

Give Your Bike Some TLC!

Riding your own personal bike for this? Make sure it is in riding shape! Check your tire pressure, oil your chains, and take a test-ride the day before to identify and address any issues. Bring extra tubes and a bike repair kit if you have one!

Event Contacts

Prior to 9/9: Ryan Pagois, ryan@builtenvironmentplus.org

Day-of event: Ryan Pagois, (651) 728-2745 and Haya Adleh, (971) 770-6996