



# Saturday Social Ride



- Ohio City Bicycle Co-op
- Type:
  - Health & fitness
  - Education & safety

The Social Ride has been part of our public programs since 2000, often utilizing our city's bike infrastructure – most recently the Towpath Centennial Trail connector which ends just across the Cuyahoga River from our facility in the Flats.

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- **Participants:** Riders of all ages, backgrounds, and skill levels. Tourists often find this free ride an educational and entertaining view of our city they would not have gotten in any other way.
- Staff & Volunteer League Cycling Instructors
- **Location:** 5 mile radius from OCBC's location in the Flats district of Downtown Cleveland
- **Program frequency:** Monthly





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**Goals:** The Social Ride serves as an informal introduction to Effective Cycling principles and a counterpoint to high-intensity “training rides” or Critical Mass-type, “parade” rides.

**Transferability:** Many other groups are adopting this safe, legal-cycling format: all that is needed is a ~1:10 ratio of trained ride leaders to participants who have received a 3 minute explanation of vehicular cycling principles.

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