How to Plan Your Own Route

While we may not be able to experience the routes we know and love in the traditional way this year, we can still get out on our bikes and ride. If you’ve caught the DIY bug and are looking to create your own route, here are some suggestions to help.

**STEP 1: Set a goal**
Your goal could be a certain mileage, or it could be to ride past points of interest. Or maybe you want to complete a route in a certain shape. Whatever it might be, spend time deciding what you want to achieve.

**STEP 2: Check the map**
Pick a starting point that could also be your end point (so you don’t have to arrange for a pickup!). Pull up this location on a map, like Google Maps. If you have points of interest or landmarks you want to see, make sure to add those!

**STEP 3: Make adjustments**
Trying to hit a certain mileage? Play around with the map. Click on different areas to see how far away they might be from your starting point. You can add or remove destinations to increase or decrease your mileage. Google Maps will let you drag the route lines to adjust your ride!

**STEP 4: Scout your route**
Make sure to print your route, write down directions or save the route in your phone. We suggest hopping in the car and driving your route before heading out on your bike. This will give you an idea of what to expect and help you prepare.

**STEP 5: Set a date**
Once you feel confident in your route, set a date to ride it. Check the weather, coordinate with your family or team and mark your calendar!

**STEP 6: Gather your gear**
Inspect your bike to make sure it’s in tip-top shape, check your helmet and prepare any snacks and drinks. Remember your ABCs – check your air pressure, brakes and chain. You can go to a local bike shop for this ABC check, as well as to get advice, a tune up and gear.
It’s your Ride Day!

> Check the weather for the locations and times you’ll be riding so that you are wearing weather-appropriate gear for your ride – sunscreen, rain jacket, and, of course, your helmet!

> Pack a backpack with some basic ride necessities:
  - A fully charged cell phone
  - A water bottle
  - Your wallet
  - Snacks

> Depending on how long you are going, you might want to also pack spare bike parts, like tire tubes or a small air pump, in case you get a flat. Local bike shops sell all you need to fix a flat!

> You should wear bright colored clothing, and even attach reflective material to you or your bike.

> You shouldn’t bike with headphones in, so if you want music, consider a wireless speaker that you can attach to your handlebars or put in your backpack.

> Let your family know when you are leaving and give them a copy of your route. If you need to call them and have them come pick you up, it will be easier for them to find you!

> Before you start riding, if you are using an app or a smart watch to track your mileage, be sure to turn it on!

> If you decide to ride on a bike path or at a public park, we recommend you get there early before it might get crowded! Make sure you check the physical distance guidelines for parking and trail use, and be prepared to adjust if your destination is already full.

> Be sure to review our safety page for even more safety suggestions: rideforroswell.org/routes-safety

Share pictures from your ride and any tips that you might have on social media using #RFR20.

QUESTIONS? Send us an email and we’ll help you prepare.

Be safe, and happy pedaling!

It’s important that however you choose to participate this year, that you be mindful of how to best protect yourself. The latest updates can be found here: https://coronavirus.health.ny.gov/protect-yourself-and-your-family-coronavirus-covid-19

rideforroswell.org