

Fearless Tandem Workshop

Briana Cohen

Logistics

Duration: 1 hour - 2 hours

Number of participants: 6 - 18 people

Materials: 2 tandem bicycles, 4 helmets, snacks

Overview

Introduction (5 mins): Workshop lead and participants introduce themselves. Review agenda and group ride following the workshop.

Reading (5 mins): Read "Blind Ambition" excerpt from Greg Siple.

Bikes Overview (15 mins): Discuss tandem bikes, pilots, and stokers. Describe bike anatomy. Review steps to ride, importance of communication, verbal signals, and safety tips. Role play the responsibilities of the stoker and pilot.

Discussion Questions - Who has ridden a bike before? What was your experience like?

Who can share their favorite adventure outside? Who knows the different types of bikes?

What are the different parts of a tandem bike?

Activity - Students come up and feel parts of the bike, wheels, seats, and handlebars.

Game - incorporates ringing bells, calling out squirrels, and singing songs.

Guest Speakers (20 mins): Tandem Duo - Cheyenne and Darrell.

Discussion Points - Experience riding together, Blind Stokers Club, USABA, paralympics retreat, tandem cycling benefits, and stoker responsibilities.

Parks/Camping/Travel (5 mins): Parks, trails, conservation, and Leave No Trace Principles.

Resources (5 mins): Lend Your Legs, Blind Stokers Club, Adventure Cycling, and more.

Questions (5 mins)

Gear Giveaways!