

## How Slow Can You Go? bike race (sign-up sheet)

Date Time Location

**Heats** recruit up to 27 participants – circle the winner’s name for each heat

	Participant - Lane 1	Participant - Lane 2	Participant - Lane 3
1			
2			
3			
4			
5			
6			
7			
8			
9			

**Semi finals** with the 9 winners of the preliminary heats

	Participant - Lane 1	Participant - Lane 2	Participant - Lane 3
A			
B			
C			

**Grand final** with the 3 winners of the semi-finals

	Participant - Lane 1	Participant - Lane 2	Participant - Lane 3
F			

# How slow can you go?



## Bike race



Activity	How Slow Can You Go? <b>bike race</b>	Notes
<b>Goal(s)</b>	<b>Have fun, engage a large crowd &amp; raise the profile of bikes &amp; your team</b>	
<b>Objective(s)</b>	<ul style="list-style-type: none"> <li>• entice as many people as possible onto a bike (including non-cyclists!)</li> <li>• record photos of people having fun on bikes</li> <li>• award bike prizes</li> <li>• announce next event</li> </ul>	
<b>Material(s)</b>	<ul style="list-style-type: none"> <li>• 3 bikes and 3 helmets (some people without bikes might want to participate)</li> <li>• posters &amp; announcements - include the 3 Rules (see below)</li> <li>• how Slow Can You Go? sign - up sheet</li> <li>• prizes</li> <li>• cones (or garbage bins) to mark the start &amp; finish lines</li> <li>• a lively M.C. (to work the crowd and bring in more participants)</li> </ul>	
<b>Rules</b>	<ol style="list-style-type: none"> <li><b>1. keep moving forward</b></li> <li><b>2. no feet on the ground</b></li> <li><b>3. keep to your Lane</b></li> </ol>	
<b>Planning</b>	<ol style="list-style-type: none"> <li>1. set a date for the event - rain or shine?</li> <li>2. choose a location where people will already be gathered - cafeteria, parking lot, drop-off zone, etc</li> <li>3. choose a racecourse (approx 5m x 15m) - can be indoors!</li> <li>4. recruit a lively M.C</li> <li>5. gather small prizes (even 'front of the line' caf vouchers will do)</li> <li>6. prepare &amp; put up posters - makes announcement</li> <li>7. recruit at least 6 contestants (others will follow) - aim for some key/eclectic characters within the community</li> <li>8. aim for a maximum of 27 cyclists: <ul style="list-style-type: none"> <li>* 9 heats of 3 cyclist</li> <li>* the winners advance to one</li> <li>* those winners compete in the one grand final</li> </ul> </li> </ol>	
<b>Comments</b>	<ul style="list-style-type: none"> <li>• it was harder than it looked (participant)</li> <li>• it's easy to run because there's no need to time it - the last one over the line's the winner (organizer)</li> </ul>	
<b>Extensions</b>	<ul style="list-style-type: none"> <li>• involve a local bike shop - they could loan bikes, display bike stuff, and/or offer basic bike maintenance check ups</li> </ul>	