



# Slow Bike Race Activity

## How slow can you go?

### Goal

Have fun, engage a large crowd & raise the profile of bikes.

### Objective

- Entice as many people as possible onto a bike (including non-cyclists!)
- Record photos of people having fun on bikes
- Award bike prizes



Figure 1 - Slow bike riders on the starting line

### Materials

- 3 bikes and 3 helmets (some people without bikes might want to participate)
- Posters & announcements – include the 3 Rules (see below)
- How Slow Can You Go? sign-up sheet
- Cones (or garbage bins) to mark the start & finish lines

### Rules

1. 5-6 heats of 6 bike riders
2. Keep moving forward
3. No feet on the ground
4. Keep to your lane
5. The winners are the slowest to the finishing line
6. First and second placegetters advance to one of 2 semi-finals
7. All winners compete in the grand final

### Planning

1. Set a date for the event – rain or shine?
2. Choose a location where people will already be gathered – cafeteria, parking lot, drop-off zone, etc.
3. Choose a racecourse (5 metres wide & approx 10 metres long) – can be indoors!



4. Recruit a lively M.C. to work the crowd and bring in more participants!)
5. Gather small prizes (even 'front of the line' canteen or cafe vouchers will do).
6. Prepare & put-up posters – make announcements.
7. Recruit your first 6 contestants (the others will follow) – aim to get some key/eclectic characters within the community (i.e. principal, custodian, student council, etc).

Aim for a maximum of about 30 bike riders (5 groups of 6).

## Feedback

- "It was harder than it looked" (participant).
- "It's easy to run because there's no need to time it – the last one over the line's the winner" (organiser).

## Extension activities

- Involve a local bike shop – they could loan bikes, offer small prizes, display bike stuff, or offer basic bike maintenance check-ups.

Source: [www.urbanthinkers.ca](http://www.urbanthinkers.ca) child & youth engagement in sustainable transportation



Figure 2 - Three of the grand finalists!

# 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
1			
2			
3			

Grand final	with the 3 winners of the semi finals		
	participant – lane 1	participant – lane 2	participant – lane 3
1			

Source: [www.urbanthinkers.ca](http://www.urbanthinkers.ca) child & youth engagement in sustainable transportation