

5 Cities. 1 Ride. 28 Miles.



Mobility Week
OCT 29 – NOV 5, 2021

ALL GEARED UP AND READY TO RIDE

Bike/Walk Central Florida welcomes you to the 5th Annual Bike 5 Cities 28-mile ride with rest stops in the cities of Winter Park, Maitland, Casselberry, Orlando, and the town of Eatonville.

Mechanical Bike Support Available - Call (407) 221-0642

Bike SAG Dave will be available to provide mechanical support for basic needs such as flat tire, slipped chain, etc., during the ride. There may be a slight wait depending on where you are along the route and if other riders need assistance at the same time.

This support is provided by Bike SAG Dave courtesy of David's World Cycles.

If you have a medical emergency, call 911.



RIDE RULES

Use of Helmet - Helmets are required for all participants.

Obey Traffic Laws - We work closely with our partner cities to design an optimal, comfortable, stress-free route on local trails and roadways. The route is 'open' to cars, so abiding by the rules of the road is imperative.

Use Electronic Devices Safely - Please leave your headphones at home so that everyone stays alert. Also, use of electronic devices like cell phones are only permitted when safely mounted to your bike for road navigation (route available at ridewithgps.com - Bike 5 Cities 2020).

Look Out For Each Other - When riding in a small group, please adhere to general courtesies and ride in an organized fashion on the side of the road.

Say Thanks to Our Valued Volunteers & Staff - Lots of generous folks in our host communities are volunteering their time to make Bike 5 Cities great, so please show them your appreciation.

Have Fun! - It's going to be a spectacular day.

COVID SAFETY PRECAUTIONS

All riders have reviewed, agreed to and signed the COVID safety precautions in the registration waiver prior to riding.

Please bring a mask, but disposable masks will be available at all City locations if you forget.

Riders are encouraged to wear a mask at start/finish/rest areas and whenever in close proximity (six feet) of someone not in your household.

When you approach rest stops and snack tables, please wear your mask, remove any cycling gloves and sanitize your hands. We have modified food/drink options to minimize contact. Please follow Ride Leaders and Volunteers' directions.

SHARE YOUR BIKE 5 CITIES STORIES WITH US

We will be doing Instagram and Facebook live as well as posting pictures, sharing videos and more all day and throughout the week. Make sure you've liked, joined, or tagged us on Facebook, Twitter and Instagram.



@BikeWalkCFL

Amplify by using the hashtags
#Bike5Cities #MobilityWeekFL

A BIG BIKE 5 THANK YOU

Bike/Walk Central Florida wants to thank the board, cities, volunteers, sponsors and all participants for helping make the Bike 5 Cities ride possible. Bike 5 Cities is an inclusive ride to show people where they can ride a bike comfortably on roadways and trails in Winter Park, Eatonville, Maitland, Casselberry and Orlando. As the event has popularity skyrocketed, it has become an advocacy asset for Bike/Walk Central Florida to push for more bike-friendly infrastructure both locally and throughout Metro-Orlando. Learn more and get involved: bikewalkcentralflorida.org

Contact | Bike/Walk Central Florida, Info@BikeWalkCF.org
Phone: 407.542.6074

[VIEW ROUTE MAP](#) ▶

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Bike 5 Cities



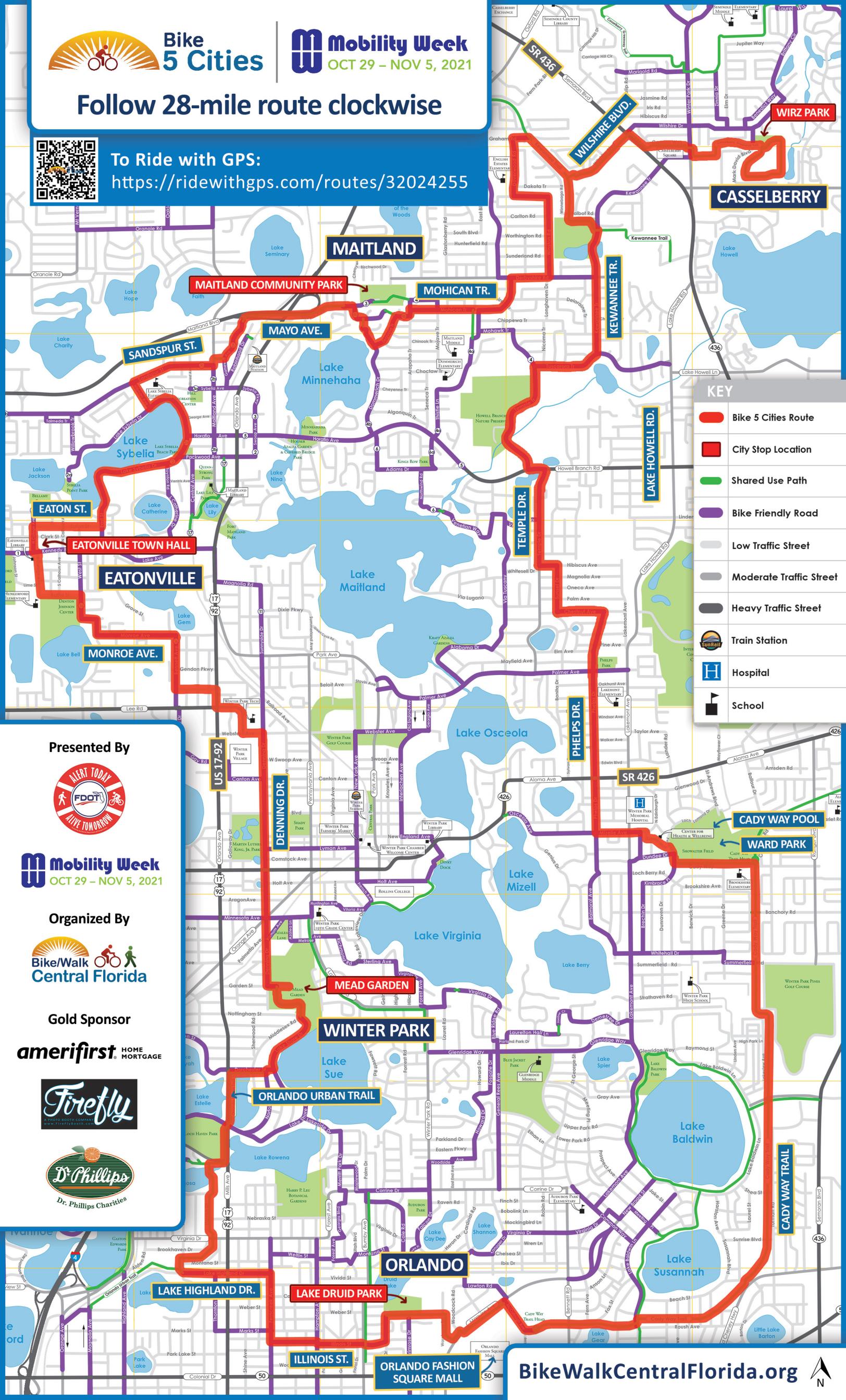
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Follow 28-mile route clockwise



To Ride with GPS:

<https://ridewithgps.com/routes/32024255>



KEY

- Bike 5 Cities Route
- City Stop Location
- Shared Use Path
- Bike Friendly Road
- Low Traffic Street
- Moderate Traffic Street
- Heavy Traffic Street
- Train Station
- Hospital
- School

Presented By



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