

CYCLISTS NEEDED!

Seeking volunteers to ride tandem bikes with our blind cycling group

Training: March 27, 2025
5:30-7:30 PM, Eastern
Market Metro



Join the Metro Washington Association of Blind Athletes (MWABA) for tandem bicycle rides at 6:00 PM on Thursdays in Eastern Market and Fridays in Bethesda from April to October and occasional weekends. We are blind/visually impaired stokers (back seat) and are looking for captains (front seat) to ride with us.

Do I Need a Tandem? Most captains do not own a tandem and do not have tandem experience. Rather, they are cycling or fitness enthusiasts who want a new challenge.

How Does it Work? We provide the bikes and training for the new riders (both captains and stokers). Once you join our mailing list, you'll receive a weekly e-mail asking if you're interested in riding. We'll match captains and stokers and send you further details about the ride. You can ride as often or as infrequently as you want.

But I've Never Done This Before! In partnership with the Washington Area Bicyclist Association (WABA), we'll hold a training for new captains on Thursday, March 27th. Stop by anytime between 5:30-7:30. We'll do a brief orientation before getting on the tandems. If you'd like to attend the training, please sign up at: <http://tinyurl.com/5n7fnhzs> or email mwaba.inc@gmail.com or call or text Shira at 847-217-9505 or Chris at 480-276-3256.

What If I Can't Come to the Training? Reach out to us! We'll train you another time!

Can I help If I don't Want to Ride a Tandem? Yes! Riders on single bikes can help out on our rides.



**METRO WASHINGTON ASSOCIATION OF BLIND
ATHLETES**

Shira (847-217-9505) and Chris (480-276-3256)
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WABA
WASHINGTON AREA
BICYCLIST ASSOCIATION