



PEDAL TO EMPOWER

I RIDE FOR



WORLD BICYCLE RELIEF[®]

THE POWER OF BICYCLES

PEDAL TO EMPOWER

SHOW GRATITUDE

Write a message of thanks to someone in your community or your supporters.



World Bicycle Relief mobilizes people through The Power of Bicycles. We are committed to helping people conquer the challenge of distance, achieve independence and thrive.

Discover more at worldbicyclerelief.org



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CONGRATULATIONS!

(RIDER NAME)

Today, you pedaled to empower women and girls around the world with life-changing bicycles.
On behalf of our global staff and the hundreds of thousands of people and their families that we serve, THANK YOU!



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RIDE-DAY IDEAS

Whatever distance you choose to ride, whether you're solo or with a group, we're thrilled to have your support! If you are looking for ride ideas you can choose one below or get inspired to create your own idea that's right for you and feels good while making an impact for others. Most importantly, have fun!



Spread Joy

Just Getting Started – Spread joy on your bike and support a woman-owned local business, clean up trash along your route, or deliver food to a friend.



Take the Road Less Traveled

Picking Up Speed – Explore your community and change your perspective with a new trail, a scenic detour, or a visit to a special site outside your usual route.



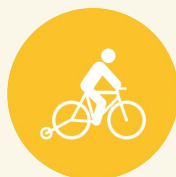
Help Carry the Load

Picking Up Speed – In the hands of a woman, a bicycle is an engine for economic empowerment. Use yours to carry the load and transport goods, services, friends (and pets!) along the way.



Go the Extra Mile

Push yourself – Ride 160 miles or more – the distance a young mother in Zimbabwe traveled for her Buffalo Bicycle to help grow her business and provide for her family.



Close the Gap

Go Virtual – Hop on your trainer and join our global community as we ride together virtually to reach a collective mileage goal. Increase your impact and pledge to raise \$1 per mile you ride!



Remember to share your photos and videos of your big adventure on social media and use [#PedaltoEmpower](#) to help spread the word!



PRINT AT HOME SPOKECARDS!





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