

→ 5 WAYS ←

to **MAKE BIKE RIDING FUN**
for the **KIDS IN YOUR LIFE**



Strapped for time with your family, but want to make the most of it when you are together? **We hear you.**

Here are our favorite ways to make bike riding more fun for the kids in your life, so you can turn little moments into big memories!

#1

PREPARE

Riding bikes is a lot more fun when it's quick and easy to get out the door. We put together the Ready to Ride Checklist (attached!) to avoid hunting for missing helmets or mid-ride meltdowns because someone is hungry. We like keeping the checklist right next to a bin of biking gear so that getting out the door is easy, and you don't forget things like a trip to the bathroom before you're on your bikes. As they say, proper prior preparation is half the battle!

PRINT IT! Your Ready to Ride Checklist is in this guide.



#2

GET GOOFY!

Doing something a bit ridiculous gets 'em giggling and kids tend to remember those moments— "Remember when Dad was a pirate? Remember when Mom talked like a kitty?" Bringing a little element of silly into your bike ride is always a hit. Whether it's wearing Hawaiian leis or "oinking" like a pig at every stop sign, getting goofy makes the moment more fun!

#3

MAKE IT AN EVENT

Even if you just have 20 minutes, getting clear on the destination is a way to make it feel like a bigger event than it might seem. "Riding to the park" sounds more exciting than "going on a quick ride." Similarly, adding a task or two along the way (for bigger kids) can be key. "We're going to ride to the park, get off our bikes and do three somersaults, and then race back as fast as we can." Of course, biking to the ice cream shop is guaranteed crowd-pleaser as well!



#4

PRACTICE SKILLS

We're fans of practicing technical riding skills anywhere to prevent hearing the dreaded "I'm bored!" This could be the Parking Lot Pick Up or the Ride The Line games (check them out on our YouTube channel). The best thing about practicing skills is that your kiddo will love doing it together, and he/she can keep practicing on their own afterwards, too. And, of course, their skills get better which *always* makes biking more fun!

WATCH IT! *Get practice skills ideas on our YouTube channel*



#5

TIE IT ALL TOGETHER

Part of the reason we started Buddy Pegs was to tie bike riding into the rest of our kid's life. When you listen to the podcast, or read a book at bedtime, use that opportunity to talk about the adventures you've taken with your little rider. Keeping the conversation going keeps those fun memories fresh in their mind and starts a lifelong tradition of adventuring together.



BONUS!

One last idea before we go: Document it!

Sure, a good family selfie is always fun, but we encourage you to take this old school and print out the chart (in this document!). Make a list of rides you'd like to go on as a family, and then put stickers or check marks next to the destinations every time you do the ride. At the end of the week/month/summer, you can look back at all of the rides you've been on together—even the short ones! They all count!.

PRINT IT! Your *Where We've Been On Bikes* chart is in this guide.

That should get you started!

Be sure to tag your family biking adventures with #buddypegs #raiseriders on Instagram for a chance to be featured and to win special prizes!

Here's to turning little moments into big memories for the kid in your life.



READY TO RIDE CHECKLIST

FOR KIDS

Always

☐

HELMET

☐

GLOVES

☐

SOCKS

☐

SHOES

☐

GO TO THE BATHROOM

☐

WATER

Sometimes

☐

JACKET

☐

SUNGLASSES

☐

SUNSCREEN

☐

PADS

☐

BACKPACK

☐

☐



WHERE WE'VE BEEN ON BIKES

Let's ride to:

Done!

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