

# 2021 Tarrant County CycleNation

## Ride Wherever, Raise Together



### Digital Celebration

Saturday, May 15, 2021

9:00 AM

Join us as we celebrate our efforts to stop the cycle of stroke and heart disease. We signed up, recruited friends, raised much needed funds and tracked our physical activity to get warmed up and ready to ride.

## Choose your Ride Experience

### Cycle at Home

- Join us on your **Peloton** for the **Sweat Steady Ride with Jess King** on Saturday, May 15<sup>th</sup> at 9:30am CDT. Use **#TarrantCtyCyclNation**
- Jump on your stationary bike and log onto a virtual spin class or your favorite at home fitness program.
- Connect with fellow cyclists on **ZWIFT** for a celebratory ride.

### Spin at a Studio

- Sign up for a charity ride at [CycleBar Waterside](#) in Fort Worth on May 15<sup>th</sup>
  - \$20 per class; Must register with CycleBar.
  - Sign up here: [12:30pm](#) class
- Spin at [ZYN22](#) throughout the month of **May** and **DONATE** to AHA.
- Join a class at your local gym and cycle for brain and heart health!

### Ride the Road

- Grab your bike and ride with family and friends in your neighborhood or a local park. Or connect with a cycling club and join them on a trail.
- Check out [FW Bike Map](#) for great city routes and local trails.
- Don't have a bicycle? [Fort Worth Bike Sharing](#) will let you ride their bikes for **FREE** on May 15<sup>th</sup>.
  - Use promo code **0515** at any station or **AH0515** on the Bcycle app. Good for the whole day (May 15<sup>th</sup> ONLY).
  - Scan this QR code to find a bike.



*Remember to be safe, stay hydrated, wear protective gear and follow local health and safety guidelines!*

## Share your Ride Experience

Check out our Tarrant County CycleNation [Facebook](#) page and post your pics on social media!

**#TarrantCountyCycleNation**

**Tune into the [Heart Challenge Playlist](#) while you ride!**