



**The Pedalwise Owl is looking for YOU!**

**Ride with a mentor**



**Ride a bike to destinations in your neighbourhood**

- Shop, dine, errands, commute— all by bike!
- Be active with your family
- Meet new friends
- Become healthier
- Enjoy nature
- Help reduce traffic congestion
- Reduce your carbon footprint
- Become confident—ride with a mentor

**Join the free Pedalwise program**

**[bikebrampton.ca/useful-links/brampton-bike-hub](http://bikebrampton.ca/useful-links/brampton-bike-hub)**



# FAQ's for Pedalwise Participants

## Do I need to know how to ride a bike?

You need basic bike riding skills. Pedalwise is meant to help you develop community cycling knowledge, more skills and confidence, while promoting healthy living and having fun!

## Who can join Pedalwise?

Peel Residents are welcome. Men and women. Children under 18 must be accompanied by an adult.

## What costs are involved?

Pedalwise is free. A small deposit is required for loaned equipment. Participants under 18 must have and use a bicycle helmet.

## How fit do I need to be? What skills do I need?

You only need to be able to ride short distances safely. Pedalwise focuses on trips of 5km or less although there will be opportunities for longer rides if you choose.

## How many hours are involved in Pedalwise participation?

That's up to you and your mentor. Our objective is for you to take at least three trips by bike per week, that otherwise would have been car trips. Bicycle trips can be combined with public transit.

## Do I need a bicycle?

Yes. You need a bicycle that is the proper size and fits you comfortably. Pedalwise can offer a limited number of used bicycles for loan on a first come/first served basis. A deposit is required for a bike loan.

## What are my responsibilities

Ride as often as you can. Complete the surveys and track your trips using the equipment and forms provided. Contact your mentor at least twice a month. Have fun riding.