Hadley

Biking Sample

They say you never forget how to ride a bike—and the thrill of gliding along on two wheels can make you feel like a kid again.

With the right equipment and a little support, you can still experience the joy of cycling—for exercise, for competition, or just to get out in the great outdoors—no matter your level of vision.

Riding a tandem, or a bicycle built for two, is one great way to get rolling. And if you don’t have a partner to ride with, there are many organizations that help people with vision loss get into tandem biking. They can pair you up with another rider, and even help you find the right bike. When two people are riding a tandem, the rider in front is responsible for watching the road or pathway, steering the bike, and changing the gears. Both riders pedal and use the brakes.

Whether you’re pairing up with a friend or meeting a new partner, get together before you go out for a ride—to talk about your riding style, how to work together, and how to communicate on the bike.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off, and track your progress every time you log on. Plus, it connects you to the Hadley community, and helps sustain our funding to keep Hadley free of charge. And last, but not least, it gives you direct access to experts, like me. Now, where were we?