

GEAR UP FLORIDA CYCLIST EXPECTATIONS

TRAINING REQUIREMENTS

Month	Mileage (YTD)
January	100
February	300
March	700
April	1,000

FUNDRAISING REQUIREMENTS

Month	Without Bike Incentive	With Bike Incentive
30 days after acceptance	\$500	\$500
November	\$500	\$500
December	\$1,250	\$1,500
January	\$2,000	\$2,500
February	\$2,500	\$3,500
March	\$3,000	\$3,000
April	\$3,500	\$4,500

ESTIMATED PERSONAL COSTS

Category	Estimated Average
Bike, equipment, packing list	\$1,600
Airfare	\$400
Spending Money	\$250
Bike maintenance	\$150
Total	\$2,400

Note: Averages are subject to change depending on your bike choice, gear quality, proximity to start/end location and personal spending. Health insurance is required!

COMMUNICATION & EDUCATION REQUIREMENTS

- Monthly 15-minute check-in calls
- Monthly webinar attendance
- One to two hours monthly asynchronous education: training, fundraising, disability awareness
- One shared experience/Friendship Visit
- One group training ride

ALCOHOL & DRUG POLICY

- Underage drinking is prohibited (immediate removal)
- Drug use is prohibited (immediate removal)