

# Use a Bike Blender



## OK, WHAT IS A BIKE BLENDER?

A bike blender is a pedal-powered blender! It's just like a blender you'd find in an ordinary kitchen, except no electricity is required. The blender is attached to a bike, so it's activated just by pedaling.

### HOW IS A BIKE BLENDER USEFUL?

Bike Blenders are an incredibly fun way to build enthusiasm for biking, demonstrate the power of clean energy, and whip up some healthy beverages to help you cool down after pedaling! Bike blenders attract a lot of attention because they combine two great things — biking and food — in one unique contraption.

Some schools use a bike blender as an incentive or reward for students, such as to celebrate truancy reduction or to encourage participation in Walk & Roll to School Day.

Others use it as a conversation starter when encouraging students, caretakers, and administrators to discuss and implement Safe Routes to School programming in their own communities.

## HOW DO I GET A BIKE BLENDER?

*GETTING ONE IS RELATIVELY SIMPLE:*

### BORROW ONE

YBike, a San Francisco Safe Routes to School partner and community bicycle program offered by the Presidio Community YMCA, has three bike blenders available for loan. To put in a request to borrow one, email [matt@ybike.org](mailto:matt@ybike.org) and [malay@ybike.org](mailto:malay@ybike.org). If one is available, they will email your confirmation with complete instructions, including pick up and drop off information. See the next page for details!

### CHECK WITH YOUR SCHOOL

In San Francisco, some schools have wellness or after school programs that have their own bike blenders. Ask your school administration, or a nearby school, to see if they already have one you can use.

### BUY OR RENT ONE

Rock the Bike, a company based in Oakland, CA offers several versions of bike blenders for sale or rent. Go to [RockTheBike.com](http://RockTheBike.com) for details and pricing.





PLEASE INCLUDE THE FOLLOWING IN YOUR REQUEST:

**1. Are you able to pick up and/or return the blender bike?**

- If YES: Include your pickup date / drop-off date
- If NO: The YBike team will check schedules to see if they are available to help with pickup and/or drop-off

**2. Bike size needed**

- Small = Grades 3 & under
- Large = Grades 4+ (You can choose between a "Fender Blender Pro" and a "normal" bike blender)

**3. What event/purpose is it for?**

**YBike** 

**Are there limits on how often I can request a Ybike bike blender?**

There is no set limit on how frequently any one group or individual can reserve a bike blender, but YBike balances all requests to ensure that everyone has an equal opportunity to go for a spin/blend.

**What else do I need to know?**

**Bike Blenders are available for pick up at the Ybike office at 1151 Gorgas Ave.**



Any vehicle that can transport a bike can transport the normal blender bike (a hatchback, a vehicle with a bike rack or bike trailer, a truck/van, etc.)



If you're borrowing the "Fender Blender Pro," we recommend using a bike trailer or van (SF Bicycle Coalition has bike trailers! Inquire with them).



Please return the bike blender in the same condition you picked it up: CLEAN. This includes the cooler, blender base, blender jar, and any additional pitchers, spatulas, etc. that were borrowed. Rinse off any stickiness on the bike and stand.

## WHO CAN BORROW A Y BIKE?

Teachers, wellness centers, community organizers to name a few. If you have a compelling reason and represent a school or valid community group that can ensure careful use and return of the bike blenders, YBike will try their best to accommodate your request.

