

Practice Ride Preamble

Contributed by Leon Sun
Wednesday, 26 August 2009

Welcome to Dharma Wheels practice rides and a chance to join us in mindful cycling. Each practice ride is like a mini-pilgrimage and is, in fact, a warm-up to the main event. It is an opportunity to meet fellow cyclists and dharma practitioners and to find ways of practicing mindfulness through cycling together.

These rides are planned, organized and led by individual volunteers. Routes are chosen on the basis of how they would benefit a variety of riding skills and levels. Experienced cyclists or riders who have been on the Pilgrimage or previous practice rides usually help the main leaders with such tasks as riding “sweep” – making sure that no one is left behind, or leading sub groups of riders based on skills and ability, while staying in touch with the main group. Often, to accommodate unforeseen challenges on the road, decisions have to be made on the go. For those who are coming to a practice ride for the first time, or are new to cycling, there is nothing more satisfying to ride leaders than seeing new faces and the energy and spirit they bring.

When we list these rides, we try to provide as much information as we can to help you decide if the ride is suitable for you. For us, one of the most important pieces of information is the number of participants to expect. This is why we ask people to register if they are planning to come. Even if you need to cancel at the last minute, it’s better for us to overestimate the numbers than to underestimate.

Looking forward to riding with you!
Dharmawheels Team