

LET'S ROLL IN 2025

Ride to Unite Spring 2025 Newsletter

Cycling Without Limits



Welcome Ride to Unite!

Cycle St. Louis has changed its name to **Ride to Unite (RTU)**, which better reflects its goals and activities. Our ambition of *Cycling Without Limits* aligns perfectly with *Recreation Without Limits*, the vision our parent organization, the Recreation Council. RTU volunteers, together with local partners, will continue to create cycling opportunities for children and adults with disabilities in the St. Louis area. These efforts include providing access to adapted cycles, communications about a variety of cycling resources, and facilitating opportunities for individuals to participate in organized rides.



Give STL Day & Ride to Unite

Ride to Unite is again participating in Give STL Day on May 8th. Please consider making a donation so we can continue providing cycling resources for individuals with disabilities. We hope to upgrade some of our adapted cycles, including purchasing a recumbent tandem and converting an existing tandem to electronic assist. We also hope to enhance our website and other communications to better reach the St. Louis cycling community. To donate early or on May 8th, click [here](#).

Give STL Day
May 8th, 2025

Ride To Unite
(Formerly Cycle St. Louis)

- A unique program of the Recreation Council of Greater St. Louis
- Creating Cycling Opportunities for People with Disabilities
- Every dollar donated goes directly to providing cycling opportunities for individuals with disabilities in the St. Louis region
- 100% volunteer effort, supported by the STL cycling community

Donate on May 8th at:
<https://www.givestl.org/organization/recreationcouncil>

Your support enables children and adults with disabilities to realize the many benefits of cycling, including the feelings of pure joy and freedom from riding.

Thank you!

www.cyclestl.org Cycling Without Limits cyclospartnership@gmail.com

Save The Date - Ride to Unite at the Gateway Cup

The Ride to Unite at the Gateway Cup planning committee is hard at work to make this year's event on Saturday, August 30th at 9:00 at Francis Park the best ever.

- Those interested in supporting this ride with donations, sponsorships, or participating with a team can send an email [here](#).
- For more information and to register, click [here](#) or scan the QR code in the save the

- date flyer to the right.
- If a rider needs a Buddy to ride with them or help with cycle transport, call 314-726-6044, ext. 101 or send an email to Ride to Unite [here](#).



Upcoming Events

- **Accessible Trailnet Rides.** Our partner, [Trailnet](#) has designed another inclusive ride season with the [Bridge Birthday Bash](#) on **May 4** and the [I Scream for Ice Cream](#) on **July 6** being good fits for individuals with disabilities. Checkout all of Trailnet's rides [here](#). These rides are FREE for Ride to Unite participants and their support person(s). For the free ride code, send an email by clicking [here](#).
- **June 16 - 20, I Can Shine Bike Camp, Fulton, MO** - This camp teaches differently abled children how to ride a two-wheeled bike. For camper registration information or to volunteer, click [here](#).
- **June 19 & July 17, Camp Independence & Adapted Cycle Fittings.** For camp information and to register, click [here](#). Adapted cycle fittings are from 12:00 - 1:00 PM and after 3:00 PM. To schedule a fitting session, call the Bike Rack at 630-587-8100.
- **August 30, 9:00, Ride to Unite at the Gateway Cup.** It's never too early to put this ride on your calendar. For more information and to register, click [here](#).
- **September 14 - Tri My Best Triathlon** is an adaptive event for school age kids with motor disabilities at Washington University's Danforth Campus. For more information and to register, click [here](#). To schedule an Adaptive Cycle Fitting from 7:00 AM to noon, call the Bike Rack at 630-587-8100.

Send us your cycling related news and events by clicking [here](#).

Ride to Unite Partners

Click on our partner's below to learn about them:

- Achilles St. Louis
- Big Shark Bicycle Company
- Children's Hospital St. Louis – Cerebral Palsy Sports & Sports and Rehabilitation Center
- Delta Gamma Center
- Gateway Tykes on Trykes
- Kids Enjoy Exercise Now (KEEN)
- Missouri Families for Effective Autism Treatment (MO-FEAT)
- St. Louis Arc
- St. Louis County Parks

- Ranken Jordan Pediatric Hospital
- Recreation Council of Greater St. Louis
- Special Olympics Missouri
- Team Activities for Special Kids (TASK)
- Trailnet
- Variety

[Ride to Website](#)

[Email Us Today](#)

[Donate Now](#)



Recreation Council - Ride to Unite | 11457 Olde Cabin Road Suite 235 | St. Louis, MO 63141 US

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