

## Bike Gear Fashion Show Checklist

### Before

- Check in with ECO<sub>2</sub>school staff for support availability
- Work with the teacher advisor and administrative staff for event approval
- Collect bike fashion gear
- Check with the ASB class to see what red carpet materials they already have and on use of the PA system
- Download music. *Queen's 'Bicycle Race' or Black Uhuru "Fit You Haffe Fit"*
- Advertise your event with banners, posters and announcements

### On Site

- Give yourself at least half an hour set up time
- Set up an information table
- Have your models gear up ahead of time
- They can model more than one accessory at a time

### During

- One person should stay at the table to share information
- MC – know the order of models and the safety or fashion reason for the different pieces of gear – share information as models walk the red carpet
- Models – ham it up, be silly and strut your bikey stuff

### After:

- If people are not modeling their own gear make sure gear is returned to the owner
- Clean and return any materials borrowed from ASB

### Materials Check List

- Table
- Banner
- Table cloth
- Sponsor List
- Clip board with paper and pens

### Fashion Accessories *(these will change based on availability)*

- **Bike shorts** *Provide comfort on long rides and are padded in all the right places*
- **Cycling Jersey** *Wick sweat away from your skin keeping you cooler and more comfortable. Many have groovy pockets in the back for small items*
- **Reflective vest or coat** *Light and bright colors make you visible. A driver who can see you will try to avoid hitting you*
- **Bike Helmet** *your number one piece of safety equipment. Brain injuries are just not cool*
- **Multi-use Helmet** *Just like a bike helmet but can be used for skateboards*
- **Ankle straps** *Keep pant legs out of the chain*
- **Sunglasses** *In addition to filtering the sun, keeps dust and bugs out of your eyes*
- **Water Bottle** *Dehydration can ruin a fun ride. Drink before you are thirsty*
- **Headlight and taillight** *It helps keep you visible on foggy mornings*
- **Backpack** *A handy tool for carrying your school gear*
- **Cleats** *cycling cleats have a stiff sole that allows your leg power to go directly to the pedals*
- **Rain Pants** *Any day is a great day to ride if you have the right gear*
- **Gloves** *protect your hands, help you wipe sweat from your brow and provide padding*
- **Bike** *you might want one of these on hand as a prop for your models*