

Bike & Build Alumni Rider Mentor Guidelines & Expectations

Alumni Rider Mentors are past B&B riders who are enthusiastic about their trip experience and the affordable housing cause. These volunteer mentors give back by sharing the love with a first-time rider, providing guidance, advice, and encouragement before and during the trip. The mentor is also responsible for tracking the new rider's 500 pre-trip cycling hours.

Volunteer alumni are assigned to new riders who request a mentor, with the understanding that the alumni mentor serves as a supplemental guide and support to the new rider before the trip begins. The Alumni Council envisions mentors primarily to be personal gear guides, accountability buddies, and confidence boosters as riders take on the adventure of Bike & Build.

Things to keep in mind

- Mentors should be careful not to take away from the important role a trip leader plays in answering the multitude of questions newbies have, as new riders need to establish that relationship with leaders (and leaders need to practice answering those tough questions).
- Bike & Build is always changing as we learn new lessons each year. Your experience was without a doubt, different than this new riders experience will be. Be supportive and encourage the rider to use their rider manual to explore answers to their questions.
- Keep in mind that many new "rules" are implemented because they deal directly with riders' safety and well-being. Honor this in your conversations with your new rider.

Expectations of Alumni Mentors

- **BEFORE THE TRIP**
 - begin with an email to your participant; introduce yourself
 - call your participant at least 2x to get to know her/him
 - offer to help with gear knowledge/selection; share day-in-the-life stories
 - talk them through bike set-up when their bike arrives
 - if you live nearby, help them in person!
 - track rider's pre-trip 500 cycling hours to keep them accountable and encourage them to get these hours done. These 500 practice hours are fundamental to the safety of the rider and her/his group as a whole
 - share and encourage fundraising ideas and brainstorms
- **DURING THE TRIP**
 - letter or care package to at least one mail drop

Above & Beyond Alumni Rider Mentors Might Do the Following...

- BEFORE THE TRIP
 - If you live nearby, go for rides together!
 - Have a video-chat bike maintenance & “how to change a flat” date
 - Share in the sweat equity fun--coordinate a Habitat date (even if you’re in different locations, it’s fun knowing you’re still working together for the cause!)
- DURING THE TRIP
 - Care packages at multiple mail drops

To sign up, please [fill out this simple form](#).

Remember, as a mentor you are an additional support to the system already in place to ensure the rider’s safety and success---consistently encourage your rider to take questions and concerns to their group leader!