

Mentor Checklist for Riders

Within One Week:

- **Call** your mentee and introduce yourself.
- Offer to meet up somewhere: social event, training event, coffee shop, wherever.
- Confirm that you have correct contact information.

Within One Month:

- Help your mentee set a fundraising goal and action plan:
- Provide website assistance if needed.
- Assist with writing a fundraising letter.
- Assist with scheduling and arranging a house party.
- Help your mentee set up a training plan.
- Provide equipment advice, drawing from your own experience. Keep in mind that the initial investment for cycling can be high, and your mentee might be nervous about that.
- Make sure your mentee knows about the discounts/special offers that apply to ACT 6 participants.

Ongoing:

- Contact your mentee regularly and let him/her know when you're attending training rides, social events, etc., and say that you hope to see him/her there!
- Check in with your mentee on how well he/she is doing with fundraising, whether he/she is on track, and whether he/she needs assistance.
- Find out what about the ride makes your mentee nervous:
 - Fundraising?
 - Training?
 - Camp?
- Discuss other ride role & volunteer opportunities with your mentee: AIDS Network volunteering, steering committee and subcommittees, etc.

Other Ideas for Mentors

These ideas came out of the Last Year's Mentor Meeting

Training

- Newer participants are often nervous about training rides. Make them sound like as much fun as you know they are! Offer to grab coffee or a drink afterwards... and make sure your mentee knows that it doesn't matter how slow he/she is – we won't leave anyone behind!
- E-mail your mentees in advance with the training rides you plan to attend on any given week.
- Offer to ride with your mentee at other times if the training rides don't fit his/her schedule.

Fundraising

- Bring a few of your mentees together for a group event for writing fundraising letters.
- Help your mentee organize his/her big fundraising event. Assist with ideas on where to hold it if his/her home won't work (Café Momo? Indie Coffee?).
- Organize a group fundraising event.
- Provide stories and ideas from your own successes.

Other

- See if your mentee needs assistance with bike tire changes and other maintenance issues. If you can help, go for it! Otherwise, offer to meet up at one of the many seminars that take place over the summer!
- Encourage attendance at social events. These are a lot of fun, and a great chance to meet other people in our community!