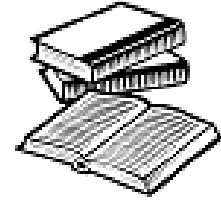
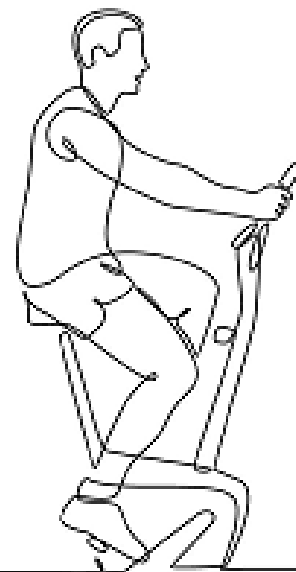


# Read n Ride



- Scan QR code to sign in
- Adjust seat and desk
- Press & hold Key button (black) until it beeps (to reset). Again, press Key button until you see ODO - ML (which is the odometer to measure mileage).
- Bike in a calm manner. Stay in control of yourself at all times.
- Leave the adjustments alone and pedal on the #3 setting. *\*\*Don't adjust to the easiest and pedal too fast - it makes it difficult to read.*
- Ask LMC staff for help.
- You **MUST** be reading or doing work on the bike!

**Be sure to record your mileage on the Google Form before you leave.**





All riders must scan QR code or open browser and go to :  
**[shorturl.at/gsTY3](https://shorturl.at/gsTY3)**



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**[shorturl.at/gsTY3](https://shorturl.at/gsTY3)**

