

Join Us!
10.17.21

FIRST HORIZON
Speeding Lawfully Spin & Cycling Challenge
Presented by:
MDB INTELLECTUAL PROPERTY COMMITTEE

Speeding Lawfully is a socially distant bike challenge for all fitness levels. 100% of proceeds benefit Dade Legal Aid and Put Something Back that continue providing equal access to justice to low-income residents of Miami-Dade County in need of civil legal assistance during the pandemic.

Race Starts
11:00 AM

TO RSVP OR SPONSOR:
PSB@dadelegalaid.org
305-579-5733 Ext. 2252

\$25/person
\$15 students
***Judges Complimentary**

RATZAN & FACCIDOMO LLC
Bilzin Sumberg
BSF BOIES SCHILLER FLEXNER
U.S. Legal Support
CHAMPION LEGAL
Morgan Lewis
BASTAMRON INSOLVENCY LITIGATORS
Haitian Lawyers Association
MIAMI DADE FA'UL
Tito's
Handmade SODKA
Publix
SMKBA SOUTH MIAMI KENDALL BAR ASSOCIATION
TRADER JOE'S
Joe's STORE CRAW

SPEEDING LAWFULLY 2021

Thank you for joining us for the Speeding Lawfully virtual spin challenge to support Dade Legal Aid! Get ready to hop on a bike, pedal-a-ton, send some high fives and sweat for 30 minutes. No matter how you are riding (or even walking) today, we wanted to share the following instructions to make it a fun challenge for everyone:

Peloton Bike Users:

If you are riding a Peloton bike, please log-in and get ready to start at 11AM (EST). Add the hashtag #speedinglawfully to your profile so you can race us up the leaderboard.

We will be racing to Robin's 30-minute "Together We Ride" ride from March 19, 2020, which you can find in the on-demand class menu. The playlist features music from Justin Timberlake, Madonna, Aerosmith, Bon Jovi and more, so something for everyone. The ride is comprised of a 4-minute warmup, 25 minutes of cycling and a 1-minute cool down.

Peloton App Users:

If you want to join through the Peloton app, make sure you [download it](#) and set up for your free 30-day membership before the ride starts at 11 AM. For those unfamiliar with the app, follow these steps (after downloading and selecting your leaderboard name):



Classes



Programs



Collections



Schedule

Your Tags

Working Out Now



Add the #speedinglawfully hashtag to your profile here, so we know you are part of the challenge.

Strength



Yoga



Cardio



Featured



Challenges



Classes



Profile



More

1:33 ↗



◀ Search



TAGS



My Tags



Search or Create



Explore

Speedinglawfully

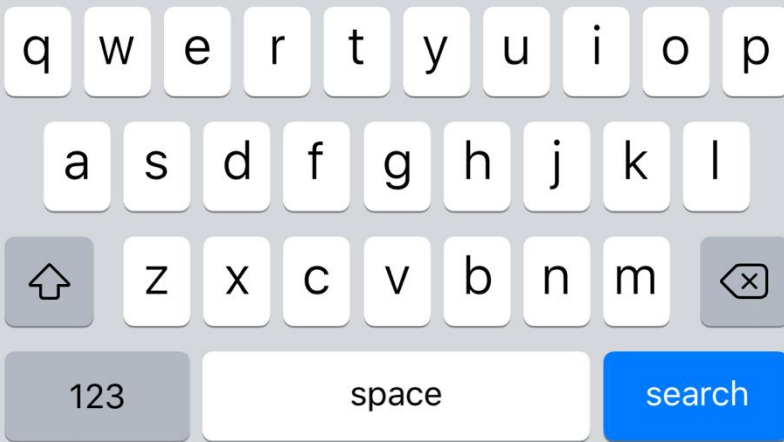


speedinglawfully

1 Member



NEW





Classes



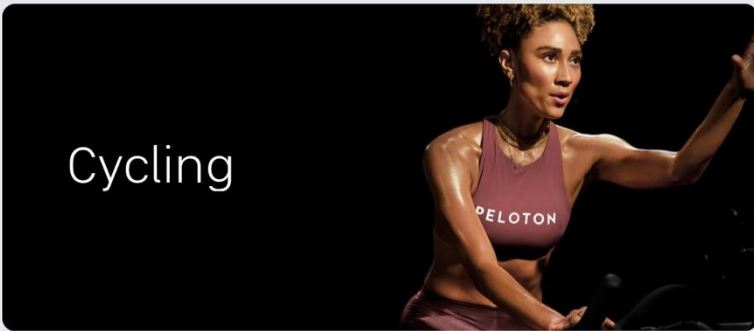
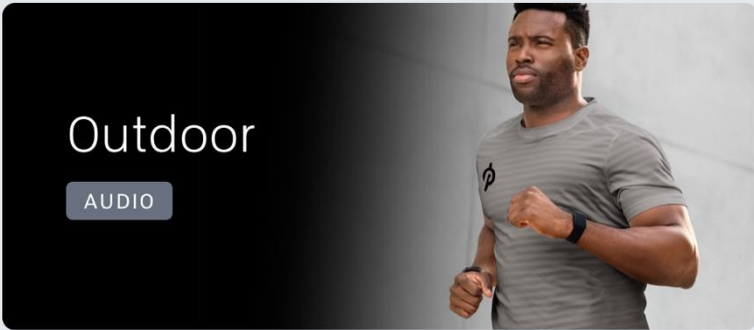
Programs



Collections



Schedule



Featured



Challenges



Classes



Profile



More

Then, click on "Cycling" under the Classes menu.

Cancel

CYCLING

Clear All

🔖 Bookmarked

✓ Taken by Me ✓_x Not Taken by Me

LENGTH 30 min ▾

CLASS TYPE ▾

INSTRUCTOR Robin Arzón ▾

MUSIC ▾

SUBTITLES ▾

SORT New ▾

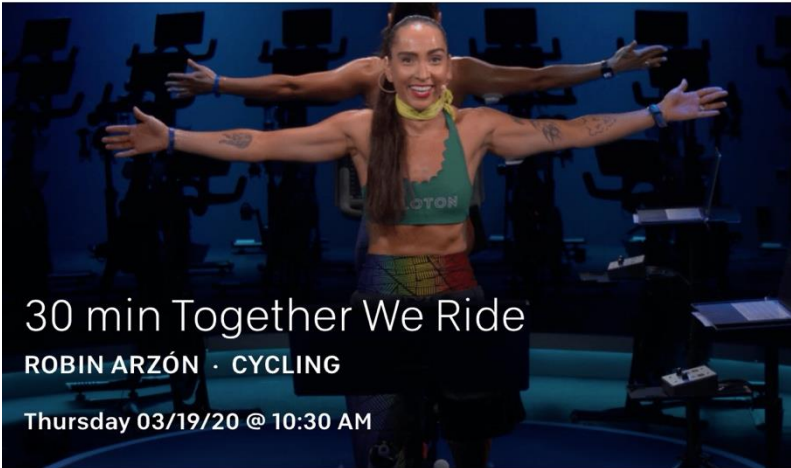
SHOW 134 CLASSES

⚙️ English Classes

Filter the classes by selecting "30 min" under Length and "Robin Arzon" under Instructor.



CLASS DETAILS



30 min Together We Ride

ROBIN ARZÓN · CYCLING

Thursday 03/19/20 @ 10:30 AM



SCHEDULE



100%

107,480 Ratings

7.8 /10

Difficulty

DESCRIPTION

Together We Ride and Celebrate the Peloton Community.

SUBTITLES: EN

FEATURING MUSIC BY

Justin Timberlake | Madonna | Aerosmith | Bon Jovi

PLAYLIST

1



Joe Cocker



START

Scroll down until you find the March 19, 2020 30 min Together We Ride. Wait until 11AM and then hit START!

Outdoor Bike Riders and Walkers:

If you prefer to ride a traditional bicycle outdoors or just want to head out on a walk, manually track your mileage over 30 minutes anytime on Sunday, October 17. Make sure to email a screenshot of your smart watch or activity tracker with the mileage to psb@dadelegalaid.org before Monday, October 18 to be included in the Speeding Lawfully challenge.

Please let us know if you have any questions before the challenge starts on Sunday. Looking forward to seeing you on the leaderboard!