

## RIDE INSIDE - PARTICIPANT VIDEO INSTRUCTIONS

1. Rotate your phone to a horizontal perspective.
2. Select the video record function on your phone's camera.
3. Find nice light if available, preferably outside or inside by a window.
4. Frame your subject from the waist-up and make sure there is room above their head on the camera screen.
5. It is important there is no background noise being recorded, please find a quiet place to record without distracting sounds.
6. Tell the camera who you ride for, as a group or individually: **“I ride for \_\_\_\_\_”** or **“We ride for \_\_\_\_\_”**
7. Please record for a few seconds before and after you talk so there is enough for us to edit.
8. Sample images below for your reference. Thank you for participating!

