

[SUBSCRIBE](#)[SIGN IN](#)

Gear-obsessed editors choose every product we review. We may earn commission if you buy from a link. [How we test gear.](#)

How Bike Riders Can Be Anti-Racist

SIMPLE APPROACHES TO CONFRONT POWER AND PRIVILEGE IN YOUR COMMUNITY, AT THE OFFICE, AND ON A RIDE.

BY [TAMIKA BUTLER](#) Jul 27, 2020





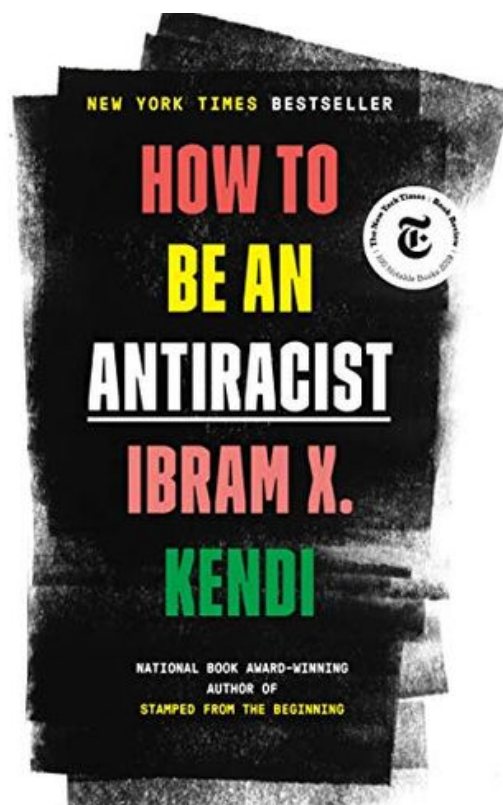
Kayla Reefer

Black people are scared for their lives. It's not enough to not be a racist. You must be actively anti-racist every single day. Start by educating yourself with [How to Be an Antiracist](#) by Ibram X. Kendi. For something bike related, pick up Adonia E. Lugo's [Bicycle/Race](#). Feeling nervous to talk about race or feel guilty when race comes up? Take a look at Ijeoma Oluo's [So You Want to Talk About Race](#). But then what? Confront power and privilege. Here are three approaches.

How to Be an Antiracist

\$15.57

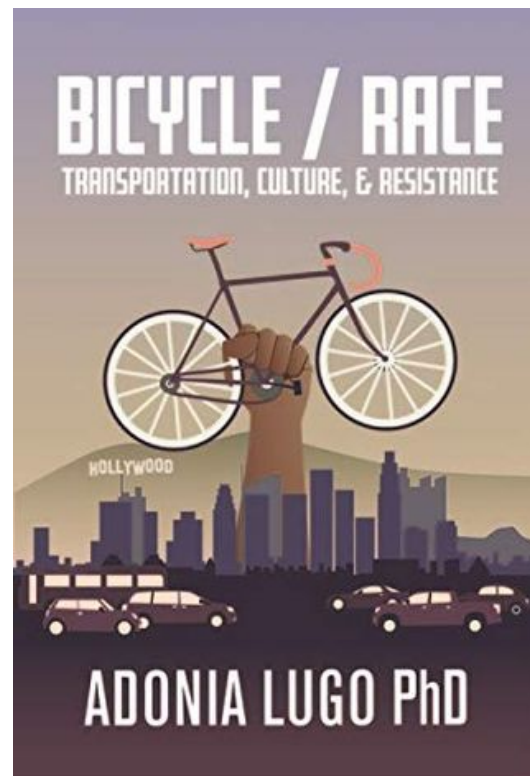
SHOP NOW



Bicycle / Race

\$12.89

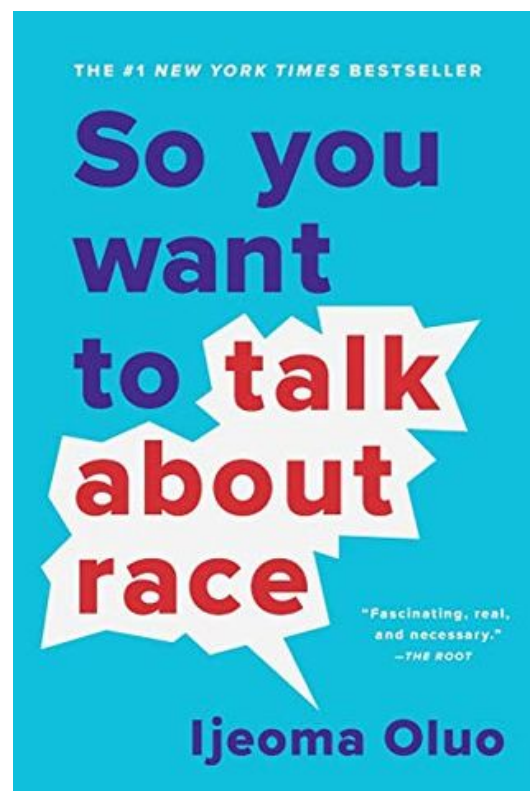
SHOP NOW



So You Want to Talk About Race

\$10.19

SHOP NOW



Create or Seek "Brave Spaces"

Brave spaces are intentional settings where it's okay to feel uncomfortable. They facilitate the courageous, uncomfortable, and honest exploration of social categorizations such as physical ability, race, ethnicity, class, and gender identity and the privilege or marginalization that is extended to individuals. A white cyclist chiming in on a group ride and saying that passing through this neighborhood isn't safe for non-white members of the group is brave and creating a brave space on that ride.

Understand the Role Power Plays in Your Life, Community, and Work

Take a step back and think about who usually speaks up the most, who gets to make decisions, who leads the pack, and who gets left behind. Think about who has the least power and how you can redistribute that power by inviting more people into decision making, ride leading, and culture setting positions.

Analyze and Challenge Privilege

When the “normal” way of doing things—like if you're used to seeing people who look like you represented on these pages—is challenged, privilege usually rears its head. All of sudden, certain things you never thought about because they never impacted you—like a lack of bike lanes in a Black neighborhood—start to appear on your radar. Don't shy away from this, but also don't feel guilty. Dive into that feeling and force yourself to figure out how to be helpful, even if there is an injustice that might not impact you directly.

Source: *Building Healthy, Equitable Communities: The Role of Inclusive Urban Development and Investment*, a Salzburg Global Seminar program

MORE STORIES FROM BLACK PEOPLE WHO LOVE BIKES



MORE FROM
CULTURE

Why We Must Talk About Race

Black Riders Are Stopped By Police More Often

ADVERTISEMENT - CONTINUE READING BELOW



I Got Stopped Riding Because I 'Fit' a Description

I Dream of a Day I Can 'Just Stick to Cycling'

I Love Being a Black Cyclist, But It's Exhausting

No, Bikes Don't Discriminate. But Cyclists Do.

What It's Like to Be Black For a Day

Ask Yourself, Who Gets Left Behind in Cycling?

Nelson Vails: Black Lives Matter Opened My Eyes

If You Love Cycling, You Need to Talk About Race

[Culture](#)

[How to Ride Safely Right Now](#)

[I Dream of a Day I Can 'Just Stick to Cycling'](#)

[How Coronavirus Is Impacting Pro Cycling](#)

[I Got Stopped Riding Because I 'Fit' a Description](#)

[How to Ride Safely Amid Coronavirus Concerns](#)

[How to Be a Rider: Joshua Page](#)

Bicycling



[Newsletter](#)

[Give A Gift](#)

[About Bicycling](#)

[Why Did I Get This Ad?](#)

[Subscribe](#)

[Other Hearst Subscriptions](#)


[Press Room](#)

[Being Green](#)

[Customer Service](#)

[Community Guidelines](#)

[Advertise Online](#)

 **Hearst Men's and
Enthusiast Media
Group - A Part of
Hearst Digital Media**

A Part of Hearst Digital Media

Bicycling participates in various affiliate marketing programs, which means we may get paid commissions on editorially chosen products purchased through our links to retailer sites.

©2020 Hearst Magazine Media, Inc. All Rights Reserved.

[Privacy Notice](#)

[Your California Privacy Rights](#)

[Interest-Based Ads](#)

[Terms of Use](#)

[Site Map](#)

[Do Not Sell My Info](#)