

4. cultivating a gastrosome of urban metabolism
 Notice the rhythms and patterns of the local urban environment at different times and days in the season. Identify potential interesting co-incidents that the ride-on-dinner might have with other events in the cycle of city life. Imagine the taste of particular foods in particular urban settings. Savour the aesthetic pleasures of simple food and simply riding. Carry things light in weight and relish all that is light in spirit.

3. pedalling a local food system
 Get to know the local urban food production scene or grow your own food. Identify quality fresh seasonal produce that can be the basis of your menu. A vegan menu passes most people's dietary requirements. Can you source your menu ingredients from produce grown within a bike-ride distance of your dinner route?

2. feeding a human-powered transport system
 Explore your local environment for unique experiences by bike. Look for stimulating locations to pass through and savour, or to appropriate for a chance happening. Identify both a good-weather route and a bad-weather route that are a gentle pedal. Plan to pass through some busy streetscapes where the sight of the cycling swarm will give food for thought about human-powered ways.

1. self-authorising generosity
 Your desire and the hunger of fellow riders is all that is needed. You will be part of a temporary swarm of individuals each taking responsibility for your own actions. Ring your bell as you free-wheel past centralised authorities and concerns with permissions and permits. Join the gift economy. Give what you want to give.

PREPARATION
 A ride-on-dinner is best enjoyed when the makers pedal the potential pleasures of open, informal and self-organising ways of urban living. You might wish to practice...

5. sharing responsibility and making social power
 The difference between a picnic-by-dike and your ride-on-dinner is that you are gathering social power. Celebrate that you are not in control. You are leading people to food. Personally invite key interesting people. Roll out the word of ride-on-dinner to different social networks that do not normally mix. Everyone is a pedlar: make non-hierarchical conditions and open informally where everyone can mix with everyone. Liberate yourself from the constraints of dinner bookings. Let people change their mind, follow their feeling, get the taste of things to come, ride together and drift apart. Relax knowing that the cycling swarm will dissipate and move-on by its own accord if ever in danger.

4. Food menu
 - simply inspired by fresh locally-grown organic seasonal produce.
 - planned to be pre-prepared and require minimal cooking on the ride.
 - 10-50grams per person for tastings.
 - 250-300grams per person for main meals.

3. Location to Meet
 - with two adjoining areas linked by a natural threshold or 'line'.
 - that accommodates cyclists gathering in the most open and visible area.
 - that allows cyclists to be greeted at the threshold 'line' by the happiness hosts to receive their dinner napkin before passing through to the other area for first course.
 - (nearby water and toilets is good!)

2. Cyclists
 - each dinner cyclist with their own bike, helmet, jacket and lights.
 - 4 cyclists experienced in group rides to shepherd the swarm through tricky situations (1 per 20 cyclists).
 - 2 happiness hosts, 2 food hosts, 1 lube-boy host, 1 videoing host

1. Hosts
 - 2 happiness hosts, 2 food hosts, 1 lube-boy host, 1 videoing host

8. Co-incidence
 - weather and natural phenomena.
 - urban patterns choreographed by infrastructure.
 - other planned urban events and spontaneous occurrences.

7. Equipment
 - 1 red-cloth neck-napkin for each rider (printed with this recipe!)
 - 2 large gas burners & bottles.
 - 2 large pots.
 - 20lt water drum (check water available on route).
 - 2 pop-up wire coil rubbish bins and lining bags.
 - broadsheet newspaper and greaseproof paper for helmet liner (2 sheets newspaper and 500x500mm greaseproof paper per helmet).
 - dinner lighting (white paper bags to go over bike lights).
 - cutlery and cups to suit (bamboo are now a good available option).
 - food preparation equipment to suit your menu (boards, knives, strainers, buckets).
 - 6 head-mounted torches / bike-lights for hosts.
 - video camera.

6. Pedal powered vehicles
 - 1 load carrying vehicle for 60kg food + cooking equipment.
 - 1 load-carrying vehicle or trailer for 20kg equipment.
 - 2 load carrying cycles/trailers/panniers for 5-10kg support equipment.
 - 1 red-cloth neck-napkin for each rider (printed with this recipe!)

5. Routes
 - good weather route 3-12km.
 - bad weather route 3-10km.
 - (plan access to toilet stops and water on the route!)

4. Documentaton
 - video camera able to be hand-held, bike-mounted and/or helmet mounted.
 - mwm.ride-on-dinner.net online archive.

3. prep
 Can you do your shopping and organising by pedal-power? Can you do your food prep beforehand at the ride's meeting location? People will be trusting you rather than the law, so be really hygienic. Pre-plan the layout of vehicle stations and equipment for the main-meal location in the sequence of helmet-lining, cooking and serving.

2. Invitation
 One week's notice for dinner is a good balance between creating curiosity and setting-up dreaded predictability. For example, simply invite to: ride-on-dinner (meeting time; location)

1. reconnaissance ride
 Hosts ride the proposed routes at exactly the intended time-week before the ride-on-dinner. Rehearse the loose choreography of experimenting locations and timings of your adventure menu. Identify what needs to change or could change for the better.

9. Surprise
 - the unexpected happening.
 - the collective swarm producing affects greater than the sum of its individuals.

10. Documentation
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8. eat your head
 Arrive at main-meal location. Happiness hosts make a flat work surface. Lay 1 sheet greaseproof paper onto 2 sheets half folded broadsheet newspaper. Fold 4 times into long flat cone-shape radiating from one corner. Fold base of cone in half from bottom apex toward the top. Open inside of short cone to reveal greaseproof inner-lining and place inside helmet of the next cyclist who wants to eat. (Pre-prepare some pre-folded liners.) Cyclist presents their helmet to food hosts for dinner. Repeat, add conversation, humour, warm feeling and curiosity to suit.

7. ride-on and fork-off
 Throw a fork in the route before the main-meal location. The lube-boy host entices the swarm in one direction. The food-carrying vehicles and food hosts fork off in the other direction to arrive at the location about 10-15 minutes earlier to set up vehicle stations, burners and pots.

6. everyone pedals their power
 A crescendo of bike-made sounds signal the swarm to start moving. Food-carrying vehicles lead, hungry cyclists follow. Shepherding cyclists compact the density of the swarm. Everyone mixes it up with everyone.

5. greeting ritual
 Cyclists are greeted by happiness hosts as they pass through a threshold line, with exchange of names and conversation as desired. The hosts attach a red-cloth napkin around the neck of each cyclist, with gentle performance qualities as desired. Cyclists move past the threshold to the adjoining area for first course.

4. first to roll-up, first for dinner
 Cyclists gather for 15+ minutes in open visible location. Lube-boy host mingles and lets cyclists know to ride close together as a swarm, how long ride will take, and where it will finish. Lube-boy offers to grease the wheels and ushers cyclists to gradually move toward threshold 'line'.

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Method
 Vary method to explore opportunities available and tastes of interest.

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 - video camera.

Pedal powered vehicles
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Surprise
 - the unexpected happening.
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Sharing responsibility and making social power
 The difference between a picnic-by-dike and your ride-on-dinner is that you are gathering social power. Celebrate that you are not in control. You are leading people to food. Personally invite key interesting people. Roll out the word of ride-on-dinner to different social networks that do not normally mix. Everyone is a pedlar: make non-hierarchical conditions and open informally where everyone can mix with everyone. Liberate yourself from the constraints of dinner bookings. Let people change their mind, follow their feeling, get the taste of things to come, ride together and drift apart. Relax knowing that the cycling swarm will dissipate and move-on by its own accord if ever in danger.

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Cyclists
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 - 4 cyclists experienced in group rides to shepherd the swarm through tricky situations (1 per 20 cyclists).
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