

Additional info

- Start the ride on time
- Educate riders of unsafe/discourteous behaviors in a positive manner
- Report reckless behavior to the Ride Chair
- If present at an accident, call 911 and remain with the individual(s) until help arrives
- Be a role model. Ride carefully and responsibly as a good example to those around you (riders **and** drivers!)

Post-ride

- Ensure Ride Log heading is complete, including weather conditions.
- Note any corrections or suggestions on the ride map. Include it with the Ride Log.
- Mail the completed Ride Log to:

Brad Jensen
62 S Estate Dr
Webster, NY 14580

Can't lead your ride?

If unforeseen circumstances prevent you from leading your ride, you are expected to find an alternate leader. Possible sources:

- Others you know will be at / do the type of ride
- Informal email lists
- Meetup: post a request in the ride event

Be sure to post a final note on Meetup about the change so others know who to expect.

Supported Rides

Supported Ride (SR) leaders have additional responsibilities:

- Ride at rear at the pace of the slowest rider
- Ride the entire route
- Consider recruiting co-leader to lead at front
- Provide basic mechanical assistance
- Observe riders and offer instruction on riding techniques, safe riding practice, etc.

Be extra patient and courteous leading SR rides. These rides are often the first exposure to club rides for many folks, and really affect overall impressions of RBC and cyclists in general. We really **are** nice people who have a passion for recreational cycling in our beautiful region. We want them to see that clearly and positively. We want them to join us to gain skills, share experiences and discover an engaging healthy activity that they can enjoy for the rest of their lives!

Ride Leader's Guide

Rochester Bicycling Club



Thank you for volunteering as a ride leader!

rochesterbicyclingclub.org
[meetup.com/RBC-NY](https://www.meetup.com/RBC-NY)
rbcrides@gmail.com

This guide is to assist you in providing a safe and enjoyable cycling experience for our members and guests, and ensure consistency of ride leadership.

In this brochure you will find an outline of your basic responsibilities along with handy checklists to use as you prepare, lead, and follow-up your ride. We hope this information will help you as a ride leader so that everyone has a great ride experience!

Before the Ride

Don't forget your ride!

Be sure to note on your personal calendar the rides that you have volunteered for this season.

Get a Ride Log (sign-in sheet)

Ride Logs are provided in your packet and are also available on the website. Keep some in your glove compartment.

Make a few map copies

Print and bring a few map copies for new and non-members. RBC members are expected to bring their own copies to the rides.

Know the route

Try to avoid being surprised by construction, detours or known hazards. If possible, preview the route by riding or driving it beforehand, and announce any changes on Meetup and at the start of the ride.

Communicate

Watch the Meetup ride entry for questions from riders, and answer them if you can. Valuable information is often posted by others, as well.

At the Ride Start

Bring the following:

- Ride Log (sign-in sheet)
- Map copies
- Pens (at least two!)
- Clipboard

Arrive 20-30 minutes before the ride to prepare yourself and your bike for the ride.

Park in a conspicuous location. However, park out of the way of normal traffic in shopping plazas.

Greet riders while circulating the Ride Log. The Ride Log is a legal waiver and is also used to record club miles for members.

Spend some time with new folks. Help them group up or determine an alternate route, if appropriate. Consider riding with them so they have a good experience.

For your information

- Riders are strongly encouraged to wear helmets
- New members receive the excellent *Street Smarts* booklet on safe cycling techniques
- Riders are responsible for their own safety by evaluating traffic and road conditions, even if someone calls "clear"
- Riders are responsible for bringing their own gear and supplies, including spare tubes, pump, patch kit, water, etc.

Pre-ride briefing

Just before the ride start, call the group together for a briefing, even if the group is experienced.

- Welcome riders and introduce yourself by name
- Ensure riders have signed the Ride Log
- Lock cars and stow valuables out-of-sight
- Let the group know if you are not riding

Briefly describe the ride, including:

- Terrain, including any obstacles or hazards
- Route changes (if any)
- Short-cut options
- Known restrooms (store, park, etc.)
- Food stops
- Ask group if they have additional info
- Group riding courtesies

Group riding courtesies

- Be predictable to traffic and riders
- RBC rides are **NOT** races!
- Follow all traffic laws
- Do not ride more than 2 abreast
- Merge single-file as vehicles approach from rear if safe for passing. Call "car back" to alert riders.
- Call "car up" for vehicles approaching from front
- Call "passing" when passing a rider
- Never pass a vehicle or rider on the right!
- Indicate slowing, turning or stopping with verbal and hand signals
- Point out road hazards to riders behind you with verbal and hand signals
- Don't make abrupt changes when riding in group
- For large starts, strongly recommend departing gently and keeping speeds down during the first few miles to allow natural groups to form