



2023 Ride Leaders Meeting

RBC Website: RIDES > RIDE LEADERS INFO

Thank *YOU* For Volunteering

To be a ride leader for Rochester Bicycling Club!



Before The Ride

- Note on your personal calendar the rides you are leading this season.
- Get a [Ride Waiver](#) (sign-in sheet). Put some extras in your car.
- Print and bring a few maps.



Before The Ride

- Know your route. Cycle or drive it if you can.
- Maintain communication - Riders may try to contact you prior to ride. Use [Meetup](#) to post notes & look for questions. Valuable info is often posted by others.
- Start times can be changed due to weather to “salvage” a ride, but don’t do so lightly. Give enough notice (6pm night before) and only change once. Email rbcrides@gmail.com to edit the start time for Meetup events.
- Rides should only be canceled if the [Air Quality Index](#) exceeds 150, there is a declared emergency, or weather conditions are decidedly unsafe.

At The Ride Start

- Bring the following:
 - [Ride Waiver](#) (sign-in sheet)
 - Map copies
 - Pens (including a *working* spare)
 - Clipboard
- Arrive 30 minutes prior to ride start - to prep yourself and your bike.

At The Ride Start

- Park in a conspicuous location. If at shopping center, park out of way of normal shopping traffic.
- Greet your riders while circulating the Ride Waiver.
- Spend some time with new or non-club members. Help them group-up or determine a route. Consider riding with them.



Electronic Waivers

- As an alternative to paper Ride Waivers, we allow ride participants to sign an electronic waiver. **Please verify electronic signatures.**
- Verifying electronic signatures is easy! You can view each day's electronic Ride Waivers on your smartphone by going to the [Today's Events Portal](#) or by clicking the ride leader link at the bottom of each Meetup event description.



Rochester Bicycling Club

Today's Events

There is 1 event today:

- Show & Go at 6:00 pm

[VIEW PARTICIPANTS](#)

[SIGN WAIVER](#)

For Your Information



- Riders are strongly encouraged to wear a helmet.
- Upon joining the club, members receive the *Street Smarts* booklet, which is an excellent resource on safe bicycling techniques.

For Your Information

- Riders are individually 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 ... tubes, pump, patch kit, water, etc.

Pre-Ride Briefing

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



Pre-Ride Briefing

- Welcome your riders and introduce yourself
- If any rider has not signed the Ride Waiver, have them do so
- Remind riders to lock cars with valuables out of sight



Pre-Ride Briefing

- Give a brief description of the ride including:
 - Terrain, including any obstacles/hazards
 - Modifications to the map - if applicable
 - Short-cut options (ask who is doing what route)
 - Detours for construction or road closures
 - Restrooms/food/refreshment stops where riders can regroup
- Discuss group riding courtesies
- Pick a safety tip to emphasize (ex: don't overlap wheels)
- Consider start-up conditions (rush hour)



Group Riding Courtesies

- Cyclists are required to follow traffic laws
- Do not ride more than two abreast
- Merge single-file when vehicle approaches from rear
- Signal all turns and stops with hand and verbal signals
- Call out “CAR BACK” / ”CAR UP”
- Call out “SLOWING” / “STOPPING”
- Call out “PASSING” to riders & pedestrians
- **Never** pass on the right
- **Do not** call “CLEAR” at intersections.
- Do not make any abrupt changes when riding in a group
- **Be predictable** to each other and traffic at all times



Handling Larger Groups

- To avoid bunching as the ride begins, advise riders to spread out their starts and not strive for position.
- RBC rides are **NOT** races (join GVCC for that!)



More Safety Tips

- Don't overlap wheels
- Don't pass on right
- Announce presence when behind/beside others
- Don't lurk in blind-spots
- No sudden speed/line changes
- Look beyond rider in front of you
- Don't call "CLEAR" at intersections (make all riders look)
- OK to call "CAR" but not "CAR LEFT/RIGHT" at intersections (car from other direction may surprise)
- Regroup *beyond* intersections
- Pull fully off the road when pausing (maintenance, adjustments, discussions, etc.)
- Get a Road ID, or carry equivalent info on person/bike
- Beware of "first hill" slowdowns/breakups in groups (especially during startup)
- *Gently* find your place as startup crowd thins out
- Cool your jets! - Not a race, so don't tempt/escalate others
- Limit chatter/tinkering - Give *full* attention to situation around you!
- Be predictable to all (riders, traffic and pedestrians). No sudden moves!

Extra safety considerations for trail rides

- It is likely you will encounter pedestrians on multi-use trails. Cyclists always yield to pedestrians. When you encounter a pedestrian:
 - Alert those behind you that there is a pedestrian ahead.
 - Slow down and drop into single file.
 - Ring a bell if you have one.
 - Pass in a courteous and controlled manner, leaving plenty of room for the safety of the pedestrian and yourself. If you are passing someone from behind, pass to their left and call out "on your left" before passing.
- You may encounter horses on multi-use trails. Cyclists yield to horses. When you encounter a horse:
 - Alert those behind you that there is a horse ahead.
 - Stop at least 30 feet from the horse.
 - Ask for instructions on how to pass safely. Offer to get off your bike.
 - Pass slowly and steadily, but only after given the go-ahead (sudden movements can spook a horse).

Additional Information

- Make every effort to begin the ride on time
- Offer advice to anyone not practicing safe cycling
- Report reckless riders to the Ride Chair and consider submitting an Incident Report (if safety education issue)



Additional Information

- In case of accident or injury, remain with individual until help arrives.
- Be a role model! Obey rules of the road and observe all courtesies. You are RBC's representative.



Incident Reporting

- Please let RBC leadership know about incidents! Let *riders* know to do this, as well.
- All data is confidential and used to improve our riders' skills and safety.
- Multiple reports, from different riders of the same incident, are encouraged, and add to fuller understanding of what happened.
- Use the online [Google Form](#) if possible, or email rbcrides@gmail.com

Insurance

- Club insurance covers RBC members on club rides in event of lawsuit. Invited guests are only covered for their first ride.
- You are only “on the ride” if you sign the waiver. **No signature = not covered.**
- Waiver reduces risk among participants and club by promising not to sue each other (ie: “release” each other and club).
- Signing waiver is in your personal interest.
- Excess accident insurance also provided (ie: after all others).
- Policy: appsrv4.amerspec.com/images/lab/Insurance_Brochure_v20230320.pdf

Post-Ride Responsibilities

- Ensure that the heading on the Ride Waiver is complete, including weather conditions.
- Note any corrections or suggestions on the ride map. Include it with Ride Waiver in the Brad-velope.
- Mail the completed Ride Waiver to Brad Jensen after the ride.

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. A responsible party **MUST** have riders sign the [Ride Waiver](#) and hold the pre-ride briefing. By committing to be ride leader you are ensuring someone leads the ride, even if it's not you.

- Send an email to rbcrideleaders@googlegroups.com asking if anyone else can lead the ride. Include the ride date, time, and location.
- Post a comment on the RBC Meetup Event (Don't just say you can't make it!
ASK for someone else to lead)
- Ask others who do that type of ride

Supported Rides - Additional Responsibilities

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

Icing on the Cake

Consider enhancing rides, especially if weather and location are great.
All it takes is a note in the Meetup entry.

We encourage attendees as well as leaders to do this as the mood strikes!

- Special stops: cider mills, bakeries, cafes, farms, ice cream
- “Tailgate” drink/snack after
- Lunch stop or meal after
- Dip in lake



Communication Examples From Meetup

- Spruce up your ride description

Mendon Ponds-Fishers <http://www.meetup.com/RBC-NY/events/229181510/>

- You **and others** can post road conditions, second start groups, different speed/style groups, etc.

Independence Century <http://www.meetup.com/RBC-NY/events/223408198/>

Aurora's Apex <http://www.meetup.com/RBC-NY/events/223790232/>

Letchworth-Arcade <http://www.meetup.com/RBC-NY/events/223790281/>

- Help new folks gauge expectations

Powder Mills-E. Bloomfield <http://www.meetup.com/RBC-NY/events/229182101/>

Schedule a Ride

<https://rbc.wildapricot.org/ScheduleRide>



Rochester Bicycling Club

Schedule a Ride

Ride#

123

Ride Link (if not RBC ride)



Ride Name

Two Parks Tour

MeetupID

Steve R

Date

4/23/2018

Time

10:00am



Notes

Always a fun ride with me!!

Schedule Ride

4/18

5:30p 023 Mendon-Rush, PaulK

4/19

5:30p 230 Show&Go Rides, SteveR

4/21

11:00 259 Sea Serpent Special, Steve+Kathy

1:00p 058 Chili Center-Caledonia, ToddC

4/22

11:00 089 Ontario Center-Lyons-Sodus

1:00p 155 Rush-Livonia, MonicaG

4/24

6:00p 071 NY Museum of Transport, BillT

4/25

6:00p 080 Mendon Ponds-Fishers, PaulK

4/26

6:00p 230 Show&Go Rides, SteveR

4/28

9:00 358 Canal&River Trek, DavidD

10:00 091 Lima-Wayland, KevinM

Schedule a Ride

[Create a Meetup](#)[Explore](#)[Messages](#)[Notifications](#)

23
APR

Monday, April 23, 2018

Two Parks Tour



Hosted by [Steve R](#)

From [Rochester Bicycling Club \(RBC\)](#), Rochester NY

You're going



Share



Tweet



Invite

Details

Map 123, Miles 38/15,25, Moderate, Steve R.

Always a fun ride with me!!

<http://rbc.wildapricot.org/Resources/Documents/mapset/maps/123.pdf>

123 (<http://ridewithgps.com/routes/18364489>)

Attendees (1)

[Manage](#)

Steve R

Member

Organizer tools ▼



Monday, April 23, 2018

10:00 AM to 1:00 PM

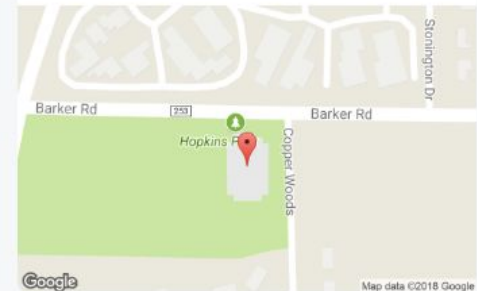
[Add to calendar](#)



Hopkins Park

5 Barker Rd 43.058719, -77.530271

Pittsford, NY



Go Forth and Lead!

Have a *great* riding season!

