

Ride of Silence 2018 Attendee Guidelines

The Ride of Silence is unlike most other rides you may have participated in; it is held in **silence** and with cyclists from varied backgrounds and all level of riding abilities. As such, there are a few guidelines that will help to make your experience (and that of the group) a good one.

Arrival- Please arrive in time to park, I suggest, 6:15 pm to get you and your bike ready, to sign in at the registration table. This might take several minutes due to the expected number of cyclists participating.

Sign In- Everyone is **required** to sign in **prior** to start of the ride. Sign in sheets will be available day of event. The sign in sheets ask for a **legible** name, email address and the name of rider you are honoring (if any), emergency contact info, etc. We use these sign in sheets as the official attendance record and for future email communications.

Ceremony- Starts about 6:30 pm: Speak to our cause, designated speakers say a few words, rules addressed, "Thank You"s, RoS poem is read, and a prayer is delivered. At 6:58 pm the Saxophonist plays "Amazing Grace" then we roll out in a single line and in **complete silence**.

Ride Arrangement- Cyclists will pair up while in the starting lot; directed by assigned volunteers then ride out in pairs, side by side. This two abreast pairing will continue along the 8.8 miles route and as we conclude the ride back pulling back into the starting lot; in pairs. We ask that, barring problems, riders remain as pairs and in their place along the line that forms our group. We also ask that riders try to keep a straight line while riding. Weaving right and left only takes up more room and confuses those behind.

Pace- The ride rolls along at about 10 mph, slightly faster on the minimal down slopes and less on the rises. The natural behavior of a large group is to "accordion" back and forth; we want to minimize this. The less you go through the speed up then slow down cycles the easier it will be to keep your place in the line of riders. **By watching a pair or three ahead of yours** you will be better able to anticipate pace changes and reduce the bunching/gaps.

Communication- Except for the designated Bike Angels this will only be from body language and arm/hand indications. It is imperative to keep an eye on the riders a few pairs ahead of you to be better able to anticipate the changing pace of your portion of the group.

Clothing- Riders won't create their own warmth given the 10 mph pace. Wearing warmer clothing and gloves then you would typically will help to keep you warm and far more comfy and makes for safe bike control. **We ride rain or dry, bring a variety of clothing options to the start.**

Bike Angels- Several riders have been designated to help attend to riders-at-large who may experience problems along the route. They will be wearing identifiable Safety Vests. The Bike Angels will also help to insure the group's cohesiveness. They will pull out of their paired position, approach a troubled rider(s) and **instruct the riders as needed**. They will ask a rider who may be experiencing a bike mechanical problem (s) to pull out of the group **(to their left)** and to wait for the rest of the group to pass by. Bike Angels will instruct the rest of the group to pass by and continue. If a rider(s) is pulled from their original start position, they will be able to continue riding at the rear of the line with the last Bike Angels to the finish. **The Bike Angels will guide and help the group through intersections from start to finish.**

Police Escorts- The escort police cars or motorcyclists will be moving ahead of the group as needed to be able to control the next intersection. Please try to maintain your position behind the riders ahead of you so the left side of the lane is kept open for the RPD escort(s) to pass by.

Ride Completion- We ask that riders remain in place and as pairs and continue to ride into the parking lot making either a right or left once in the lot as this will allow those behind room to pull into the lot. The ride is officially over when the last riders are in the lot.

We also ask that any black arm bands that were handed out be returned to volunteers.

After Ride- Many will mill about as they pack up and prepare to depart for home. We encourage this interaction as our sharing the experience can and does create strong feelings that deserve their own recognition.

Kind Regards,

Kecia L. McCullough, MSW, CASAC
Black Girls Do Bike Rochester Shero
Ride of Silence 2018 Event coordinator

Ride of Silence information available at:

<http://rochesterbicyclingclub.org> - events page

<http://www.rideofsilence.org>

Kecia's contact e-address: bgdbrochny@gmail.com