

BLUE RIDGE BICYCLE CLUB RIDE LEADER GUIDELINES



PRIOR TO THE RIDE

1. Prepare a description of the route for the ride schedule. Use the BRBC ride icons and ride schedule format. Make an honest evaluation of the level of your ride. Don't advertise a 20-mile ride at 10 mph if you expect to ride 40 miles at 14 mph.
2. Layout your route.
 - a. Pay special attention to high traffic areas and potential hazards, with the goal of minimizing problems – use caution and common sense.
 - b. Keep in mind the level of ride you are leading. Advanced level cyclists are better able to cope with traffic problems or poor road conditions than Novice cyclists.
 - c. Novice cyclists need additional support and guidance from the more experienced cyclists.
3. Make an appropriate number of maps and cue sheets (line by line written directions with distances).
4. Make sure that you have an Official BRBC Ride Waiver sign-up sheet, membership applications (both downloadable from the website: www.blueridgebicycleclub.com) and a pen. Fill in the top portion of the sign-up sheet; include pace and distance of ride.

DAY OF THE RIDE

1. Arrive 20 minutes prior to the scheduled ride time.
2. Make new participants feel welcome.
3. Introduce yourself and other club members to new participants.
4. Make sure that all participants have and wear a helmet. Document on the waiver any participants that do not wear helmets and/or refuse to the sign waiver and inform those that they are not part of the ride. Take note: You cannot stop someone from riding on public roads if they decide to ride along without wearing a helmet or signing the waiver.
5. Have all potential members fill out the sign-up sheet; signatures are imperative. Club members do not need to fill out, but printing down a name assists the ride leader for an attendance count.
6. Distribute club applications to all potential members or have them visit the website.
7. Distribute maps and/or cue sheets.
8. Address the entire group. Describe the route - explaining any markings, hills, problem areas, or potential hazards. For novice riders, make sure bikes are in good working order. Lend a hand if you can, but point out to participants should be self-sufficient. Remind riders that bicycles are treated as vehicles in the state of Virginia and must obey all traffic laws. If it appears that an additional leader may be necessary, solicit one from the group. Repeat pace and distance of ride; explain that those going faster or slower will be on their own.
9. Let participants know you appreciate their attendance, encourage new participants and announce upcoming events.
10. Place extra cue sheets or instructions on a vehicle for late arrivals. Late arrivals that do not sign in are still counted as being on the ride.

THE RIDE

1. The ride should begin promptly at the designated time.
2. The ride leader is responsible for starting the ride, being sure all participants have left the starting area.
3. Ride at advertised pace. If a stronger rider(s) decide to go faster, still keep your advertised pace.
4. If necessary, periodically regroup.

AFTER THE RIDE

1. Be accountable for all riders who rode at the designated pace. A follow-up phone call to those who fell off pace is appropriate.
2. Please send the sign-up sheet and a copy of your map and/or cue sheet to:
BRBC, PO Box 13383, Roanoke, V A 24033-3383

Remember – As a ride leader you are representing the club and you want to make riders feel welcome and help them to have a safe ride.

Thanks for leading a ride!

Blue Ridge Bicycle Club