

Siskiyou Velo Rider Suggestions

The following suggestions are offered to assist riders to prepare for and enjoy Siskiyou Velo group rides. These suggestions are based on common sense and general concepts of sociability.

1. **Choosing a ride.** Ride announcements are posted on the Siskiyou Velo [webpage](#) and emailed to members via the Google Groups mailing list. Ride announcements include the length, anticipated pace in mph and a description of the planned ride terrain (in terms of elevation gain, road surface, and other facts). It is the responsibility of the rider to choose rides that are suitable for the rider's capability and experience. If the rider has questions about the ride, he/she should contact the ride leader in advance. Riders must let ride leaders know in advance that they will attend the ride.
2. **Equipment.** Riders are responsible for the mechanical condition of their own bike and should keep it well-maintained. All riders must wear helmets or they will not be permitted to participate in the ride. Riders should carry the following equipment: spare tube, pump, patch kit, CO₂, some cash, ID and emergency contact information. Carrying a cell phone is strongly recommended, and the rider should have the ride leader's telephone number available. Riders should also bring water and snacks as needed for the anticipated conditions.
3. **Evaluating conditions.** Ride leaders may cancel a ride if he/she deems conditions (e.g. rain, temperature, wind, smoke, etc.) to be unsafe. However, it is each rider's responsibility to determine that he/she is comfortable with the anticipated conditions of the ride. Upon arriving at the start of the ride, if the conditions do not suit the rider, he/she should decline to participate. Riders must let the leader know if they have decided not to participate in the ride.
4. **Riding the route.** Ride announcements will include a map of the route; riders must either download the route to their cell phone or device or carry a paper copy. Riders will be instructed by the ride leader at the beginning of the ride to follow the leader or, at the leader's discretion, allow for faster

riders. If a rider decides to deviate from the route or leave the ride early, he/she needs to make every effort to inform the ride leader or another rider in the group, who will then tell the ride leader.

5. **Regrouping.** Unless all riders remain with the group, riders should regroup periodically, waiting until the last rider arrives and has a chance to catch their breath. On larger group rides with a greater spread of ride speeds, “rolling regroups” where similarly paced riders collect and continue as a group are a reasonable alternative. Slower riders may find it advantageous to start out of a regroup ahead of the pack to get a head start. Also, on larger group rides, riders should create spaces between smaller groups to allow cars to pass and be able to use the space to cut back safely into their lane.

6. **Sharing cycling knowledge.** Experienced club riders are encouraged to seek out and welcome new club members or existing members who are first-timers in a particular group. Experienced members can model good cycling practices and safety considerations. Part of the joy of group riding is sharing the experience with others. Experienced riders may wish to share their knowledge about how to safely pass other cyclists; use of hand signals; use of verbal shout-outs to indicate obstacles in the road, approaching cars, sudden stops, and other potential safety hazards; where to best position yourself in the lane of traffic with regard to safety; and other helpful cycling suggestions.

Initial: _____

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