

## HOW TO BE A RIDE LEADER

It is easy and fun to run a ride. This does not mean that you must be the first(fastest) rider, you may lead the shorter route and have another lead the long route. All a ride leader is required to do is:

- (1) Know where you want to go. Provide maps with a long route and a short route, if possible.
- (2) Determine the level of difficulty (rating) for your ride:
  - E Beginners - 5 to 15 miles of gentle terrain
  - EM 20 to 30 miles in length, rolling terrain with optional stop(s) along the way.  
This is suggested for average riders.
  - M 30 to 45 miles in length with some hills.
  - S Serious riders, 45+ to 80 miles of fairly flat terrain or 40 plus miles in length in hilly terrain.
- (3) Determine a starting point and be there at least 10 minutes ahead of starting time.
- (4) Welcome all riders, and have all ride participants sign a release form.
- (5) Wait no longer than 5 minutes after the starting time for late comers, and remind all that our rides start on time.
- (6) If pop/beer is provided, be sure to keep beverages cold while on the ride.
- (7) If beverages and munchies are provided, solicit a one dollar donation from each consumer for reimbursement.
- (8) Introduce any newcomers to the group.
- (9) Bring copies of the current schedule for participants.

If time permits, many leaders "scout out" the route before the ride, i.e. drive along the course to be sure that there are no roads under construction, bridges out, or other hazards that would be encountered on the ride.

## COMMITTEE

There is a Pedal Power Committee responsible for all aspects of this group including Kick Off Party, End of Season Party, out of town weekend trips, etc. There are many on the Committee who have volunteered to be "support" for ride leaders. As support they will provide a cooler with beverages and munchies. If you are a ride leader and wish to have Committee support, please contact the ride sheduler listed in the back of the newsletter. They will attempt to identify Committee support for your ride.

## HELMET POLICY

The club has discussed making helmets mandatory but decided not to because it might discourage new members from attempting our rides. Our official position is that we strongly recommend Snell or ANSI approved helmets and encourage all riders to obtain one if they don't already have one. PLEASE WEAR A HELMET.

## SOME TRAFFIC LAWS UNIQUE TO BICYCLISTS

The law requires cyclists to ride single file when an attempt is being made to overtake them. The best way to accomplish this from a double file is for adjacent riders to determine who is going to pull up and who is going to drop back BEFORE the overtaking vehicle runs you off the road. You can double up again after the traffic has passed.

**REMEMBER:** participation in all Pedal Power activities is at your own risk. The Huggers Ski Club cannot assume any liability for personal injury or loss of property occurring during these activities.