

FFBC - Cinderella Training Series Rules of the Road

Terms Defined: FFBC = Fremont Freewheelers Bike Club

FFBC Agents = All FFBC members in compliance and good standing.

- Although FFBC's members may safety check your bike and make recommendations how to repair, adjust or improve the quality and safety of your bike equipment, FFBC's agents, The Cinderella Planning Committee and Ride Leaders are not responsible, nor liable for your bike's condition, any gear poorly maintained or a participant's irresponsible behavior toward themselves, other persons or property which may or may not result in damage, lost or injury.
- To participate in this event you must currently be able to: 1) Stop, start, balance and control a bicycle and, 2) Remove one hand off the handlebars to make signals
- Follow the bike riding instructions established by FFBC and Department of Motor Vehicles.
- As a participant you are responsible to review and prepare for assignments, maintain gear and use the necessary equipment to safely participate. Have your bike and equipment repaired or maintained by a competent bike repairperson. Today's safety check is a starting point to begin your awareness of this process and responsibility. Emergencies happen. Be prepared.
- Before you arrive at each training or group event, inspect your bike and gear to make sure they are in good working order. Refrain from cycling whenever you feel unwell or unfocused. If you question your ability to complete this series, or any event, check with your physician to determine your fitness level. Please address any questions or concerns you may have at any time to your Ride Leaders or the Planning Committee.
- At all riding events helmets are mandatory while on a bike of any type. Be ready to ride by the posted leave time scheduled. If you are tardy the group is not obligated to wait for you. If possible please call your ride leader if you are running late. However, it is the Ride Leader's discretion to decide whether or not to delay the group's departure time, not to exceed 15 minutes from the posted departure time, good weather and road conditions permitting. Ride Leaders and The Cinderella Planning Committee reserved the right to cancel or delay a ride at any time for any reason.
- Lack of preparation contributes to unsafe situations. Help us avoid this. Honor posted and announced start and rest stop departure times. The Cinderella Training Series is *foremost a training event rather than a social event*. We have a schedule with time constraints. Plan appropriate travel time to reach the starting point. Allow time to park, use the bathroom and prepare your gear and yourself. Eat beforehand. Bring healthy snacks and water to sustain you during a training ride. Avoid rushing yourself and all involved in an unsafe matter. Rest stops are fifteen to twenty minutes. They are not meal breaks unless the Committee or Leaders announced a 30 to 45 minute meal break. This is a fun and rewarding event worthy of your time and effort set in a training environment shared and supported by women hoping to improve a skill and reach a goal like yourself.
- Should questions or actions of safety arise involving your equipment, bike or behavior, FFBC's agents, The Cinderella Planning Committee and Ride Leaders reserve the right to prohibit you from continuing any FFBC group activity at any time, before, during or after an event and are empowered to withdraw your privileges up to and including your membership if you are non compliant with FFBC regulations.
- Attendance is important when training in a progressive series in order to advance your skills and endurance. If you miss more than three (3) training rides your progress can be compromised. If you know beforehand you are going to miss a training session please inform your Ride Leader. If you miss two (2) training sessions you will receive a warning. If you miss three (3) sessions, depending on the circumstances, it is within the rights and discretion of the Planning Committee to enforce and ask any participant to withdraw from the training series. We also reserve the right to switch your group if you cannot maintain the pace of your current group.
- All fees and memberships are non-refundable.

Please help us accomplish FFBC's goal to protect the lives and property of all involved. FFBC members ride with a sense of etiquette and sportsmanship. Club members display and emulate a respectful decorum noticed throughout the community. Thanks and have a good ride!

I have read and understood the ground rules stated above. By signing below I agree to comply in order to participate in the Fremont Freewheeler's Cinderella Training Series, and all events supported by the FFBC, regulated under the terms stated in the FFBC safety rules and by laws.