

Becoming an FFBC Ride Leader

The hows and whys

Why become a ride leader?

* Without ride leaders we're not a cycling club.
* The more members willing to lead rides the greater the variety on the monthly calendar.
* You get to pick the route and the pace.
* Being a ride leader is great motivation to ride.
* Being a ride leader makes you a better cyclist.
* Sometimes you don't have to pay for your coffee!
* It's not difficult!

Who can be a ride leader?

* Any club member (18 or older) can become a ride leader.
* You don't need to be a seasoned cyclist to lead a ride.
* There is no training requirement to become a ride leader.
* You can lead a one off ride, a monthly ride or a weekly ride. It's up to you.

Types of ride leader

* There's no correct way to lead a ride but lots of different styles
* Lead from the front
* Lead from the back
* Route sheet, no route sheet
* Regular regroups
* Coffee stop, no coffee stop

Responsibilities of a ride leader

* Make sure you come back with all the riders you left with (unless riders leave early)
* Make sure everyone knows the route or the next regroup location.
* Make sure all riders are signed in.

Types of rides

* Scheduled ride
* Show and Go
* Short notice ride (qualified)
* Short notice ride (exempt)
* Special rides e.g. PRS, Pizza, Cinderella

How to get started

* Decide on a date and time for your ride.
* Pick a destination/route. If you're stuck for a route try some of the resources on the next slide.
* Decide on the pace you want for your ride.
* Leisurely (up to 10 mph)
* Touring (10-13 mpg)
* Moderate (13-16 mph)
* Brisk (16-19 mph)
* Submit your ride to the ride coordinator using our online tool (preferred) or send e-mail to

ridecoordinator@ffbc.org

* If it's a short notice ride send e-mail to the list.

Where to find route ideas

* <http://www.lasthill.net>
* GPC - <https://www.grizz.org/routes/>
* Bike Master -

<http://www.bikemaster.org/routes/list-start-locations.php>

* ACTC - <http://www.actc.org>
* Valley Spokesmen —

<http://www.valleyspokesmen.org/page-1803106>

http://www.valleyspokesmen.org/routelibrary

* <http://www.dino.com/~susan/wwrides/cgi/swishsearch.cgi>
* MapMyRide —.<http://www.mapmyride.com>
* FFBC Yahoo! Group, files area
* Your friendly ride coordinator
* Ask on the FFBC list — ffbc\_list@yahoogroups.com

On the day of the ride

* Check weather forecast. If it looks bad send a cancellation notice to the FFBC list.
* If the ride's a go try to get to the start 15 minutes early (something I never do).
* Bring a sign-in sheet, pen, minor release forms, accident report form.
* Have each member sign the front of the form legibly.

On the day of the ride cont...

* Have non-members sign the back of the form
* Make sure minor release forms are filled out for all minor riders.
* Make sure everyone is wearing a helmet.

Accidents

* In the somewhat unlikely event of an accident, don't panic!
* Check rider and bike carefully.
* Find out what happened
* If in doubt call 911.
* Fill in an accident report form ASAP (preferably at the scene). It's ok for it to be incomplete.
* Send a copy (preferably scanned and sent via email) to the FFBC secretary
* -Relax!

Ride Leader Incentives

* Bi-annual Ride Leader Appreciation Parties
* Annual ride leader awards.