



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 regroupings
 - 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.