

# The Pedalers Ride Leader 101

We encourage any Club Member in good standing to lead a ride. You can also team up with another club member to lead/sweep a ride. The Ride Director (Graham Flower) and President (Terry Quint) will work with you to plan a route, post it, and anything else that might be needed. Make sure you have also joined the Procrastinating Pedalers group on Meetup so that your name is accessible for listing as ride leader on the Calendar.

## Planning and Leading Your Ride

- The easiest ride to lead is Sunday's Verdi Loop because 99% of the time several cyclists will know the route. Just determine which do not and keep track of them.
- Plan your route. You can design a custom route with using *ridewithgps* or search for a route via *ridewithgps*. The Ride Director, Graham Flower, will always be happy to put together a route for you. He can also generate a pdf cue sheet and email it to you.
- If you planned your own route, email Graham Flower ([physicsnerd1@gmail.com](mailto:physicsnerd1@gmail.com)) the following information:
  - The ride's title
  - The ride's date and time
  - The ride's starting location
  - A ride description and optional photo for posting
  - Assign a ride rating (D/D+, C-/C/C+, B-/B/B+)
  - URL of the route map/sheet.
  - Any other pertinent information.
- The Ride Director will then add the ride to the calendar on Meetup.
- Download/print a Sign-Up Sheet/Liability Waiver Form from [pedalers.org](http://pedalers.org) "Rides and Events" menu.
- Prepare the Route Sheets: Before the ride, print enough copies of your route sheets for everyone to have their own copy. Add your cell phone number to your route sheets.
- **If you cannot lead the ride once it is on the calendar, contact the Ride Director. He will decide to cancel the ride or assign someone else to lead it. A 2-hour cancellation window is needed.**
- At the Ride: Have every sign in. Gather everyone around and have everyone introduce themselves. Briefly discuss the route, identifying regrouping points and potential road hazards. Point out 5 safety rules: Don't yell "Clear," pass on the left, point out road debris, ride predictably, etc.
- Prohibited behaviors: Do not allow anyone without a helmet to ride. HELMETS ARE ALWAYS REQUIRED ON ALL RIDES. No headphones, earbuds, or ear sets are permitted on any Pedalers ride.
- Do head counts along the way to keep track of all your riders. You may ask another experienced rider to act as a sweep on the ride to help you keep track of all your riders.
- You don't have to ride off the front for the entire ride.

- Be sure to schedule a couple of rest stops and a lunch break if appropriate.
- For liability reasons, please email or give the Ride Director your sign-up sheet within 3 days after your ride. His email address is [physicsnerd1@gmail.com](mailto:physicsnerd1@gmail.com).

## **Emergency Procedures: In Case of an Accident**

Follow these emergency procedures to ensure the safety of your group and your injured rider:

- Assess the injury. If it appears to be a serious injury, call 911.
- Immediately direct oncoming traffic away from the injured rider. If the injuries are minor, move the rider and their bike out of the road. Otherwise, do not move the injured cyclist.
- Contact that cyclist's emergency contact to inform them of the injury.
- Ask another cyclist from your sign in sheet to lead the rest of the ride and ensure that all remaining cyclists finish safely.
- Remain with the injured rider until emergency assistance or their emergency contact arrives.
- Arrange for the collection of the injured rider's bike before heading to the ride's finish point.
- Contact any Club board member (usually at least one is on a ride) to inform them of the accident.