

SBRA SUPER CYCLING SATURDAY RIDE LEADER TRAINING 2015

WHY WE RIDE




WHAT DOES BEING A RIDE LEADER MEAN


**A Leader is one who knows the way
Goes the Way
And shows the way
(John Maxwell)**



RESPONSIBILITIES OF A RIDE LEADER

- ✓ **Plan safe routes**
 - ✓ **Lead by example and follow safety guidelines of the club.**
 - ✓ **Help riders in trouble. Do not abandon riders . Everyone needs to be accounted for at the end of the ride.**
 - ✓ **You are not required to be a mechanic but you should know how to change a flat.**
 - ✓ **Post rides that come in at the Average Speed for the classification you are posting. *Abuse of this will result in loss of Ride Leader Status.***
 - ✓ ***Turn in the Ride Sign in Sheets in a timely manner. Within 2 weeks of the ride.***
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HOW DO I BECOME A RIDE LEADER YOU ASK?

- ❖ **Ask what is YOUR motivation to become a Ride Leader?**
 - ❖ **Know what Ride Classification you want to lead.**
 - ❖ **To be a Ride Leader you will have to be an active club member for a minimum of 1 year**
 - ❖ **Attend Super Cycling Ride Leader Training.**
 - ❖ **Have club miles under your belt. More miles more experience. Minimum 1,000 miles to be considered.**
 - ❖ **Sweep at least 10 Rides with 2 different Ride Leaders.**
 - ❖ **Contact the Rider Director who will assign a couple of mentors who you ride with and train with. You will have to work with at least 2 different ride leaders who will give the final say if you are ready or if you require more training.**
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WHAT MENTORS WILL TEACH YOU

After completing a few rides as the sweep for your mentor you will move on to leading a ride.

What you will need to do :

Arrive at least 20 minutes before the ride

Carry a pen, sign in sheet, incident form and minor release form.

Pass around the sign in sheet. Instruct them to print Neatly, and to include their member ID #

Have a cue sheet for the ride and pass them out.

Check Helmets which are required, water bottles and make sure no one is using earbuds .

Be familiar with the route before you lead a ride.

Exhibit safe riding skills and follow the rules of the road.

Keep the posted pace of the ride.

Be prepared to handle incidents or any accidents safely.



RIDE LEADER MENTOR CHECKLIST

RIDE LEADER

MENTOR CHECKLIST

The following must be completed by Two (2) approved SBRA Ride Leader Mentors before Ride Leader Status can be authorized.

NAME OF CANDIDATE: _____

Candidate has been on a minimum of 10 of Your SBRA rides _____ Yes

Candidate has been the SWEEP on at least 5 of those rides _____ Yes

Candidate has successfully LED 2 of those rides _____ Yes

For each of those, Candidate's *Pre-Talk*: Fair _____ Good _____ Great _____

For each of those, Candidate's *knowledge of route*: Fair _____ Good _____ Great _____

For each of those, Candidate's control of *Group Safety*: Fair _____ Good _____ Great _____

For each of those, Candidate *Maintained the Pace as Advertised*: Fair _____ Good _____ Great _____

Candidate has demonstrated he/she can lead a ride from start to finish successfully _____ Yes

Ride Leader please sign off and email to Ride Director @ izziemoon@optonline.net

Name of Mentor: _____

Signature: _____

GIVING THE PRE-TALK

- **Welcome everyone and introduce yourself and anyone new to the group/club**
- **Go over the route and destination.**
- **Go over the rest stop and mileage at which the stop occurs so they know how to pace themselves.**
- **Go over any known road hazards you know of and higher traffic areas to watch for.**
- **Ask if there are any health issues that you should be aware of.**
- **Go over the safety guidelines of the club which are the same laws as motorists, stopping for red lights, stop signs and pedestrian crosswalks.**
- **Pay attention to all road conditions.**
- **Go over the hand signals that we use to call out “stopping, Slowing, Left and Right Turn, Car up, Car Back, Walker up, runner up, and pointing out Road Hazards such as Holes, Grates, Sand and low hanging branches.**
- **We ride “Single File”, Not 2 and Never 3 Across and Never in the Middle of the Road.**
- **Call out “Passing on your left,” and we “DO NOT PASS ON THE RIGHT”**
- **Refer to the Ride Leader Cheat Sheet**

ROAD SIGNALS



THE END OF THE RIDE

- **Make sure all your riders are accounted for.**
- **Thank Everyone for coming on the ride**
- **Fill in the actual mileage of the ride and the average speed at the end of the ride on the sign in sheet. Mark off if there was an incident or not on the ride**
- **The Rider leader submits the sign in sheet to Joe Matzelle or Bernie who will record all the information.**
- **Your mentor will let you know if he/she thinks you should do a few more rides or if you are ready to be a Ride Leader**



RIDE LEADER INCENTIVES

Credits for leading rides

1 credit: Leading a ride that is posted at least 48 hours in advance of the ride start.

1 credit: Leading a split ride that is divided amongst two ride leaders due to the size of the ride. Both ride leaders will receive one credit. For larger rides of 15 or more the ride should be split.

1 credit: The rider leader will receive 1 credit if they get to the ride start and the ride does not go out due to weather conditions. A ride sheet must still be turned in with a notation about the weather and showing 0 miles.

2 credits: A ride leader will get 2 credits for a “Special Ride Series” These rides must be approved by the Ride Director. These rides can be any level be it Beginner, More experienced but new for club members, or Pace line workshops. These must be planned in advance and posted on the website by Brenda with sign up information.



RIDE LEADER INCENTIVES

- Lead 10 rides during the club year and you will get a choice of a Ride Leader Jersey or the Holiday Party
- Lead 20 + rides during the club year you get the Rider Leader Jersey and the Holiday Party .
- *There are NO substitutions.*

Other Awards

- *Awards are given to the top 3 Ride Leaders and Sweeps.*
- *Awards are given to the top 3 Members with the most Mileage*
- *Mileage Medals go to all members that get 1,000 miles or more.*



RIDE CLASSIFICATIONS

What is Average Speed?

- **This is the speed that your ride will at the end of your ride. It is a cumulative average of your highest and lowest speeds during the ride.**

What is Max Cruising Speed?

- **This is the range of medium and highest speeds your ride should be doing. Circumstances will always be a factor and these speeds might be higher or lower at any time during the ride.**

AA, A+, A, B+/A , B+ CLASSIFICATIONS

- **AA - 22+ Avg Speed, Max Speed No Limit: This is a Paceline ride with no upper speed limit. No requirement to wait for dropped riders. These rides should only be attempted by the strongest fully self sufficient riders.**
- **A+, A, B+/A , -- Speed range from 18 mph to 22 mph. This is a Pace line ride with infrequent stops. Cue Sheets are recommended but NOT required. No requirement to wait for dropped riders provided the ride is kept at the A pace advertised. Riders are expected to be self sufficient. If you think you will not be able to keep up consider bringing a friend to ride with at a slower pace. No Sweep required.**
- **B+- 17-18 mph avg with max speeds 20-22 mph. No Sweep required. Paceline ride unless indicated by the ride leader in the ride Description. Cue sheets recommended but not required. No one gets dropped, and wait ups must be provided and all riders accounted at points during the ride. Rest stops approx ½ way through the ride. Riders Expected to be Self Sufficient at this level.**

B/B+ CLASSIFICATION

- B/B+: AVERAGE SPEED IS 16 TO 16.5 MPH.
- This is the most abused classification. This is where Pace line Practice Begins. This is not a pace line unless indicated in the ride description. Cue sheets are recommended but NOT required. No one gets dropped, and wait ups must be provided at points during the ride and all riders accounted for. Rest stops are approx. halfway through the ride. Riders are expected to be Self Sufficient. A Sweep is required if there are more than 5 people in the group.
- **THIS IS A TRANSITION CLASSIFICATION FOR RIDERS AT THE HIGH END OF THE B AND THE LOW END OF THE B+ CLASSIFICATION.**
- **ANYONE ABUSING THIS CLASSIFICATION WILL HAVE THEIR RIDE LEADER STATUS TERMINATED.**

B AND B-

B : 15-16 MPH Average Speed. Max speed 17-19

B- : 14-15 MPH Average Speed. Max speed 15-17

Cue sheets are recommended but not required. No one gets dropped, if riders fall behind “Wait –Ups” must be provided and all riders accounted for. Rest stops are approximately half way through the ride. Riders are expected to be self-sufficient.

A Sweep I s Required

C+/B-, C+, C, C-, D

C+/B- : 13-14 MPH. Average

C+ : 12-13 MPH Average

C:11-12 MPH Average

C- : 10-11 Average

Stops are frequent. Ride Leaders will wait at turns for riders. Cue sheets provided.

A Sweep Is Required

D: 6-10 MPH Average Speed: This is a good beginner ride. Ride lengths are short and stops are frequent.

A Sweep Is Required



SRS: SPECIAL RIDE SERIES

This is a new classification for new people wishing to ride with SBRA.

These are planned workshops for

“Beginners” & “More Experienced Riders”

“Beginners to SBRA & Group Riding and Pace Line Clinics.

These are one day sessions which will be repeated over a few weekends at different times of the year. These are planned and posted on the website in advance with a contact phone number for people to sign up for the ride.

The Beginner and More experienced rider but new to SBRA & Group Riding will emphasize rider safety, Club Rules and basic bike mechanics and how to use a cue sheet.

A cue sheet and Sweep are required for all rides .



SHOW & GO AND MULTI

- **Show & Go: No Ride Leader/No Cue Sheet. Group determines the route and distance. This is NOT AN SBRA RIDE.**
- **Multi Ride: No single designated Ride Leader. Usually listed as a bigger event with multiple Ride Leaders covering all Ride Classifications and ending at a destination for a planned event.**

HOW TO POST A RIDE

Joe Matzelle will go over this on the web site and show us features that have been added to the website.

Joe will go over the Insurance Policy and who is insured.

Joe will go over the forms Ride Leaders need to have.

Ride Sign in sheet

Minor Release form



CLUB SUBSIDIZED RIDES

If you have an idea for a Multi Level ride that you would like the club help subsidize please submit any applications to Joe by the end of June. If approved they will go in next years budget.

All members have to be invited and the club has to approve these. There must be Ride Leaders for all Levels and who ever submits the ride has to organize it and have cue sheets for the ride.

Some of our past rides are

The Lobster Ride

Hampton Maid

Pedal Paddle Pedal

Norms Soup Ride

THANK YOU FOR COMING

Remember

**A Leader is one that
Knows the way
Shows the way
&
Goes the Way**

