



# SBRA RIDE LEADER TRAINING 2018

Super Cycling Saturday  
March 10, 2018

# 2018 Honorable Mention of Outstanding Ride Leaders

First Name	Last Name	Ride Leader Credits
Bobby	Ploetz	166
Mike	Fiorella	158
Bill	Wenk	140
Bill	Gravitz	89
Gordon	Howard	84
James	Drago	76
Tom	Pfisterer	67
Christopher	Musso	65
Dennis	Jackson	54
Christine	T***y	51
Cathy	Cavaliere- Ardle	47
Ron	Goodstadt	47
Norman	Samuels	44
Joanna	Pascucci	40
Richard	Mardosa	37
Marianne	Morahan	37
Bernie	Scherer	36
John	Shea	36
Dan	Rostrup	35
Tricia	Brandt	34
Jeff	Meyer	34
Alison	Gonzalez	31
Linda	Resnick	31



# 2018 Honorable Mention Cont'd



- Please give a big shout out to **ALL** the Ride Leaders that keep our members riding throughout the year!!!!

Patrick	Nett	30
Henry	Krajewski	27
Joe	Matzelle	26
John	Mueller	26
Daniel	Rogers	26
Bruce	Redlien	23
Barbara	Abraham	22
Dick	Cunningham	22
Glen	Cochrane	21
Tim	Mayr	21
Elaine	Sullivan	21
Alan	Yancovitz	21
Pat	Mullen	19
Fredric	Itkin	18
Paul	Miklean	16
Marie	Rose	16
Michael	Adams	15
Brian	Ferris	15
Karen	Giles	15
Ronnie Beth	Levy	15
Bob	Miller	15
Peter	Olivieri	10

# Ride Leaders Continued

Bruce	Presner	9
Margaret	Matthews-Ziel	7
Steve	Erickson	6
Robert	Goykin	6
Lisa	Valentine	6
Percy	Zahl	6
Karen	Catoggio	5
John	Bambach	4
Gary	Bass	4
Barbara (Babs)	Braun	4
Tom	Farre	4
Andrea	Miller	4
Anita	Risener	4
Elizabeth	Coleman	3
Mark	Coffey	2
Doug	Coleman	2
Phil	Creutzmann	2
Gerry	Klein	2
David	Koyles	2
Robert	DeVito	1
Dave	DiRoma	1
Michael O.	Warner	1

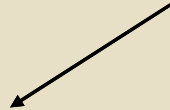


# Sweep Acknowledgements for those that Received a Sweep Jersey 2017

First Name	Last Name	Sweep Credits
Linda	Roesel	167
Dennis	Desmond	117
Christine	Ploetz	87
John	Bambach	65
Gerry	Klein	46
John	Martin	40
Joseph	Somma	40
Christopher	Musso	26
Denise	DiMarco	20
Allan	Barry	19
Marie	Rose	19
David	Mansfield	17
Walter	Mirecki	17
Howard	Ross	17
Marianne	Morahan	16
Steven	Wasserman	16
Donna	Leahy	15



We are a group of many different riders. *Respect* all groups.  
Not everyone wants to be a racer, and we all started at the same place.





# BEING A RIDE LEADER BASICS

# Anatomy a Ride Leader



- A Ride Leader Is wise, compassionate, patient, and has to have a sense of humor
- A Ride Leader has to know the local landmarks : Restrooms, deli's, McDonalds, Pizza restaurants, the Beach Bakery! FOOD!!!
- Someone who can follow the weather, know when and if the rain will hit during your ride, will the wind be such that it will blow you off your bike? And know the road hazards on particular routes and to avoid them.
- A Ride Leader has to be able to plan a ride, know the route, post the ride and then lead the ride to a destination and get everyone back safe and sound.
- A ride Leader has to be A LEADER. Someone who can take control and maintain control of his/her ride, and tell the group the expectations of the ride and not be afraid to tell a rider what they are doing wrong and of course what they are doing right.
- A ride leader promotes the club and our events in a positive manner.



# RESPONSIBILITIES OF A RIDE LEADER

Plan safe routes. Riders expect that you know the route and have an alternative in case of construction, detours or weather.

Riders expect that you will ride with in the advertised pace.

Lead by example and follow safety guidelines of the club. Safety of your riders is the Most important responsibility of being a Ride Leader. We ride with respect of motorists and pedestrians.

Plan Water and Rest Stops halfway through the ride or when needed.

Help riders in trouble. Do not abandon riders . Everyone needs to be accounted for at the end of the ride. In the event of an incident follow up with a phone call.

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. You will need to sign a form saying that you understand the Posted Speeds and that you will follow the ride leader rules..

**Turn in the Ride Sign in Sheets within 24 hours after the ride. Sheets must have all the information filled out. Date, Name of ride, Average speed at the end of the ride, Was there an incident on the ride. If there was in incident an incident report must accompany the Ride Sheet. All information for the riders filled out by the member. Not doing so will result in riders and Leaders not getting credit for the ride.**

# How do I become a Ride Leader

- ❖ Ask what is YOUR motivation to become a Ride Leader? Do we not have your level posted enough?
- ❖ Fill out the Ride Leader Application and send it to the Ride Director.
- ❖ 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. This is so you get the feel of how we conduct our club rides. Please do not ask me to let someone go through without doing the required work.
- ❖ 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.
- ❖ **Ride Leader applicants will be fully vetted for ability and becoming a Ride Leader is not guaranteed. Applicants will be accepted first for classifications in need of Ride Leaders.**

# RIDE LEADER CREDITS

- Credits for leading rides
- **Ride Leaders Must Lead one ride per calendar year to keep Ride Leader Status current. Names will be removed from the roster and you will have to ask to be reinstated.**
- 1 credit: Leading a ride that is posted at least 48 hours in advance of the ride start.
- 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 .
- **1 Ride Leader Credit:** will be given to each Ride Leader that splits an SBRA Club Event Ride due to the group being too large for safety reasons.
- Sweeps will receive 1 credit per ride.

# Mentoring Is Work

- Please email Joanna if you are interested in becoming a Mentor for the 2018 Season.
- [izziemoon@optonline.net](mailto:izziemoon@optonline.net)
- We need Mentors for all Ride Classifications.
- Mentors need to be objective and honest in evaluating potential Ride Leaders.
- They have to not be afraid to tell the applicant that they might need more work before being approved.

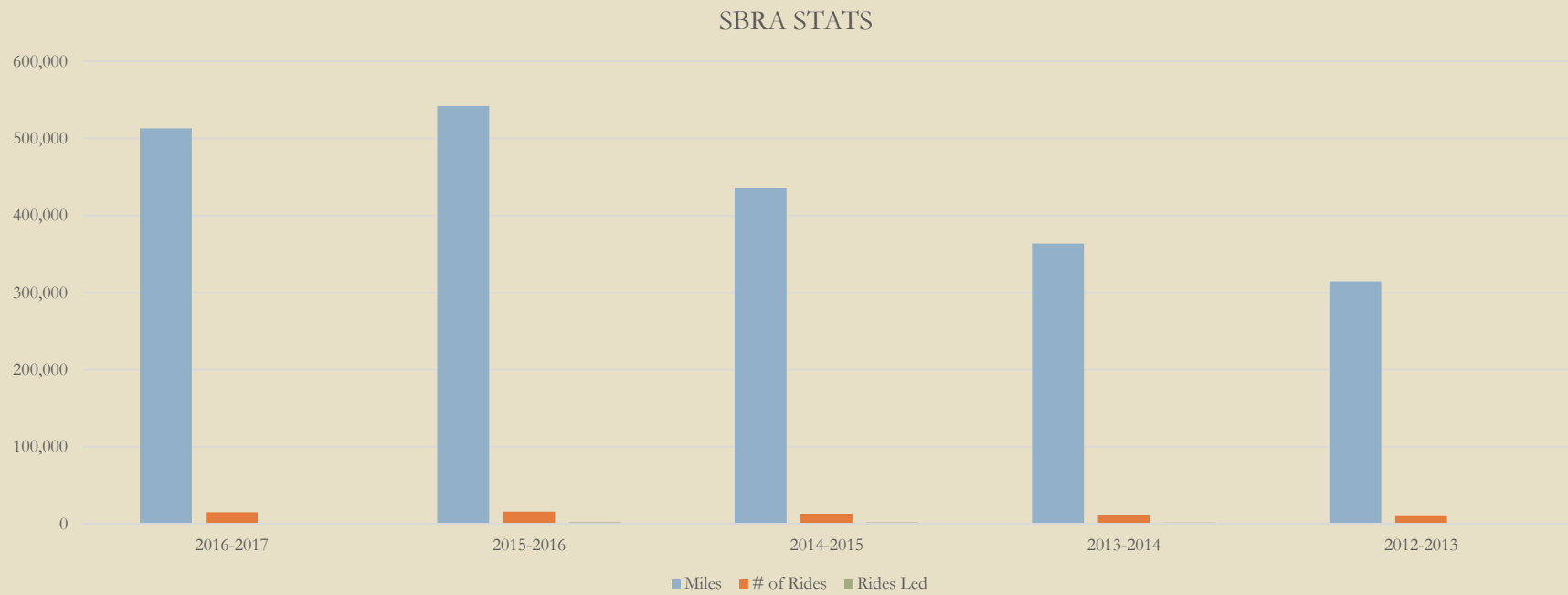
# Ride Leader Acknowledgement Form 2018

- All Ride Leaders must sign the Ride Leader Acknowledgment form for our files.
- Any one not on File will have their Ride Leader Status turned off until they submit the form.

# SBRA Ride Stats 2012-2018

Year	2016-2017	2015-2016	2014-2015	2013-2014	2012-2013	11/2017-2/28 2018
Miles	513,045	542,206	435,335	363,435	314,817	67,152
# of Rides	15,290	16,055	13,219	11,523	10,067	2,307
Rides Led	1,011	2,199	1,892	1,726	1,328	421

# SBRA STATS 2102-2018





# BASIC BIKE SAFETY

For Riders and Ride Leaders



# “Hell Yeah, I Rock a Mirror”

by Tom Soladay for [bicycling.com](http://bicycling.com). March 2018 issue

I was a professional bike rider for 10 years before I retired at the end of 2017

- The first Mirror I tried was a bar end design that fit into my handlebars's drop but I did not like that I had to take my eyes off the road completely to use it. So I switched to a sunglass-mounted model. On my first ride, I saw the benefits immediately: With a quick glance to my left I could see approaching vehicles. Cars that were previously unheard and passed to close were not on my radar. I could see if they were slowing down or if they were moving over.

Mirrors are not something you find in the bike racing crowd.

- I used to think that helmet mirrors were dorky! But as I transition toward dad life, I care less about what other people think and more about staying safe. I am even spreading the word by posting pictures of myself using it. I know its not “pro” but neither am I anymore.

# SBRA Basic Ride Safety



- Riders should Choose the Right Ride: Is it a Social Coffee Ride or Hammerfest. Riders should ask questions about Ride Leaders and the types of Rides they lead.
- Riders and Ride Leaders should not be late: Allow time to pump tires, get shoes and helmet on etc. Don't make a BAD First Impression. Go over your rules for your ride.
- Bikes are considered Vehicles and they are required to obey the same traffic laws. Avoid darting in front of cars while making a left or crossing an intersection when only 2 or 3 riders can get across. It's natural to follow the rider in front of you and having to make a split second decision whether to cross or not places the riders behind you in jeopardy. Bikes and cars same roads, same rules, same rights, same responsibilities.
- Communicate: We use car back, car up, stopping, walker up, Sand, Gravel, Glass or HOLE when there is a road hazard. Make sure everyone from the front to the back hears calling out of obstacles.
- Ride Leaders should tell riders in the pre-ride talk to avoid vertical cracks in the road as well as pot holes, wet white lines on the roads. We can fall in the cracks and wipe out on wet lines. Riders need to be told again and again. Watch out for puddles in the roads. You never know what is under all that water. It could be a very deep hole!

# SBRA Basic Ride Safety Cont'd

- Never assume it's safe and stay alert at all times during the ride. Leave enough room in front of you so you can avoid a crash or obstacle you need to avoid.
- Hold the line and avoid swerving out into the street. If you need to move left or right try pointing your move out to other riders so they are aware of your intentions. Stay away from riders that sway out to the middle of the road. You never know when they will try to get back in.
- Do not look back. This is why we wear mirrors. Looking back causes even skilled riders to swerve which can cause a crash.
- Focus on the riders ahead of you and not on the back wheel in front of you. Look at the road ahead and the riders up front so you can see what is going on and be prepared for any sudden changes.
- Do not overlap the wheel in front of you. Most of our rides are just "Rides", not races.
- Don't Brake Suddenly. When you brake suddenly this can cause a chain reaction with the people behind you.
- Be visible: Wear bright clothing, and use a tail light and front light if riding at night.

# SBRA Basic Ride Safety Cont'd

- Wear a Helmet. Replace your helmet if it was worn during a crash. Helmets REQUIRED on all rides
- Be polite and use hand signals to show your intentions. Call out on your left when passing other riders, NO passing on the right. Do not say Clear when going through an intersection. It may be clear for you but not for the rest of the riders behind you.
- Be Careful when riding by parked cars. Someone may open the car door and not see you. Ride as far to the left as possible or take the lane.
- Respect pedestrians. (if you have a bell use it to alert people that you are coming) If on a shared path or road, call out “On your left”. Leave enough distance between you and the pedestrians so not to scare them when you pass. No buzzing past walkers or runners.
- Be a defensive Bike Driver. Make eye contact with drivers to get their attention. Even with eye contact the person may not really see you or realize the speed you are going.
- Take the lane when appropriate: you may take the lane if the lane is not wide enough for both a car and a bike to share. Check behind you to make sure it is safe by “looking in your mirror”, signal your intention and take the lane. When possible move to the right and let the following car to pass.

## ❖ Benefits of Cycling for your Mental Health & Body

Promotes Overall Healthy Lifestyle

Produces Natural Endorphins(natural high)

Better Sleep

Fights Anxiety and Depression( who has not has biking withdrawal when you can't get on the bike?)

More Energy

Builds Self Esteem: nothing better than completing a ride that you had the physical and mental health to do it

Stress Buster: Riding is very Zen. You are in the moment and stay focused on the ride.

Cycling is a Healthy Addiction: it can help replace some harmful vices like overeating and alcohol.



# Ride Leader/Sweep Incentives 2018



- RIDE LEADER JERSEY OR Party: Lead 25 rides qualify for a Ride Leader Jersey OR the Holiday Party.
- Sweep Jersey: Sweep 35 Rides qualify for a Sweep Jersey.



## Other Awards

- **Mileage Medals** : Go to all members riding 1,000 miles or more
- **Rolling Wheels Award**: This is an award given to a member that goes above and beyond for the betterment for all in the club. This award is determined by the board and does not have to be given out every year.

# More About the Jersey for 2018

- The Jersey will be available for Ride Leaders to buy on a pre-order basis through our Website. If you are a Ride leader and did not get one you are now able to purchase it. The deadline and instructions on how to purchase the Jersey are on the website. It will be available in two colors, Blue and Black. These take 6 to 8 weeks from the time we order so the sooner we get the order in the faster they will come in.
- We can also order these without "Ride Leader" for any member as well as with "Sweep" if someone wants a Sweep Jersey. Matching shorts are available for both colors.



# SBRA EVENTS 2017

## Halloween & the Holiday Party





# SBRA Picnic 2017



# Montauk Century 2017



# BBB 2017



# Montauk Century 2018

June 9, 2018

- Please email me to let me know if you will be leading rides for the Montauk Century.
- We need to have all ride levels being led on the weekends for both Metric and Century.
- Some volunteers still needed to sag and do the baggage runs from Babylon and from Mastic/Shirley.

To our many Volunteers a Big Shout Out &  
Thank YOU from SBRA

