Pre-Ride Checklist

Please review this checklist of Pre-Ride topics with the group before each and every WCBC-led ride.

⇒ Ride in a safe and predictable manner:
  o Follow at a safe distance
  o Hold a steady line - refrain from sudden moves or swerving
  o Don’t surge, maintain a uniform speed/pace
  o No more than two abreast – but only if the road allows this safely
  o Be prepared to “single up” anytime there is a car back that wants to pass
  o Pay attention to the road when riding – don’t ride distracted or distract others

⇒ WCBC rides are intended to be challenging and are intended for recreational and social purposes – NOT racing – Join FSVS to race

⇒ With large groups, keep groups limited to 10-15 riders separated with a 2-car length gap when riding roads without shoulders to allow cars to “leap frog” safely thru the group

⇒ Communicate with other riders and call out dangers and obstacles:
  o “Car Back,” “Car Up,” “Car Left,” “Car Right,” “Glass,” “Gravel,” “Hole”
  o Continue the message up/back thru the line as it comes to you – don’t assume others heard the hazard call
  o Use hand signals to point out road hazards well in advance
  o Make yourself obvious to cars entering the highway – wave, make eye contact
  o At intersections, do not call “Clear” - each rider is responsible to make their own decision

⇒ Your bike needs to be in good working order – Review ABC’s
  o Air - in tires?
  o Brakes – working?
  o Chain – Lubricated?
  o Rear - flashing safety lights
  o Headlights for dusk rides

⇒ To be on a WCBC ride, you must ride with the Ride Leader – go ahead of the ride leader and you are on your own. You will no longer be considered part of the group and will no longer be covered by insurance

⇒ Wear brightly colored clothing so you are obvious to the motoring public

⇒ While riding - No headphones, ear buds, music, cell phone use

⇒ Carry tire repair equipment and be prepared to use it

⇒ Review ride details with the group before departing
  o Advertised pace of the ride – rolling speed and overall average speed
  o Terrain – flat, rolling, hilly
  o Significant concerns - road surface, gravel, shoulder work, etc.

⇒ Remind everyone to Have Fun!

July 17, 2014