

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:
 - Follow at a safe distance
 - Hold a steady line - refrain from sudden moves or swerving
 - Don't surge, maintain a uniform speed/pace
 - No more than two abreast – but only if the road allows this safely
 - Be prepared to “single up” anytime there is a car back that wants to pass
 - 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:
 - “Car Back,” “Car Up,” “Car Left,” “Car Right,” “Glass,” “Gravel,” “Hole”
 - Continue the message up/back thru the line as it comes to you – don't assume others heard the hazard call
 - Use hand signals to point out road hazards well in advance
 - Make yourself obvious to cars entering the highway – wave, make eye contact
 - 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**
 - **A**ir - in tires? ○ Rear - flashing safety lights
 - **B**reaks – working? ○ Headlights for dusk rides
 - **C**hain – Lubricated?
- ⇒ 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
 - Advertised pace of the ride – rolling speed and overall average speed
 - Terrain – flat, rolling, hilly
 - Significant concerns - road surface, gravel, shoulder work, etc.
- ⇒ **Remind everyone to Have Fun!**