

MT.WASHINGTON VALLEY VELO BICYCLE CLUB

Club rides are held weekly from early May through October, weather permitting. Our club invites all of our members, local non-member riders and those visiting the valley to join on the rides. We post the ride information on the calendar page of the club web site. As a club we are obligated to try to meet the expectations of all those who may join in our rides. For the last three years, rides have been planned that try to incorporate all levels of riders, from those just starting to ride, those who are more experienced and those who are very advanced and can ride at a very high level. In order to try to assure that all of our club rides accommodate as many riders as possible, are safe, well planned and coordinated, the following is a guide for the weekly club ride planners and hosts to follow:

Club Weekly Ride Planners and Hosts:

- 1. Plan 3 levels of rides: a short, leisurely ride (15-25 miles), an intermediate distance moderate ride (25 to 50 miles) and a long, brisk, advanced difficulty ride (50-100 miles). Each of the rides should have planned routes for each ride level including a map and/or route sheet. It is not required that all rides start at the same place. The ride coordinator (currently Marianne) will help you to do this and will help you with the maps. You can choose any ride location you like – use an existing ride or create one of your own.**
- 2. Be at the ride meeting place prior to the start time to meet riders and to hand out route information. Make certain that there are hosts available for short, intermediate and long rides.**
- 3. Make sure the rides are posted on the Club Web Site at least a week prior to the weekend of the ride, noting the ride length, difficulty, start time and meeting place. If it is a remote start, carpooling is suggested, so include a time and meeting place for this.**
- 4. Note if there is food available along the way or whether it is necessary to carry lunch and snacks. Any useful information for the specific ride should be included.**
- 5. The leisurely and moderately paced rides are “NO DROP” rides. The hosts for these rides should know their route and be willing to make sure that nobody in their ride is dropped or left alone with an injury or mechanical difficulty. Stopping at key intersections and waiting for the group helps keep track of everyone. Appointing a “Sweep” and/or sharing cell phone numbers also helps. Alert the group to any hazards along the way (acute angle RR tracks, steep grades, construction, etc.).**
- 5. The fast ride will be for experienced riders and therefore is NOT required to be a No Drop ride. The host should let riders know the probable pace and that the ride will NOT BE “NO DROP”.**

6. Weather happens, so rides may be changed due to weather or other reasons. The ride host will post his/her telephone number in the ride description to receive calls concerning cancellations/postponements of any ride. To also post the changes on the web site as soon as the host has made this decision, contact Roland DuBois (603-383-4685).

7. To host a ride, contact Marianne at marianneborowski@yahoo.com for scheduling.