

# Shasta Wheelmen Ride Rules

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November 30, 2017

## I. Club Ride Definition

- A. A club ride is any ride posted by a club member on the ride calendar at the Wheelmen web site, online in the clubs social media, or printed in the monthly newsletter (route maps are also available on the web site).
- B. The standard weekly ride days are Tuesday, Thursday, Saturday and Sunday; all of these rides are posted on the monthly ride calendar.
- C. Ride groups may agree on a custom route at the start of the ride.
- D. Members may start rides together but ride at a self-determined pace and/or finish at various points.
- E. Other events promoted by outside organizations are not club rides covered under Wheelmen club insurance (they are likely insured by the sponsoring organization).

## II. Ride Schedules

- A. Start times for weekly rides appear below as well as on the posted ride calendar (ride goes rain or shine):
  - 9:00AM JAN, FEB, MAR
  - 8:30AM APR
  - 8:00AM MAY, JUNE
  - 7:00AM JUL, AUG
  - 8:00AM SEP
  - 8:30AM OCT, NOV
  - 9:00AM DEC
- B. The meeting/start place is the Sundial Bridge parking lot for Tuesday, Thursday rides. Weekend ride meeting places vary and may be found on the calendar or the Wheelmen web site.
- C. Tuesday evening rides meet at 6PM in the parking lot by CVS pharmacy on Placer and Buena Ventura Streets – unless otherwise announced on the ride calendar.

## III. Responsibility of Riders

- A. Approved helmets are required at all times while you are on your bicycle.
- B. Riders are solely responsible for complying with regulations and safety standards applicable to bicyclists.
- C. You must have sufficient fitness to cycle the distance you commit to for each ride.

- D. Ensure adequate nutrition and hydration when you start the ride and maintain nutrition and hydration during the ride.
- E. Bicycles must be fully functional and equipped with brakes.
- F. Headlights and reflectors are required for rides proceeding into dark or dusk as per California Statute.

#### IV. Safety

- A. Riders shall obey all traffic laws applicable to bicyclists.
- B. Use of headphones, phones or distracting devices is discouraged during Club Rides. If a rider needs to participate in a phone conversation, that rider shall only do so while stationary and off public streets.
- C. Carry identification with a phone number of an emergency contact person.
- D. Give warning (verbal or bike bell) before passing pedestrians or other cyclists.
- E. When riders stop for repair, rest or any other reason get well off of the roadway.

#### V. Mileage Tally Method

- A. Members are encouraged to log all of the miles they ride for determination of the winners for Most Annual Miles award, regardless of when or where the miles were ridden.
- B. Members miles will be accumulated between Jan 1 and December 31 each year, all of which time the rider must have been a Shasta Wheelmen member.
- C. Mileage is to be logged through Strava. The member must be a member of the Shasta Wheelmen Strava club for miles to be considered toward club awards.
- D. The club statistician regularly audits members' mileage.

#### VI. Ride Leaders

- A. A ride leader shall be designated as one who actually plans and leads a Club Ride.
- B. An annual award shall be presented to the best ride leader.
- C. Ride coordinators are designated as those who coordinate already scheduled and organized rides. Such as the Chico Wildflower, etc.

#### VII. Insurance Coverage

- A. The club is insured under the League of American Bicyclists liability policy.
- B. Guest riders must sign a waiver when riding in a Club ride subsequent to their 1<sup>st</sup> ride with the club (per insurance requirements).