

Springfield Bicycle Club Ride Sheet

	Date:	To/From Miles	Ride Miles	X if Guest	DISCLAIMER
	Leader:				
	Sweep:				
	Mileage:				
	Please PRINT Name Clearly				
1					<p>By signing this attendance sheet or otherwise participating in this event, I hereby for myself, my heirs and administrators assume any and all risks which might be associated with my participation in this event. I waive and release any and all right and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, and any other persons connected with this event, their sponsors, representatives, successors, and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities. I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or cost they may occur due to my presence or participation in the event and whether caused by the negligence of the releasees or otherwise.</p>
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					<p>SPRINGFIELD BICYCLE CLUB PO Box 2203 Springfield, IL 62705-2203</p> <p>Mail Ride Sheet to the Records Keeper: David McDivitt 909 Diane Court Springfield, IL 62702</p> <p>Submit Ride Info Online: http://spfldcycling.org Choose "online ride entry form" from menu, email webmaster or records keeper to request password</p>
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

RIDE LEADER GUIDELINES

PRE-RIDE PLANNING

Select a route carefully. Try to avoid poor road surfaces and heavily-traveled routes. Keep the ride to a distance no longer than what was listed in the newsletter. Remember that a route of any length is a challenge for some riders.

Note potential hazards, e.g., railroad tracks, bad gravel, vicious dogs, etc.

Be sure the meeting place is free of hazards and that permission is granted for parking.

Mark and duplicate maps with the route or provide a cue sheet for longer rides.

Scout the planned route shortly before the ride date for new hazards, e.g. road oil, flooding, road construction, gravel, bridge deterioration, etc.

Make sure any restaurant planned as a stopping place is open.

Explain any unusual circumstances, pass out maps or cue sheets, and warn riders of any road hazards. Remind riders of basic riding safety and security. Be an example, not a statistic.

Announce and describe the classification of the ride and ask all riders to adhere to it.

If possible, leave maps or cue sheets behind in an obvious place for late arrivals.

Start the ride promptly, but no later than 5 minutes after the scheduled starting time.

At the start, announce the traditional, "Start your computers!"

Make sure everyone is accounted for at the end of the ride. Those that did not sign in before the ride should do so after the ride.

ON-THE-RIDE ADMINISTRATION

Arrive at least 15 minutes early.

Be sure and introduce any new members.

Make sure that everyone signs the ride attendance sheet and understand the liability waiver. Ask everyone to log their to/from miles.

Have membership applications available for non-members as they sign up. If they enjoy the ride, they probably will join.

POST-RIDE FOLLOW-UP

Note the official distance on the ride sheet and note any individual variance, should a member not ride the full distance.

Decipher any unreadable names for the records keeper.

Be sure your name is on the list.

Notify an SBC officer immediately of any injuries from accidents, falls, dog bites, etc.

Mail or email your ride sheet **PROMPTLY**.

SPRINGFIELD BICYCLE CLUB
PO Box 2203
Springfield, IL 62705-2203

Mail Ride Sheet To:

David McDivitt
909 Diane Court
Springfield, IL 62702