



## **RIDE LEADER ASSEMBLY**

**March 10, 2019**

- Andy Katell, Rides Chair
- Christine Schopen, President
- Alan Sheiner, Sound Cyclists' Rides Director
- Peter Aaron, LCI
- Judi Tota, Merchandise Coordinator
- Lew Insler, Events Coordinator
- Ave Karel, Ride Leader
- Dan Remer, Ride Leader

LCI = League Cycling Instructor, League of American Bicyclists



# AGENDA

- Welcome/Agenda (Andy, Christine)
- Collaboration with Sound Cyclists (Alan Sheiner)
- Ride Statistics (Andy)
- Ride Level Coordinators (Andy)
- Website, Ride Signups (Christine)
- Safety (Peter)
- Weeknight Rides (Andy)
- RideWithGPS Library (Peter)
- Volunteer Appreciation Program (Judi)
- Events Overview (Lew)
- Breakouts (Ave, Bruce, Dan)



# Westchester Cycle Club's Purpose

Westchester Cycle Club provides organized rides and other cycling-related activities for our members and the community:

- To educate the public about bike safety
- To promote goodwill toward cyclists



# COLLABORATION WITH SOUND CYCLISTS

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Alan Sheiner



- **Purpose**
- Share resources, ride leaders and rides
- Expand social circle
- Provide additional benefits to members
  
- **Kick off with an all-level joint ride special event with post-ride gathering**
- DJ ride - two routes (41 miles; 23 miles). 41 miles route crosses both counties
- Park at Hindley Elementary School, Darien, CT
- Date: 5/19 (Sunday), 9:15-9:30 am
- Post-ride lunch (rain or shine) – around 12:30pm, Bertucci's Italian restaurant, 54 Post Rd, Darien (3 miles from Hindley School): Member pays \$10 toward food, rest subsidized by clubs.
  
- **Once-a-month weekend joint ride in 2019 (May - August)**
- SCBC to sponsor May & July. WCC to sponsor June & August
- On the day of joint ride, other rides are "discouraged" but not banned
- On the joint ride, each club should designate leader(s), to sign in their members
- Each club will add a generic ride leader named "SCBC/WCC". This generic ride leader will be used when loading to the *guest* club's ride schedule to show joint ride
- One coordinator in each club will jointly select the monthly collaborative "all-level" ride and load to ride and event calendar. For 2019, SCBC coordinator is Alan Sheiner and WCC coordinator is Andy Katell
  
- **Multi-club ride**
- NYCC is planning to host a multi-club ride, Sunday June 30 out of Fort Lee, NJ. Details to come



# 2018 At-a-Glance

- 1100 rides (2017: 1126 rides)
- 266,639 miles (2017: 312,328 miles)
- Average 8.5 riders (2017: 9.0)
- Top 5 start locations:
  - Crittenden School, Armonk
  - Armonk Municipal Lot
  - Golden's Bridge ACME
  - Glenville Municipal Lot
  - Millwood



# Ride Level Coordinators

Greg Sims	A
Anil Malhotra	B+
Rich Gluck	B
Steve Schwartz	C+
Deb Ramsey	C
Paula Edlavitch	D
Laura Kelly	M, MP

# NEW WEBSITE FEATURES

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Christine





# New Website Features

- You can now insert photos into ride description
  - In the ride description scroll over to “insert image”
- More rides fields
  - Regrouping policy (Examples of free text entries: As Needed, Easy, to Miss Turns, When Needed, Tops of Climbs, Frequently)
  - Expected Target Pace
  - Estimated Ride End time (mileage divided by avg pace + 45 minutes)
- My Past Rides (rides that you have been signed in for)
  - Rides
  - My Past Rides



# New Website Features

- Calendar attachment on email notifications
- Sign up any member on your membership
- Menu search (spotlight at the top right-hand side of webpage)



# Ride Sign-up Choices

- Remove (takes you off the list of riders and you no longer get notifications)
- Definitely Riding
- Probably Riding
- Definitely Not Riding (Lets the Ride Leader know not to look for you, but you will still get updates)

# SAFETY ON CLUB RIDES

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Peter



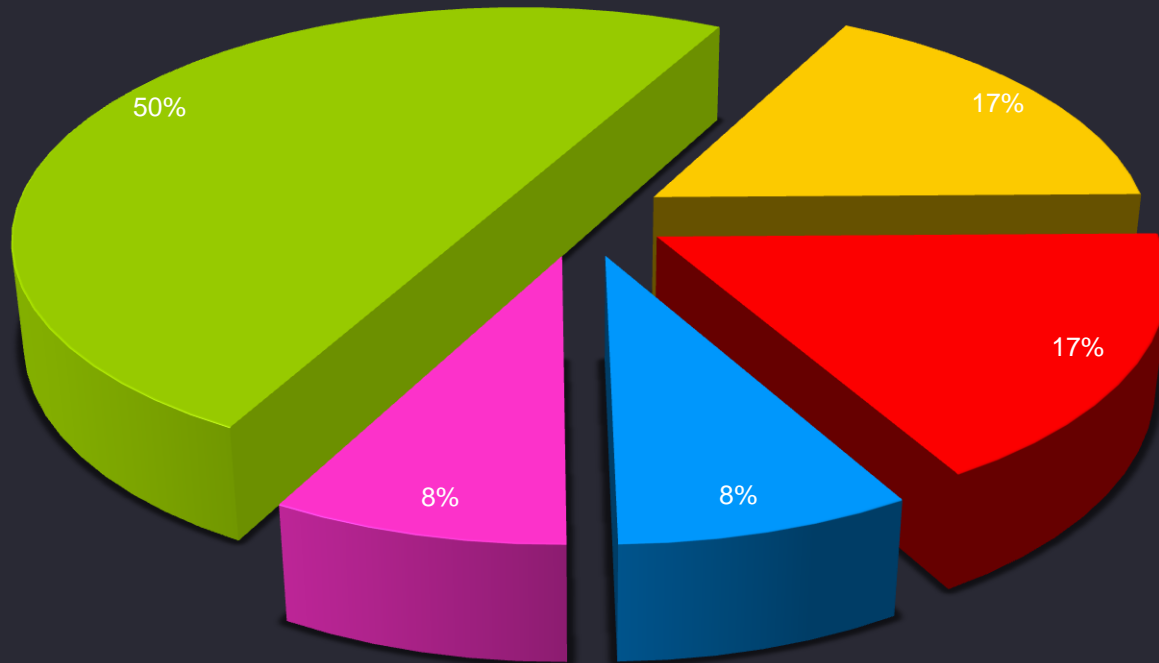
# Safety on Group Rides

- Each year, riders crash during WCC rides
- Most crashes are caused by rider error or road conditions
- **LOSS OF FOCUS?**
- Ride leaders set the tone and establish practices for safe group riding, use the safety talk to start setting the tone
- Club rides are not competitions; riders should help one another
- If the group is large, split into smaller groups of 10-12
- Ask if anyone is willing to sweep



## CRASH STATISTICS (LAB)

■ Falls/Road Hazard ■ Vehicle/Bike ■ Bike/Bike ■ Bike/Dog ■ Other



# Expectations of WCC Ride Leaders

- Contact new/first time riders before the ride
- Request riders stop at red lights
  - Police are watching
  - The club cannot defend violations of traffic signals
- Promote increased respect/caution for stop signs
  - Including 4-way stops
- Respect oncoming traffic that has the right of way
  - Stop before turning
- Promote single-file riding if traffic on road
- When making a left, take the lane early and safely with the group
- Be an ambassador for the sport and the club when interacting with drivers and pedestrians; be courteous on the road!



# Unsafe Riders/New Riders

- Unsafe riders endanger everyone, ruin the experience for others and give cyclists a bad reputation
- If you are uncomfortable with a rider's actions, quietly and politely explain your concern. If the situation does not improve, ask the rider to leave
- Any serious situations involving an unsafe rider should be reported to the Rides Chair, who will contact the individual(s)
- Check in during the ride with new riders to make sure they are riding at a comfortable pace, not after you have dropped them!
- If a rider is struggling to keep pace, request a volunteer to stay with that person. If no one volunteers, ask the rider if they can manage on their own; if unable, ask someone to volunteer to lead and stay with the rider



# In Case of Emergency

- Assign riders to signal traffic to protect downed rider
- Call 911 if you determine it's necessary. (If unsure, call 911. ) The person injured is **not** the best judge of whether to call, **you are**
- Do not move rider
- Give comfort and reassurance
- DO NOT REMOVE HELMET
- If rider is transported to a hospital, inform their emergency contact. Stay calm and reassure
- After ride, contact injured rider and offer assistance
- Identify yourself if you have medical training

# In Case of Emergency – cont.

- If the accident involves another party, make sure the police are called
- Ask any rider who observed what happened to complete an accident form
- Collect information from other parties involved or witnesses
  - (Accident Reports can be found under the “Ride Leader Info” blue tab, at the bottom under Forms and Information)

# WEEKNIGHT RIDES

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Andy



# Help Wanted

- Wednesday Fling
- Whip N' Gag
- Mark Lalloo's Monday rides
- Bruce Well's Tuesday-Thursday evening training rides
- Other?

# New Member Orientation Rides

- Another volunteer opportunity
- For new club members
- Sunday afternoons (after our morning rides), once/month during peak season
- Discussion about the club, rides, social activities, etc.
- Handouts
- Ride SUNY Purchase loop road
- Ride in Greenwich/Purchase

**HELP NEEDED! SEE ANDY KATELL**



# RWGPS CLUB ACCOUNT: UPDATE

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By Shelly (Peter presenting)  
[vergenceranges@gmail.com](mailto:vergenceranges@gmail.com)



# The Basics

- It is free to our members
- Offers voice navigation via the phone app
- Routes must be accessed through the WCC RWGPS route library
- The club library has 450+ routes!



# The Ask

- Please use the Club RWGPS library first!
- Cue Sheets--→Club RWGPS Library
- Open Route Library
  - Sort, filter
  - Same name, different number, WCC is the owner
- Click View
  - Copy url and paste this link into your ride description
- LMK if any of the links aren't working





# VOLUNTEER APPRECIATION PROGRAM

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Judi



# Volunteer Appreciation Program

As of Jan. 1, 2019, all club members are incentivized to volunteer through a new Volunteer Appreciation Program.

## Objectives:

- Encourage volunteering, including ride leading, with special incentive for D ride leads
- Express appreciation and provide recognition for volunteering
- We have created a point system, with rewards at various levels that can be achieved through various types of volunteering
- Points don't expire (can carry over from year-to-year). Points are redeemable for regular WCC-branded items (no special ride jersey)



# Volunteer Appreciation Program

<b>Volunteer Activity</b>	<b>Points</b>
WCC board participation	20
Non-board (sub-board) committee membership (e.g. Dirty Apple, Golden Apple, away weekend, merchandise coordinator, ride level coordinator)	10
Ride lead	5
Ride co-lead	2
D ride lead	10
One-day event volunteer, e.g. Bike4Kids	5

# Volunteer Appreciation Program

Store Item	Points Required
Voler Item - buy in WCC store with leader points and cash, if needed	Store pricing
Short-sleeve jersey	50
Shorts	15
Socks	12
Arm warmers	20
Mirrors	20

**MAY BE  
REVISED**



# COMING ATTRACTIONS

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Lew



# Events/Special Rides

- March 17 – Tech Forum 2
- April 13 – Daffodil Rides
- April 27-28 – Tush Tuneup
- May 19 – First joint WCC-SCBC ride
- May 23-26 – Martha's Vineyard Weekend & Rides
- May 27 – Memorial Day Pot Luck and Rides
- June 23 – Second WCC-SCBC ride
- June 30 – Multi-Club Ride
- July 4 – Independence Day Pot Luck and Rides
- Aug. 1-4 – Montreal-Lake Champlain Weekend & Rides
- Sept. 2 – Labor Day Pot Luck and Rides
- Sept. 7-8 – Mohawk-Hudson Cycle Club away weekend
- Oct. 13 – Golden and Dirty Apples



# **BREAKOUTS**

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**Newer/Prospective Ride Leaders:**

- 1) Ave Karel**
- 2) Tire Changing Clinic**

**Experienced Ride Leaders:  
Discussion with Dan Remer**



**THANK YOU FOR**  
**YOUR GREAT WORK**  
**AS RIDE LEADERS**

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You are the heart and the backbone  
of the club

