



RIDE LEADER ASSEMBLY

March 11, 2018

- Andy Katell, Rides Chair
- Christine Schopen, Vice President
- Peter Aaron, LCI, B Rides Coordinator
- Paula Edlavitch, D Rides Coordinator
- Lew Insler, Events Coordinator
- Shelly Mozlin, LCI, Secretary

LCI = League Cycling Instructor, League of American Bicyclists



Ride Level Coordinators

TBA	A
Anil Malhotra	B+
Peter Aaron	B/B-
Steve Schwartz	C+
Candi O'Brien	C
Paula Edlavitch	D
Laura Kelly	M

AGENDA

- Welcome/Agenda (Andy)
- Start Locations, RL Challenges (Andy)
- Website, Leader Certification/Appreciation (Christine)
- Safety on Group Rides (Peter)
- “D” Ride/New Member Orientation Rides (Paula)
- Coming Attractions (Lew)
- WCC’s RideWithGPS Library (Shelly)

TAKE HANDOUTS!



Westchester Cycle Club 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

- 2017 Statistics:
 - 1126 rides (2016: 1075 rides)
 - Total miles in 2017: 312,328 miles (2016: 317,713 miles)



Popular Start Locations 2018

Start Location	Issues
Glenville Municipal Lot	Only one ride at a time
Millwood DeCicco's	Caution on weekends (weekdays?)
Waller Ave, White Plains	Parking fee
SUNY Purchase W1	\$6 parking fee (WCC has passes)
Goldens Bridge Acme	Storekeepers unhappy?
Armonk Municipal Lot	
Bedford Village Elementary School	
Bedford Tennis Courts	Not on weekends
Crittenden School (Armonk)	
Katonah Commuter Parking Lot NEW LOCATION: CAMP COMBE Peekskill Hollow Rd	Not on weekdays

Start Locations: Alternatives

- Good options
 - Metro North lots
 - Trailway lots
 - Schools?
- Alternatives near Millwood DeCicco's
 - Spacarelli's
 - Post Office
 - Briarcliff Manor Public Library
 - Trailway a few parking spots at Station Rd (Rt 133)
- Other suggestions
 - Int'l Corporate Center, Theodore Frem Ave, Rye
 - Glenville School



Biggest Challenges for Ride Leaders

- Your comments?

WEBSITE, CERTIFICATION, APPRECIATION

Christine



New Website Features Since 2017

- Ride Categories in Member Roster
- Ride Categories on Member Search
- Show your assistant leads
- Unaffiliated rides (**Green ***)

These rides are listed on the schedule but not official rides, like training rides and Bikes4Kids

- Search rides by phrase in title or description, limit to categories, start location, etc.

Search Rides

Start Date	End Date
<input type="text" value="02/06/2018"/>	<input type="text" value="03/08/2018"/>
Minimum Distance	Maximum Distance
<input type="text"/>	<input type="text"/>
Phrase in Title	Phrase in Description
<input type="text"/>	<input type="text"/>
Limit to Categories	Limit to Start Location
<input checked="" type="checkbox"/> All Categories	<input type="text" value="Please select a starting location"/>
<input type="checkbox"/> A (17.0+)	
<input type="checkbox"/> B+ (16.0-18.0)	



New Website Features Since 2017

- Edit start time on the day of the ride
- Assistant leaders can check people in
- Rider sign up emails

For your ride on 2018-02-17, Bruce Wells has signed up as **Possibly** and left the comment: **Depending if my wife wants to ride with me.**

- Ride change difference email

Bruce Wells updated the ride titled **Thursday Night Training Ride** scheduled for 2018-03-15 And changed:

The **mileage** from 28 to **23**.

The **start time** from 6:15 PM to **6:00 PM**.

The **cue sheet** from [#63 White Plains to Woodbury](#) to [#1419 TNR / ThNR Training Ride Whipoorwill East](#).

The **pace** from *B* to **A**.

The **start location** from *White Plains High School* to **Waller Ave. Parking Lot, White Plains**.



New Website Feature: Cancelling a Ride

- Give at least 1 hour's notice when cancelling, preferably 2
- To cancel, click on your ride in Ride Schedule. At bottom, see “opt-out” tab. Clicking that tab, generates an email informing riders of cancelation. It will also mark “No Leader” on the Rides Schedule.



Ride Leader Certification

- To become a WCC Ride Leader:
 - Ride at least 5 club rides in a calendar year
 - Complete ride leader training program
 - Complete 2 co-leads with an experienced leader
- Rides Chair then certifies the rider as a Ride Leader and enables them to post rides at the club website

Ride Leader Appreciation Program

- To qualify:
 - Lead 9 rides and “Confirm” riders online
 - Assistant Leaders earn one-half credit
 - Plus, lead one D ride (total 10 rides)
 - Complete a qualifying volunteer activity: Bikes4Kids worknight, Golden Apple, or assist at New Member/Orientation ride
- Receive a special Ride Leader jersey
 - To be delivered in early 2018



SAFETY ON CLUB RIDES

Peter

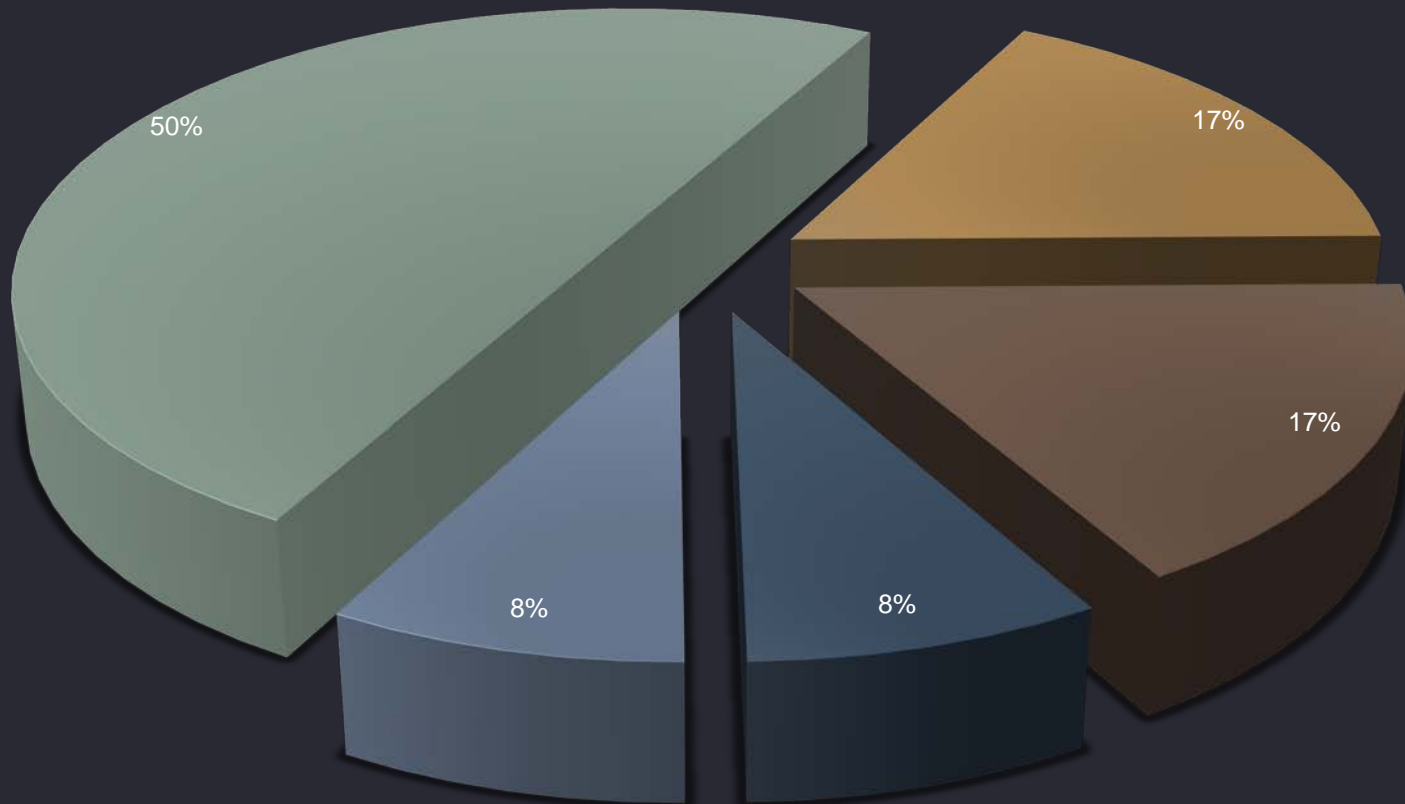


Safety on Group Rides

- Each year, riders crash during WCC club rides
- Most crashes are caused by rider error
- **LOSS OF FOCUS**
- Ride leaders set the tone and establish practices for safe group riding

CRASH STATISTICS (LAB)

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



Expectations of WCC Ride Leaders

- Insist riders stop at red lights
 - Police are watching
 - The club cannot defend violations of traffic signals
- Promote increased respect 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
- Be an ambassador for the sport and the club when interacting with drivers and pedestrians



Unsafe Riders/New Riders

- Unsafe riders endanger everyone, ruin the experience for others on the road 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) involved
- Check in with new riders to make sure they are riding at a comfortable pace

In Case of Emergency

- Signal traffic to protect downed rider
- Call 911 if you determine it's necessary. If you are 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

LEADING A “D” RIDE

Paula



Characteristics of a “D” Route

- 20-25 miles with rest stop
- Understand no rides can be flat
- Print cue sheets (low Garmin penetration)
- No surprises
- Call new members
- Formula:

$$\text{Hours} = \text{Miles}/10 + \frac{1}{2} \text{ rest stop} + \frac{1}{2} \text{ D factor}$$

At the Start

- No safety talk, no ride
- ABC Quick Check – are bikes in good working order?
- Appoint a sweep, count heads, everyone needs a cue sheet
- Make sure you can read phone numbers on sign-up
- Everyone has your phone number
- Single file, no overlap, no “clear,” “on your left”

During the Ride

- Go slowly!
- Hills are supposed to be hard (regroup)
- DROP NO ONE
- Assume low level mechanical skills
 - The Hospitality Rule
- Guidance and support is appreciated (but do not assume all D riders are novices)
- Regroup at top or corner of next turn

After the Ride

- Make sure everyone got back safely
- Acknowledge difficulty, encourage to show up next week!

NEW MEMBER RIDES AND COMING ATTRACTIONS

Lew



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



Coming Attractions

- New Locations, New Events, New Ideas
- Learn to Look for Details in the New Format Newsletter and Use the Event Calendar
- Always Looking for Suggestions for Events and Venues
- ❖ Upcoming dates:
 - ❖ Eric Marcos on March 28 at Royal Palace
 - ❖ Daffodil Ride- April 14 or 15th, likely location Edith Macy Center
 - ❖ Cinco de Velo- May 5th
 - ❖ WCC SPONSORING THREE BIKE SUNDAYS IN 2018 – May 13, June 17 & September 16
 - ❖ Probable New Location for July 4th event
- Away trips - Copake Swap Meet 4/21, Auction 4/22 w/ possible Ride(s)
- Tush Tuneup 4/28-29- is already on Ride Board
- Lake Champlain- Probably early August



RWGPS CLUB ACCOUNT: UPDATE

By Shelly

vergenceranges@gmail.com



Stage 1: Rollout

- Club pays annual fee. Members pay NOTHING to be enrolled in Club's RWGPS account; only need a free RWGPS account
- Advantage to members: voice navigation on RWGPS app on iPhone and Android platforms
- Does NOT provide advanced editing features associated with premium membership
- 125+ members enrolled so far



The Confusing Part

- Club Account has separate and distinct route library. To use navigation app, route must be accessed from WCC RWGPS library
- Routes in individual accounts not accessible via Club Acct unless copied
 - Riders can still access your route from your link, and upload to Garmins, print cue sheets, etc.
- Route managers (Shelly, Deb, Peter and Rich) ensure every ride with RWGPS link is copied to the Club RWGPS account to ensure everyone has access to navigation
- The route is given a NEW NUMBER when it is copied!!

The Good News!

- We now have almost 300 routes in the Club RWGPS library!
- Library is publicly accessible with or without a membership in anything!
- <https://ridewithgps.com/organizations/80-westchester-cycle-club/routes>
- Routes can be filtered and sorted quickly and easily by location, distance, elevation, etc.



Stage 2: Use the Club RWGPS Library First

- Ride Leaders: Start here when looking for a ride to lead
- Use Club's RWGPS link when posting to Ride Board
- Identify it as the Club link. Ex: Link to Club RWGPS library: <https://ridewithgps.com/routes/23299461>
- If it isn't there, the route managers will copy it over



Why?

- Avoid duplication of rides in the Club RWGPS library
- Avoid busy work for route managers
- Access to voice navigation for every ride for every member is a safety upgrade offered free to all members

THANK YOU FOR
YOUR GREAT WORK
AS RIDE LEADERS

You are the heart and the backbone
of the club

