



Ride Leader Guide

Ride Leader Expectations

As a ride leader you are required to follow certain guidelines when setting up and leading a group ride. Below are the minimal duties/responsibilities.

1. Categorize the ride using the guidelines below. (See Ride Categories section)
2. Provide your ride detail to coordinator and ensure ride coordinators post rides to team calendar @ pedalracing.org/team/team-calendar. (See Ride Posting section)
3. Ensure all participants sign the ride waiver.
4. Helmets are **mandatory** on all Pedal Racing and Club rides.
5. Conduct introductions prior to departure: A description of the day should be clear and include:
 - o The lead, sweep rider (if available), and any SAG support vehicle
 - o The route, key obstacles / climbs, and any known hazards or items of interest.
 - o Regroup locations (if any) and expected length of stop.
 - o The speed for both average and pace on flats, and if this is a *drop* or *no-drop* ride.
 - o Ride etiquette descriptions such as riding single file, indicate turns, stops, and point out hazards, and to say "on your left" when passing.
 - o Encourage riders to communicate to a Ride Leader if they decide to turn back, or elect to deviate from the designated route.
6. New riders will have questions about the level of the ride. If new riders are unsure if a ride is for them, especially if it is rated "B" or higher, encourage them to try an easier route first and work their way up to a more difficult ride.
7. Ride Cancellation: If in your opinion, road and/or weather conditions might make the ride unsafe, cancel or modify the route. If possible, try to cancel at least 24 hours in advance; however, if this is not practical, use your best judgment.
8. If necessary, separate cyclists based upon ability, group size permitting.
9. After the ride, scan and e-mail the sign-in sheet to your ride coordinator.

Do not treat this ride as your workout. **Adhere to the described pace and route.** We expect leaders to mentor, coach and provide feedback to those cyclist that are newer to the sport of cycling. Remember, we do not want new cyclists to be intimidated; we want them to come back and enjoy their newfound passion.

Ride Categories

Road:

Category	Mileage	Terrain	Average MPH	Drop Ride?
AX	30-100	Any terrain	18-27	Drop
A	30-100	Any Terrain	16-18	Drop
B	30-80	Any Terrain	14-16	Varies
C+	20-40	Some Hills	13-14	No-drop
C	15-40	Few Hills	11-13	No-drop
D	10-25	Mostly Flat	8-11	No-drop

Note: Average speed represents the overall average for the ride, including: hills, stops, etc. The actual cruising speed on flat terrain will tend to be a few mph higher.

Mountain:

Category	Description
AX	Expert – technical single-track, long and steep hills, big rocks, logs, drop-offs; extreme terrain, but rideable
A	Advanced – Technical trails, but no so extreme as AX
B+	Intermediate/advanced – mixed technical single-track, smooth single-track and fire roads; hills can still be long and steep
B	Intermediate - single-track and fire roads; still got those hills, but less of the rocks and technical stuff. Fun
C+	Beginner/intermediate - smooth and rolling single-track and fire-roads, few roots and rocks.
C	Beginner - relatively flat, smooth single-track or dirt road; a little bit of logs, maybe some roots.
D	Unpaved, but generally smooth and flat; suitable for hybrid bikes.

Ride Posting

Provide your ride details to your ride coordinator. They will post to the team calendar at pedalracing.org/team/team-calendar.

Ride description must include:

- Bike discipline (mountain, road, cross, other)
- Date and time
- Meeting place & link to location on Google Map
- Leader name
- Ride category and specify Drop/No-drop ride
- Description of ride
- Provide length, route and climbing data. If possible, link to Strava, Garmin Route, Ride with GPS, or Map My Ride.