

MVBC “A” Ride Expectations

This is not a beginner ride. Riders need to be comfortable riding in a moderate to fast pace line. Average speed 17-20+ mph.

1. This is a Show and Go ride with no regroupings after the warmup.
2. Ride maps may be available and you should consult them and ask questions of the ride leader or other riders if you are unfamiliar with the route or area.
3. All riders need to be self-sufficient. Waiting for or assisting riders with a mechanical or tire problem is a group choice and not to be expected.
4. The first 5-10 miles is considered a warmup. Please try to keep the group together.
5. If you get dropped, form a second group if possible.
6. Obey ALL traffic signals and rules.
7. Ride double or single file as appropriate for the road and in accordance with traffic code.
8. Know how to ride a safe and steady pace line, or ask. If unfamiliar with the signals or the rotation, ask another rider. Don't assume.
9. Riding on aero/TT bars in a pace line or group is prohibited.
10. When leading a pace line, search well ahead for hazards and point them out for those behind you. If you need to keep your hands on the handlebars, call out the hazard. A rule of thumb is that a hazard is worth pointing out if it could cause a flat or a crash. Otherwise ignore it.

MVBC “B” Ride Expectations

The B group is for intermediate riders and those wanting to train and start racing. Riders should be comfortable riding in a moderate to fast pace line. If you aren't, this is the group to train with to learn technique and improve your skills. Average speed 15-19 mph.

1. The initial group often breaks into smaller groups dependent on pace and terrain. Lead groups may or may not elect to wait and regroup with following groups. It is incumbent upon every rider to have a map and follow the route, or ride with someone who is, since there may not be a sweeper. If you decide to leave the planned route, notify the ride leader or other riders so we will not have to come back and look for you.
2. Ride maps will be available and you should consult them and ask questions of the ride leader or other riders if you are unfamiliar with the route or area.
3. All riders should be self-sufficient. Waiting for or assisting riders with a mechanical or tire problem is common, but should not be relied upon. Bring cell phone if possible.
4. The first few miles are considered a warmup. Please try to keep the group together. If you notice a gap, wait for the following group. If you are in the following group, do not break any traffic rules to catch back up. This is a training

ride not a pro race. Getting dropped doesn't hurt nearly as much as getting hit by a car. If you get dropped, form a second group.

6. Obey ALL traffic signals and rules.

7. Ride double or single file as appropriate for the road and in accordance with traffic code.

8. Know how to ride a safe and steady pace line, or ask. If unfamiliar with the signals or the rotation, ask another rider. Don't assume.

9. Riding on aero/TT bars in a pace line or group is prohibited.

10. When leading a pace line, search well ahead for hazards and point them out for those behind you. If you need to keep your hands on the handlebars, call out the hazard. A rule of thumb is that a hazard is worth pointing out if it could cause a flat or a crash. Otherwise ignore it.

MVBC “C” Ride Expectations

This is not an Expert ride group. This is not an Intermediate ride group either. The Mohawk Valley Bicycling Club “C” ride group is for beginners, inexperienced riders, casual riders and/or recreational riders. We conduct “No-Drop” rides whereby no rider is left behind.

Our pace of ride is 13-17 miles per hour on the flats and is comparable to the pace set by the annual Ride for Missing Children.

If you decide to ride with us, here is what you can expect from the Mohawk Valley Bicycling Club “C” ride:

- A controlled No-Drop 13-17 mile per hour pace on terrain suitable for its purpose.
- Two designated ride leaders and two designated ride sweeps (bring up the rear).
- Support-encouragement-and road side assistance with bike repairs, including fixing flat tires.
- FUN - SAFETY - CAMARADERIE

We expect very little from our riders other than:

- Respect for fellow riders.
- Ability to meet others-have fun- and extend a welcome to new riders.
- Respect for and knowledge of the New York State Vehicle and Traffic Laws as relate to bicycling. Including § 1146 Due Care; § 1231 Bicycling; and § 9234 Riding on Roadways, Shoulders; Bicycle Lanes or Paths.

- Bring adequate water, drink, food, etc.
- Ride 2 x 2 when possible but never more than two abreast. Single up when appropriate.
- Have a spare tube in your bike pouch.
- Point out/Shout out hazards, e.g. “Debris, Hole, Glass, Car up, Car back, Road kill, etc.”
- Know your limitations.

MVBC Rider Responsibilities

1. Know your limitations and stay within your comfort and safety zones. Bring adequate water or sports drink and food.
2. Have spare parts and tools for mechanical mishaps (i.e., spare tube, pump, and necessary tools) and the knowledge to use them. Or ask another rider if you have questions.
3. A helmet is required on all club rides.
4. Riders are expected to comply with all traffic laws and customs on all club rides.
5. Be sure to sign in for all rides. If you leave the group to ride a different route, please inform the ride leader so he/she won't look for you.
6. At the ride start (do note that we start riding promptly at the scheduled time, so be sure to arrive with time to spare), please ask around for the ride leader. As above, they handle administrative details for rides: the sign-in sheets, announcing road conditions, asking riders who will be riding the various distances and introducing guests and new members. They may or may not check to be sure that all riders have returned.
7. After signing in ask the ride leader to point out riders of similar abilities. Again, unlike some clubs, we have riders of different abilities and interests on the same ride.
8. Do be sure to get a copy of the map and cues (offered on most of our rides).
9. Often our rides start out as one group and then separate into groups of different speeds. If the group you select is too fast, simply slow down as a slower group is likely behind you and will soon catch up.
10. Guests are welcome on all rides. However our insurance requires us to only allow you one ride as a guest. If you wish to ride with us again, you must join the club.