



## Training Ride Rules

As we begin our regular season rides, please review the following information regarding general rules. **There are some NEW RULES in effect this year!** All group ride information, including route, will be posted to the website and forum at least 72 hours prior to the ride start time.

All rides begin promptly at their listed start times. Please be ready to roll out by the start time! It is unfair to those who show up on time to wait for those who are squealing into the parking lot 2 minutes before start time, unpacking their bikes, etc. If you miss the start time, feel free to join anywhere along the posted route!

### Ride Schedule

*Monday C Group Ride* departing from Botzum Trailhead (<https://goo.gl/maps/WdNmgegRYGn>) at 6:00pm. This is a developmental ride with a more leisurely pace. Rides will increase in distance over the summer from about 17 miles. Skills such as pace lining will be introduced to newer riders. This ride will be led by Eric Jennings and Chris Kobus.

*Tuesday B Group Ride* departing from Botzum Trailhead (<https://goo.gl/maps/WdNmgegRYGn>) at 6:00pm led by Christopher Boyer or Leigh Atkins.

*Women's Ride on Wednesdays* (led by Pam or another club/affiliate gal) will start from the Boston Store Visitor Center Parking Lot (<https://goo.gl/maps/MWQo9gma3yz>) at 6:00pm. Any race-minded woman is invited to attend, but is encouraged to sign up for SFW. Interested gals are encouraged to send their email address to Pam at [psemanik@roadrunner.com](mailto:psemanik@roadrunner.com) for inclusion on any last-minute update messages.

*Thursday Night B Group Ride* led by Aaron Patterson from the Akron General Medical Center Parking Lot (4302 Allen Road Stow, Ohio 44224). The Bike and Hike trail runs parallel to Route 8 on the west side of the building. Ride begins at 9:00pm. Proper lighting is required, we recommend a helmet mounted light in addition to a handlebar mounted light and tail light.

*Sunday Long B Group Ride* departing from Botzum Trailhead (<https://goo.gl/maps/vVNincBJP2520>) at 1pm led by Emily Miller.

The following info is mostly applicable to B group rides, but read it anyway:

Routes will be posted in advance through Ride with GPS, and the leader will try to bring cue sheets to the ride start. Ride information, including the route, will be distributed via the club forum and the website. PLEASE take time to review the route – things happen and sometimes you may find yourself out there by yourself.

B group rides are typically 'no-drop' rides in the sense that we will wait for the group if we get split up by red lights/farm equipment/breathalyzer checks/etc. and we'll wait at the top of whatever is 'the hill' for that ride. WE DO NOT INTENTIONALLY DROP RIDERS! But we do expect that if you simply can't hang with the group on any given ride day, please know the route and consider shortcutting (and let someone know you're dropping off, please).

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Also, PLEASE be aware that, although we love having you ride with us, sometimes it's hard to keep track of everyone – especially in a splintered group! If you fall off the back and nobody sees it happen, we don't know to wait for you. Again, PLEASE know the route, or at least how to get back to the start, just in case. To repeat: We will NEVER drop you intentionally and then ride as fast as we can to widen the gap. That's what 'A' group rides are for!

All riders should be prepared to fix their own flats and handle minor mechanical issues. And all are required to carry a cell phone, just in case.

The B group will typically self-divide into those wanting a faster/tougher ride and those who don't. Be aware that B group rides are meant to be challenging. The best way to learn to ride faster is by riding with those that are faster than you. Don't take it personally if you get dropped on any given week, but resolve to come back out the following week and hang on longer.

In the event of unfavorable weather at ride time, the ride will likely be cancelled. We don't start rides in the rain, but we have gotten caught in the rain while out there so be prepared. 'Rain outs' can turn into pick-up rides if enough riders show up and are game for riding in inclement weather. Ride leaders, however, may not be so inclined. KNOW YOUR ROUTE or modify accordingly.

### Specific Ride Rules

1. **Helmet required.**
2. **Road ID (or some sort of on body identification) Required**, you can purchase a Road ID at [www.roadid.com](http://www.roadid.com). In the case that you have forgotten your Road ID, the group ride leader will have self adhesive wristbands on which to write your emergency contact information.
3. Please **SIGN IN with group ride leader** and list your emergency contact information.
4. Club members will be asked to **sign a waiver prior to the first group ride**. Non-club members are encouraged to join the Summit Freewheelers to prevent liability issues.
5. **Front and rear lights are MANDATORY.**
6. **Ear buds are strictly prohibited.** This includes any other devices that may impair any of your senses while riding with the group
7. Road bikes are recommended. Time trial bikes/aerobars are PROHIBITED on group rides.
8. When you're riding in our kit, **you MUST obey all the rules of the road! NO EXCEPTIONS.** If you want to ride like an idiot, please don't wear the team kit or show up to the group rides.
9. Those caught blowing red lights and stop signs and breaking all kinds of laws just to prove his or her manhood will be publicly chastised. Don't do it.
10. Assume that every driver is blind, old, texting, angry, drunk, high, and stupid. Ride accordingly.
11. We ride in a rotating paceline, for the most part. You'll learn how to do this during the group rides (that's why SFW is a 'competitive cycling development club'). For an explanation, check this out: <https://nycc.org/rides/paceline-technique>. Remember that the object is to keep the intensity steady to avoid the slinky effect.
12. The roads throughout the Valley appear to be exceptionally crappy this year. We will try to find roads that don't present a major hazard, but **please** keep your eyes open and your situational awareness intact. Keep just enough distance between you and the rider in front of you to be able to react to obstacles without veering into the path of traffic.

## **Training Ride Rules**

13. Only energy drinks or bars may be consumed during a ride. (Recovery beverages may be consumed after the ride.)