

Shasta Wheelmen Club Rides

(Last revised 4/12/24)

A. Club Ride Definition

1. A club ride is any ride shown on the ride calendar posted on the Shasta Wheelmen website, online in the club's social media, or printed in the monthly newsletter by the Ride Calendar Coordinator or a club member (Ride with GPS route maps are also available as links on the calendar).
2. The standard weekly ride days are Tuesday, Thursday, Saturday and Sunday; all of these rides are posted on the monthly ride calendar.
3. Ride groups may agree on a custom route at the start of the ride.
4. Members may start rides together but ride at a self-determined pace and/or finish at various points.
5. Other events promoted by outside organizations are not club rides covered under Shasta Wheelmen club insurance (they are typically insured by the sponsoring organization).

B. Ride Schedules

1. Start times for weekly club rides appear below as well as on the website ride calendar (ride goes rain or shine unless cancelled by the ride leader):
 - a) 9:00AM Jan, Feb, Mar
 - b) 8:30AM Apr
 - c) 8:00AM May, Jun
 - d) 7:00AM Jul, Aug
 - e) 8:00AM Sep
 - f) 8:30AM Oct
 - g) 9:00AM Nov, Dec
2. The meeting/start place is the Sundial Bridge parking lot for Tuesday and Thursday rides. Weekend ride meeting places vary and can be found on the calendar or the Shasta Wheelmen website.

3. The Shasta Wheelmen also offer Get Acquainted Rides on Saturdays and Wednesday After Work Rides on Wednesday evenings. Please refer to the ride calendar on the Shasta Wheelmen website for start time and place.

C. Responsibility of Riders

1. Approved bicycle helmets are required at all times while you are on your bicycle.
2. Riders are solely responsible for complying with regulations and safety standards applicable to bicyclists.
3. You must have sufficient fitness to cycle the distance you commit to for each ride. Carry a spare tube, tools and supplies adequate for minor repairs.
4. Ensure adequate nutrition and hydration when you start the ride and maintain nutrition and hydration during the ride.
5. Bicycles must be fully functional and equipped with brakes.
6. Headlights and reflectors are required for rides proceeding into dark or dusk as per California Statute.

D. Safety

1. Riders shall obey all traffic laws applicable to bicyclists.
2. The use of headphones, phones or distracting devices is discouraged during Club Rides. If a rider needs to participate in a phone conversation, that rider shall only do so while stationary and off public streets.
3. Riders must carry personal identification and the phone number of an emergency contact person.
4. Riders must give a warning (verbal or bike bell) before passing pedestrians or other cyclists.
5. When stopping for repair, rest or any other reason, riders must get well off of the roadway to ensure the safety of oneself and other riders.

E. Mileage Tally Method

1. Members are encouraged to log all of the miles they ride for determination of the winners for Most Annual Miles Award, regardless of when or where the miles were ridden.
2. Members' miles will be accumulated between January 1st and December 31st each year, all of which time the rider must have been a Shasta Wheelmen member.
3. Mileage tally begins the first day of the month following the effective date of membership.
4. Mileage tally continues through the end of the membership grace period month. If the member does not renew, further mileage will not be tallied.
5. Mileage is to be logged through Strava. The member must register as a member of the Shasta Wheelmen Club Strava account for miles to be considered toward club awards.
6. Membership in the Shasta Wheelmen Club Strava account is approved, upon request, by the club's Strava Administrator.
7. The Shasta Wheelmen club statistician regularly audits members' mileage and prepares/distributes a monthly report of all miles ridden by members.

F. Ride Leaders

1. A ride leader is a club member who has been approved by the Ride Leader Committee, understands club safety protocols and has volunteered to lead a ride.
2. Ride coordinators are designated as those who coordinate already scheduled and organized rides, such as the Chico Wildflower, Fall River Century, etc.

G. Insurance Coverage

1. The club is insured under the League of American Bicyclists liability policy.
2. Guest riders/Non-members must sign a waiver before riding on a Shasta Wheelmen Club ride, per insurance requirements. The waiver is available on the Shasta Wheelmen website and at the beginning of every ride.