

Great Tips Tricks and FAQs in Here!

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Before we share a very important lesson with everyone, we need to share a total volunteer story that there has been some confusion amonging for coolors to get fullfrom the next four rides. We have a temporary plan to ensure there are enough coolors and, more importantly, water at the ride this Saturday but want looking for 4-6 riders who can each take home 1 (or more) coolors and bring them back to rides 2-4. This is the Water Wizard (WW) volunteer role. Some of you who enrolled late and are reluctant to serve as a SAC at a later ride may be able to swap your role for the WW role but you need to contact me ASAP by email and I'll see what juggling I can do w/o compromising our SAC support.

OK, lets get back on track...

Good morning everyone! Welcome two days early from Training Ride #1 and this is usually one of our largest rides of the season so it's time to share one of the most important things you should learn about cycling - how to pass, and how to be passed.

This tip is fairly long because this is one of a rider's core skills that we need to learn, practice, and refresh every year. We realize that it is longer than it could be but that is because I am truly master the art of passing and being passed safely and courteously. It will make you a very respected and admired rider and make your cycling safer and more fun for the rest of your life. Please read this one a few times and, if you ride in a group already, discuss this with your group and practice it at each of our rides.

This tip is important enough that it deserves it own, dedicated email!

Over the years, we'll have noticed a fairly regular issue in our rides and have observed several crashes when a newer rider is startled during a pass and jerks causing them to lose control of their bike. In most cases, the rider recovers but we have seen a few where the rider did take a spill. These accidents can be avoided by exercising a little rider etiquette. Here are some great lessons about how to make a safe, courteous pass - or be passed.

We will continue share essential tips below, one per week and will be doing our best!