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Subject: Ready2Ride Cycling - Spring Procedures to Follow
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Tips to Make your Ride Safer and More Enjoyable!

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Oh, we are about 48 hours away from our beginner ride, so today, we're sending another special topic note to cover several Ready2Ride Cycling procedures and tips, to help increase how the safest, friendliest, and most well-supported and organized training experience of your life!

Each of these new topics will be very brief and you need to read, and remember/practice all, as they each help make us all better cyclists, in every way.

Here we go...

Sign-In/Sign Out

Before each ride, you will come to the sign-in tables and sign in, then after the ride, you come sign out. This is to keep track of who is out on the ride and confirm all our riders have finished. You may have someone in your family, carpool, etc. do this for you, but please be sure they remember to cover your start, and finish. If you forget to sign in, and get lost on the road, we may not know you are still out on the roads. If you forget to sign out we may not know you finished and will need to give you a call to make sure you made it home safely. Our veteran riders hope that we will allow you plenty of time to get home - your checkup call may come at 2:00 am after the ride!

Rider Number (ASA Helmet #)

When you come to sign in, each rider is issued a rider # to place on the front/center of your helmet. This identifies that you are a rider invited and participating in the 2023 Ready2Ride Cycling/training series. If you lose a spill and could not remember your name, the # also helps us to quickly identify you in case we need to call your emergency contact. Please keep this number on your helmet for the entire season. DON'T worry if you miss the first ride (or even 2-3 rides) - we issue numbers to riders, as needed, every week. Please do allow a little extra time to come get your number, the first time you come to ride this season.

Late Arrival

So sorry to hear it, please DON'T do this! If you arrive late, you will most likely be riding behind our very well organized SAC support team. If you have a mechanical problem or any other need for help, there won't be anyone who will come by and be able to help. We can't prevent you from riding, but we will remind you to be sure you have cash on hand and your bike is very well put together as you are on your own, until you catch the back of our pack.

Oh yes, did we mention that on many routes, we use the same roads coming back, so the route signage may have already been changed by the time you start. If you are planning to arrive late, be sure you are very familiar with the route and know where the turns are and what the look like. As we noted, arriving late is not a good practice because our support team needs to have after the ride. If you arrive after the support team leaves, you