

ULLR Bike Program - Rider Check List

1. RIDER PREPAREDNESS:

- **Bicycle:** Your bicycle should be in good mechanical condition. Check chain for damaged links and lubricate with chain oil. Put the derailleur through its paces before the ride to make sure that all gears are working effectively.
- **Clothing:** You should wear clothing appropriate for the day's weather conditions. Dress in layers, avoiding cotton next to the skin (in cool weather). Padded cycling shorts or tights and cycling gloves will greatly increase your comfort.
- **Water:** You should drink lots of water before the ride, especially in warm weather. Carry water with you and drink frequently.
- **Food:** Eat a good meal at least one hour before the ride. Avoid heavy proteins, dairy products, and fatty or greasy foods. Bring quick-energy food with you on the ride. Dried fruit, bagels, and bananas are all good choices.
- **Tools:** Carry at least the following on your bike: tire levers, pump, spare tube and patch kit.
- **General:** Bring money, identification, sunscreen, a sense of humor, and ability to deal with the unexpected (like getting lost!).

2. HELMETS:

- **Properly fastened ANSI or Snell-approved helmets must be worn on all ULLR rides.**

3. TRAFFIC LAWS:

- Riders must obey all traffic laws and signals. This means riding single-file, in the direction of the traffic, signaling all turns, and generally following safe riding procedures.

4. AT THE RIDE:

- Arrive early and allow time to get yourself and your equipment ready. Rides usually start 10-15 minutes after the "meet time".
- Sign the registration sheet and the Waiver of Responsibility Form if you are not an ULLR member.
- If the event includes a Pot Luck meal, in addition to bringing some food to share, bring \$1.00 per member, or \$2.00 per non-member, to cover beverage and incidental costs.
- Pre-registration is not required unless stated by the trip leader. Check with the trip leader for specifics.

Ride Key

Ride Type	Average Speed	Riders Must Have	Rest Stops	Repairs	Leader Rides
Power Peddlers	14+ mph	Advanced skills	Every 20-30 miles, or at the leader's discretion	Riders fix their own bikes	Anywhere
Moderate Mavericks	10-12 mph	Intermediate skills	Every 10-20 miles	Leader helps	At the rear
Sunday Drivers	Less than 10 mph	Intermediate skills	Every 10-15 miles	Leader helps	Front & rear (2 leaders)