



Wascana Freewheelers' Ride Guidelines

You can have a lot of fun riding by yourself, but there are many good reasons for riding with a club or group. No matter which rides or tours you decide to participate in, there are some simple guidelines that will help you and other riders have a safe and enjoyable ride. We hope none of these suggestions will detract from your enjoyment in any way, as they are designed to help not only yourself and other riders, but the ride/tour leader as well. The leaders have given a lot of thought to their ride or tours and need your cooperation in order for everything to go smoothly.

Ride/Tour Participant's Responsibilities

- Call the ride/tour leader before the ride, if possible, to let him/her know you are coming. The leader will sometimes modify the ride based upon attendance or the desires of those participating.
- Acknowledge the leader when you arrive, and let them know of any plans you may have to leave early or change your ride in any way. If you have any medical conditions that may affect your ride, let that be known as well.
- If you experience a mechanical or physical breakdown during the ride and cannot tell the leader, let someone else know what is happening. Try to get a message to the leader so they know what is going on and whether or not you are still officially on the ride. You will not be left stranded if you keep the leader informed.
- Make sure you are aware of the route to be taken and stick to that route unless you tell the leader of your plans. This will prevent the tour leader spending time and energy trying to discover what has happened to you. The leader will often provide a map and will usually suggest a time frame for completion of the ride. Of course, you always have the option of telling the leader you are fine on your own and don't need them to watch for you.
- Be aware of your limits and remember we are not a racing club. There is no shame in not "keeping up". You will always find someone who wishes to match your pace and even if you are at the back, you are never forgotten or abandoned.
- Show up for the rides with your bike in proper working order. Your bike does not have to be fancy or expensive, but it should not be a hazard for you or others on the ride. Check with the tour leader if you have a problem deciding if something may constitute a problem.
- You should have a very basic set up tools and a spare tube. Even if you don't know how to repair something, there is always someone who does, if you have the proper equipment.
- You are, of course, expected to be familiar with the "rules of the road" and to follow them.
- Helmets are required.

If all of the above "regulations" seem oppressive to the "free spirit" in you, remember you will be surrounded by others who are also out to have some fun, meet some people, keep fit and enjoy the great outdoors. Our aim is to make these rides fun! That is the reason the club was started.

Please note: All rides will be held no matter what the weather unless Environment Canada has issued a weather warning. Dress appropriately and get out there and do it. You'll be glad you did!