

Veloteers

Bicycle Club

Nashville & Middle TN
www.veloteers.org

RIDE GUIDELINES

Please plan to be at the start point early enough to unload, prepare your bike and get yourself ready in order to start on time. The ride leader(s) will cover the route and provide you with their cell number in case you get separated or have a mechanical.

Rides are cancelled if it is raining at the time of the ride, there is standing water on the route, or rain is eminent. Join the Veloteers message board and check for last minute updates.

Obey the Law: Cyclists have the same rights to the same roads as other vehicles. They are subject to the same rules. Share the Road goes two ways. Help improve the relationship between cyclists and motorists by sharing the road with other vehicles and following traffic laws.

Don't get isolated from the group and make a wrong turn. If you are not sure of the route, stop and wait for the group coming behind you.

Headphones

Headphones are discouraged on group rides. It's important to be aware of your surroundings, your fellow cyclists and the traffic around you. Headphones impair communication in the group and may endanger your fellow cyclists.

Rules of the Road

- Be Legal
- Pay Attention
- Signal or Call Out Intentions (Right, Left, Stop, Slow).
- Call Out Conditions (Gravel!, Dog Right!).
- Call Out Overtaking or Approaching Cars (Car Back!, Car Up!, Passing!).
- Ride no more than two abreast (by law).
- Single file on congested roads.
- Keep to the right of the yellow line at all times.
- Watch intersections. Observe red lights and stop signs.
- Dispose of trash properly.

RIDE LEVELS

Beginner - New to road riding, 9-12 MPH

Easy - Frequent stops to regroup, 12-14 MPH

Moderate - Occasional stops to regroup, 14-16 MPH

Steady - Limited stops, 15-17 MPH

Fast - Very limited stops, plan to hammer it. 17+

MPH indicates the AVERAGE MPH. If you do not use a bike calculator to determine your average MPH, you would fare best by starting with the Easy group.

WHAT TO BRING

Bike

Bikes should be maintained. Bikes in poor condition will not hold up on the ride. Cracked or worn tires, rusty chains or cables, loose or worn brakes should be serviced before you attempt a club ride.

Hydration & Food

Rest stops are planned for rides longer than 25 miles. Bring your own hydration and food. Many routes do not have markets nearby. You should drink 6-8 ounces of fluid every 15 minutes of riding. If you are riding more than one hour, you should carry some form of solid food... banana, PB sandwich, sports bar... and consume this after the first hour of riding.

Tools

You should be prepared to make your own minor on-the-road repairs. You are responsible for your own safety and equipment. Carry a tube or a repair kit, a pump or CO2.

Clothing

Cycling shorts and a shirt made of wicking fiber work best for cycling.

Helmet

Cycling helmets are required.

A parent or responsible adult must accompany riders under the age of 18.