

RIDE SCHEDULE GUIDELINES

The Veloteers Bicycle Club provides a variety of ways to become involved in both organized and impromptu rides. The Veloteers website *Calendar of Events* is how club sponsored rides will be maintained and communicated.

The Ride Coordinator is a Veloteer Bicycle Club volunteer who serves as the main point for coordination of the ride schedule and Ride Leaders. Questions about the ride calendar and club rides should be directed to the Ride Coordinator.

The club has broken the ride “seasons” into two time blocks for each year. There really isn’t any “on” or “off” season as far as rides are concerned. We find members and guests want to ride almost year round. The desire of the club is to provide ride opportunities year round, taking into consideration the ride conditions (such as weather and other outside factors).

The ride seasons are:

- **On-Season** – From the start of Daylight Savings Time in April through the end of Daylight Savings Time in October. This is the seven month time frame spanning Spring through early Fall.
- **Off-Season** – From the end of Daylight Savings time in October to the beginning of Daylight Savings Time in April. This is the five-month time frame that covers fall and winter.

The club will provide a forum for rides and facilitate club and individual member rides in the following ways:

On-Season Ride Calendar: The club will sponsor and support a set schedule of rides during the time between April and October. Rides will be provided to accommodate all ride levels although all ride levels may not be supported on each ride. The primary club ride each week will be on Saturday morning. Additional rides will be scheduled on weeknights. These rides will be held as scheduled subject only to weather considerations. These rides will be posted on the *Calendar of Events* on the website for the entire season.

Event Rides: There are opportunities all season to ride in “event” type rides such as the MS-150 Jack and Back and the Bike Ride Across Wilson County. Events such as the Bike Ride Across Wilson County may be sponsored in place of the regular weekly Saturday ride. This information will be on the *Calendar of Events* on the website. The club and also individual club members may also sponsor “teams” to ride in these “event” rides.

Off-Season Ride Calendar: The club will not have a regular ride schedule during the October through March time frame. Weather, holidays, and the lack of daylight make providing a coordinated and regular ride schedule difficult to maintain and to

communicate. The club, through the Ride Coordinator, will work to provide notice of scheduled rides, and will work to provide ride opportunities as available during this part of the year.

Impromptu Ride List: The club is about riding, and riding with each other. There are times during the year when club members have an opportunity on short notice to ride. The Veloteers Bicycle Club website has an “opt-in” email list for club members to notify, and be notified, when these opportunities arise. Any member can add or delete themselves from the list by emailing the Ride Coordinator. This list will allow club members to communicate specifically with other club members when they have last minute opportunities to ride. **THIS LIST IS ONLY TO BE USED FOR RIDES THAT WILL OCCUR WITHIN THE NEXT 24 HOURS.**

The “opt-in” list is password protected and restricted to club members only. **Please contact the Ride Coordinator for more information on using this list.**

Scheduling Rides for Posting on the Website:

A ride can be scheduled and posted on the website by any club member. This information should be provided to the Ride Coordinator via email by Wednesday of each week. The format to provide the information is:

- **Leader:** Club member(s) who will coordinate the ride on the ride day
- **Contact:** A phone number or email address that riders or the Ride Coordinator can use to contact the ride leader(s)
- **Location:** The starting point for the ride
- **Directions:** How to get to the ride starting point (Regular start points have directions already posted on the website.)
- **Time:** The time that the ride will actually start
- **Distance:** Anticipated distance of the ride (This can also be group decided on ride day.)
- **Route:** It may be one of the routes listed on the website or may be group decided on the ride day.
- **Level:** The anticipated terrain level either from the route sheet or indicate an assessment as general guidance
- **Pace:** The average speed anticipated for the ride, and if more than one level will be riding. You can also indicate if this is one of our specific groups such as the Easy Rider's. Information such as if riders will or will not be dropped; if the ride will periodically regroup; maps will or will not be provided can also be indicated in this space.
- **Notes:** Anything else that you think riders might need to know or find helpful in either making a decision to ride or for the actual ride. You can also indicate if you want an RSVP to determine group size.

Level and **Pace** are further defined below. This information is vital in helping club members decide which ride they wish to ride. We have a wide range of people

riding at all levels. Level and pace also allow riders to properly prepare for the ride and arrive with appropriate hydration, nutrition, and equipment.

Pace indicates the average miles per hour that a rider should be able to maintain in order to ride with or stay in close contact with the ride group.

- **Easy - 9 to 14 MPH:** This “easy” pace makes frequent stops to regroup. This is the pace for the Easy Rider group which includes beginner/returning to the sport riders who want to work at an easy pace with frequent stops over easy to moderate terrain. This ride is a no drop ride.
- **Moderate - 14 to 16 MPH:** This “moderate” pace makes occasional stops to regroup.
- **Steady - 15 to 17 MPH:** This “steady” pace makes limited stops.
- **Fast - 17+ MPH:** This “fast” pace is for experienced, very self-sufficient riders looking for a fast pace ride with challenging terrain.

Level is used to communicate the level of challenge to the route.

- **T1:** Flat. (*Chandler out to Beckwith Church and back*)
- **T2:** Rolling hills, moderate climbs but spacing and recovery opportunities. (*Hermitage Evening Rides, Easy Rider Route 2, Most of the Saturday rides*)
- **T3:** Steeper Hills, severe climbs, limited recovery opportunities, challenging course (*Saturday Route 5, Murfreesboro Bike Club HOT 100, Warner Park, Belle Meade Climb*)

Club riding is social riding at all levels and we want to provide a fun, safe, and challenging ride environment for all club member and club guests.

Indicate in the ride scheduling email if this is a one-time ride or if you want this ride posted for a longer period of time. Rides received by the Ride Coordinator by Wednesday will be posted on the website on Thursday.

