**SFCC CYCLING EDUCATION COMMITTEE**

**optional INSTRUCTION FOR NEW MEMBERS**

**phone consultation CHECKLIST: Contact** [**education@sfcyclists.org**](mailto:education@sfcyclists.org)

## Club Rides

## Group rides scheduled on <http://sfcyclists.com/> calendar

## Ride leaders email start location and route

## Use emailed GPS link to select rides for distance, pace, and climbing

## Everyone should sign in and sign out on *Ride Leader* *Form*

## Obtain route sheet from ride leader at start

## Equipment Checklist

* **Helmet (approved, fit, buckled)**
* **Tire pressure**
* **Brakes**
* **Crank and chain**
* **Lights (mandatory at night) (mandatory at night)[+]**
* **Mirror**
* **Water bottle & snacks**
* **Seat bag: spare tubes, tire change & repair kit**
* **Pump**
* **Cell phone**
* **Suitable clothing for weather**

#### 3. Road Rules

## Keep on right side of road

## Single file on most rural roads (do not overlap wheels when following)

## Pass on left of another cyclist

## Observe traffic signals and signs

## Yield at intersections and when turning left

## Yell out upon seeing vehicles approaching (“car back”, “car up”, “car right”, “car left”)

## Point at obstacles in roadway

## Keep aware of motorists and other cyclists and ride with anticipation