

SMOKY MOUNTAIN WHEELMEN

Bicycle Club • Knoxville, TN

Day-of-Ride Checklist for Ride Leaders

Stuff to Bring

Mandatory for Every Ride

- Your own bike and helmet
- Basic tools, pump and tire gauge, extra tube, patch kit, and tire levers
- Plenty of copies of the map or cue sheet if promised
- Sign in sheet
- One copy of the SMW Incident Form
- A couple of pens
- A watch/cyclocomputer with correct time

Optional depending on Ride

- Food and full water bottles
- Rudimentary first-aid kit
- Bike lock
- Bike computer to monitor your pace
- Wireless phone, if you have one
- Membership forms
- Newsletters to give away
- Extra helmets (if you have spares)
- Toilet paper or tissues
- Money, including change for phone calls

Stuff to check on at Ride Start

- Does everyone have a helmet?
- Has everyone signed the liability waiver?
- How many riders do you have?

The Pre-Ride Announcement

- Introductions
- Welcome to new riders
- Have everyone sign in (include emergency contacts)
- Review Route (Maps, cue sheets)
- Describe Pace of ride and if the ride will stick together explain regroup points
- Ride safely and obey traffic regulations
- Be courteous
- Use hand and voice signals
- Watch out for other cyclists
- Keep the ride leader informed
- Ask if anyone has a first-aid kit or cellular phone
- After-ride refreshments
- Questions