



VICTORIA CLUB TREAD

Version 1

June 2017

Welcome to Cycling with Victoria Club Tread

Welcome to Victoria Club Tread! Our club has been offering outdoor adventures for over 30 years, including hiking, backpacking, cycling and more. Our events take place year round and combine enjoyable outdoor experiences with a way to make new friends.

Our websites

Club Tread has two websites:

www.meetup.com/Victoria-Club-Tread/

This interactive website is part of the Meetup.com system and is used by our club for scheduling events, posting photos, contacting members, etc.

www.clubtread.org

This site primarily handles online Club membership processing and renewals. It also contains historical information, documents, and information relating to our status as a non-profit society.

This document focuses on:

- How to choose and sign up for rides suitable for your level of experience and fitness
- How rides are rated and what you can expect on different types of cycling events
- The suitability of different types of bikes for our rides
- What to bring and not to bring on a ride
- Our safety rules and expectations for riders.

Choosing rides

It's important to choose rides that suit your level of experience and fitness. For your first ride, choose one with a pace and route that you feel confident about, that is in a familiar location. If it is too easy you can look for a faster paced or more difficult ride the next time, and if you can't finish, it's better to be in a familiar area where you know how to get

home. If it turns out that you are not able to keep up with the group, please do more riding on your own and then come back and try another ride with us.

Ride ratings explained

The table at the end of this document "Examples of typical rides and how they are rated" describes the range of rides our Club offers, with examples of typical rides and how the Club rates them. We suggest that you review this table before deciding which rides to join.

How to sign up for a ride

Go to the Club's Meetup website shown in the box to the left, select an event which interests you, and if you want to attend, click "Yes" under "Are you going?" at the top right of the page.

Ride cancellations

If the weather conditions look bleak (rain, snow, wind, etc.) be sure to check the Meetup website to determine if your ride has been cancelled. This could occur within an hour of the start time.

Your bike and equipment

Make sure you have the right bike for the type of ride you are attending. Please do not show up on a 35 pound Huffy with fat 2.5 inch wide tires for a road ride that is going to be fast paced (over 20 km/h) unless you are super fit and just getting ready for your Tour de France debut. And, showing up on a road bike with skinny 23 mm tires is not a good choice for a trail ride with compact gravel and some muddy conditions. You just won't have fun with that choice. Also, make sure your bike is in good working order BEFORE you show up for a ride. Your gears and brakes should be properly adjusted and your tires adequately inflated. And, please don't come with a flat tire.

What to bring

You should bring:

- ID and emergency contact numbers
- Water
- Energy food
- A helmet
- A spare tube and/or tire patches and tools to change a flat (make sure you know how to change a flat tire)
- A pump
- Gloves
- Bright, reflective clothing suitable for the weather expected
- Protective eyewear.

What not to bring

Note that iPods and other listening devices are not permitted during our rides.

Nutrition and hydration

Know what you need to properly fuel your body before the ride and during the ride. Consider eating a snack every hour or so, drinking water even more often, and using appropriate electrolyte replacements during hot weather.

Our rules and expectations for ride safety

Please follow these rules for safe, comfortable rides:

- Ride between the leader and sweep (except to pass on hills. If you pass the leader, wait at the top of a hill for the leader to catch up).
- Use hand signals to communicate turns, slowing, stopping and road surface hazards.
- Use voice signals to indicate you are stopping or passing (only on the left). Note that passing on the right is not permitted.
- Slow and stop at all stop signs and traffic lights.
- Keep a safe distance between you and the rider in front of you.
- Ride no more than two abreast on quiet roads and trails and only when it is safe.
- Ride single file on busy roads and trails.
- Move off the road or trail to the right when you stop.
- If you know in advance that you will be leaving during a ride, please inform the ride coordinator and if you unexpectedly decide to leave during a ride, please inform the sweep.

Multi-day rides

When the Club posts a multi-day cycling event, often the ride coordinator will provide additional information or hold a meeting to discuss issues such as transportation, accommodations, and meals.

Resources

The BC bicycle operator's manual "Bike Sense" provides in depth advice and information on many issues of concern to cyclists in BC. It covers topics such as equipment, cycling and traffic skills, visibility, accidents, laws, and bicycle security and is available at: <http://www.bikesense.bc.ca/>

New members

You can find out whether you like our club by participating in three outdoor events for FREE. After that you must become a member if you want to continue to participate. We have an annual membership fee of \$25 to cover costs such as insurance, website administration, and our quarterly meetings, summer picnic and Christmas party.

Our general expectations for riders

Whether or not you are already a paid-up member, you will be required to read and sign our waiver and release that we have all participants sign at Club events, and on which you must supply a current emergency contact phone number.

Riders are responsible for their own safety and fitness. Our ride coordinators may set guidelines concerning participation of children and pets, minimum fitness levels, and medical conditions of participants. Alcohol and smoking are not normally permitted as part of Club events.

You must be in good physical condition to ride with us, and you should not have any medical issues which would affect your ability to participate or require intervention. If you have such a medical issue you must consult with the ride coordinator before registering.

The enjoyment of cycling is what our rides are all about, and we want you to have a good experience with us! So, each rider must act in a safe and responsible manner at all times. In general, when on Club events, members and participants should act with courtesy and respect. Failure to comply with this policy will not be tolerated. A ride coordinator may dismiss from a ride anyone who fails to obey laws or whose actions endanger other riders or interfere with the group's enjoyment of the ride.

Examples of typical rides and how they are rated

Rating	Description
1 bike	<p>Easy ride. Suitable for most people. The route would typically be less than 35 kilometres long with flat terrain (less than 100 metres cumulative elevation gain). The pace would usually be slow, up to 15 km/h.</p> <p>Example: Starting at the Westside Shopping Centre, a ride along the Galloping Goose and Lochside Trails to Mattick’s Farm and back. (25 kilometres and a little over 100 metres cumulative elevation gain). Without breaks this would take around 2 hours at a slow pace.</p>
2 bikes	<p>Steady ride. Suitable for most regular cyclists. The route would typically be up to 55 kilometers long with up to 300 metres in cumulative elevation gain. The speed would typically be under 20 km/h: a slow or intermediate pace.</p> <p>Example: A ride to Sidney and back along the Galloping Goose and Lochside Trails from downtown Victoria (54 kilometres and 280 metres cumulative elevation gain). This ride usually would take 4 to 5 hours at an intermediate pace, excluding breaks.</p>
3 bikes	<p>Intermediate ride. Suitable for fitter cyclists. The route would typically cover a distance up to 80 kilometres or up to 500 metres in cumulative elevation gain, but not both. The pace would usually be intermediate (between 15 and 20 km/h) or it could be fast, over 20 km/h.</p> <p>Example: A ride to Mill Bay and back from downtown Victoria using the Mill Bay – Brentwood ferry. (70 kilometers and 375 metres cumulative elevation gain.) At an intermediate pace this would require 4 or more hours of riding, excluding breaks and ferry time.</p>
4 bikes	<p>Strenuous ride. For more adventurous riders. May involve riding distances up to 80 kilometres or more, and cumulative elevation gains of 300 to 500 metres or more. The pace would usually be fast, over 20 km/h.</p> <p>Example: A circle ride along the Victoria waterfront from the Westside Shopping Centre, through Mt. Douglas Park, along the Lochside Trail, past Sidney to Wain Rd. and back to Victoria via West Saanich and Interurban Roads (84 kilometers distance and 600 metres cumulative elevation gain.). This could take 4 to 5 hours at a fast pace.</p>