

RIDE WITH BONNEVILLE CYCLING CLUB



BCC Rider Guidelines - New Riders

Here are some hints that might help riders participating in BCC club rides to know what to expect and what is expected of them:

Safety first! Safe - Legal riding is required - Bicycles are vehicles

Helmets are required on all BCC rides.

NO headphones on club rides, and no aero bars in the peloton.

Pick your rides according to the BCC Ride Ratings to ensure that you do a ride that is suited to your ability and conditioning.

- Note the terrain rating. Don't pick hilly if you're a flats rider
- Ride Leaders may list their rides with multiple ratings of pace and/or terrain to allow for a broader group of riders.
- Understand the ride description or contact the Ride Leader for information about the ride.
- Ride Leaders are not responsible for you if you show for a ride you're not suited for.
- Always keep your bike well maintained
- A basic flat tire and roadside repair kit is a must. A spare tube, tire levers, pump or CO2 inflator are must have items. A small bicycle multi-tool and tire boot material are also necessary. Know how to use them
- Keep yourself well maintained and prepared for the ride. Eat well and hydrate often. Water bottles are a must, all year long
- Dress appropriately Layer in cool temps, breathable fabrics when warm
- Build "base" miles before longer rides.
- Know your limits. Know your skill level – Be realistic



**Bonneville Cycling Club is a non-profit all-volunteer 501c3 Utah Corporation
BCC MEMBERS - REGISTER MILES IN THE BCC COMMUTER CHALLENGE
at**

<http://www.bccutah.org/Commuter/index.php>

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Ride to Work or School - ride to the Ride - whatever you do - get out and ride!



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