

WEDNESDAY NIGHT RIDER GUIDELINES –

Please read the Ride Guidelines document which can be found on the “Rides and Tours” page (right hand side, under “Guidelines”) This covers most situations. The Wednesday night ride, long a club favourite and the best attended ride over the year, poses some particular challenges and requires some special recommendations.

Many of the WNR participants have not had a lot of experience riding in city traffic. Some are concerned about their safety on these rides. Here are some reminders which will make your ride a pleasant experience:

- ✓ be aware that on some evenings there have been up to 30 riders. Sometimes the ride coordinator will suggest that the riders divide into 2 groups. Depending on who is riding, this split may be based on numbers only or perhaps could reflect experience in city riding. You choose the group you feel most comfortable with.
- ✓ avoid the very common and quite dangerous habit of “following the leader” through traffic lights or stop signs. Each rider must decide when it is safe to proceed. If you get left at the light, the group will wait for you at the next suitable spot.
- ✓ some Regina drivers will yield to cyclists at the most inappropriate times, stopping in the middle of the street, sometimes even honking or waiving for you to proceed. I applaud their concern but it can lead to some very scary and unsafe situations. When faced with these situations, *politely waive the motorist on and wait until it is safe to proceed.* This “unnecessary yielding” can occur when a group is turning left across several lanes of traffic, at 4-way stops and red lights or any other place where the motorist feels uncertain as to your intentions.
- ✓ Clearly signal your turns, stop fully where required and be especially careful making left turns. Follow someone you trust and see how they do it.
- ✓ listen for and respond to verbal signals called out by cyclists behind you - “Car Back!” means you should check to see if you are in the driving lane and to pull farther over if you can safely do so. “On your Left” means someone is about to pass you and you should maintain your line.
- ✓ avoid weaving in and out of the parking lane between parked cars. Ride a predictable line
- ✓ bring a light and reflectors, perhaps even a reflective vest, especially for the Spring and Fall rides where we sometimes run out of daylight after the ride.
- ✓ it is best to ride single file – you can always chat with your buddies at the end of the ride or when the group stops to let everyone catch up. Do not follow too close – if wheels touch someone usually falls
- ✓ do not use earphones while riding
- ✓ a helmet is required. Proper cycling gloves and shoes just make your ride more comfortable.
- ✓ make sure your bike is in good shape and you understand all those gears you have. ASK someone if you don't know how to choose the right gear. It makes cycling so much easier when you are pedaling efficiently. Carry a spare tube.
- ✓ Use of a mirror is highly recommended to facilitate awareness of traffic & cyclists approaching from the rear
- ✓ All riders must be members of a SCA cycling club. If you are not a member you will be asked to complete a membership and pay the fee before you ride. If after one ride, you choose not to join, your fee will be returned.