

## GIVING BACK

The NYCC SIG program provides each of you with 9 weeks of

- Route planning and leading;
- Group-riding instruction;
- Fitness training;
- Cycling technique tips;
- Individualized coaching, and
- Camaraderie

All for the low price of an annual NYCC membership. The club, the SIG, and all club events are run by volunteers who receive no more compensation than a pair of socks or, for those who give a significant amount of time, a club jersey.

So, how can you show your appreciation? By giving back through one or more of the many volunteer opportunities presented by NYCC.

## LEAD A CLUB RIDE

Disappointed that there are never enough B-ride options on the weekends? Well, the solution is to post and lead one yourself! If you're nervous, you can ask one of your SIG leaders to co-lead with you; you can also include one or two fellow siggins as ride leaders, or the B-rides coordinator can hook you up with an experienced club leader. You can replicate one of the SIG rides, choose a ride from the club's ride library, or make up a route yourself. You can even begin by signing up to lead a group for the club's Newcomers' ride, All-Class ride, or one of the rides on our Summer weekend extravaganzas, such as the annual Berkshires event.

Tips for preparing to lead a ride:

- Pick a route you are familiar with and one that you love. Be sure to line up pit and lunch stops along your route beforehand. It also pays to know some bail-out points in case of need
- Recruit a least one co-Leader. Coordinate with your co-Leader who will lead first and where you will switch between leading and sweeping
- Choose a pace that is a little slower than your normal pace. If you normally do B17 rides, for example, you might want to lead a slower-paced ride, such as a B16, as it takes a "little more out of you" when leading
- **Scout the ride before you lead it!** Scouting will help you prepare by:
  - Reminding you of the route and any tricky turns
  - Enabling you to see the road conditions, including whether detours will be necessary
  - Ensuring that planned pit stops are still viable – gas stations and restaurants close, and it's best to find that out before ride day

Submit your ride through the NYCC website at <http://nycc.org/submit-a-ride>.

- Rides may be submitted up to the day of the ride. They will be posted in the Current Rides link once the Ride Coordinator approves the ride.
- Before you submit a ride, carefully review the Ride Leader Information at [http://www.nycc.org/ride\\_leader\\_info](http://www.nycc.org/ride_leader_info)
- The minimum number of riders per leader is six (6). The Ride Coordinators have the discretion to request that the number of co-leaders be reduced for rides with limited participant spots.

## GIVING BACK

On the day of the ride itself:

- Bring the pre-populated NYCC Sign-In sheet, Insurance Accident Report Form, a pen, and several copies of the cue sheet
- Make sure everyone has signed in at the start of the ride and has listed an emergency phone number (not 911), contact person, cell phone number, etc.
- Take a look at the bikes that the participants bring. If you notice a poorly maintained machine, explain to that person that everyone is responsible for her/his own bike's condition. Explain that, if someone's bike breaks down, it is her/his responsibility, and that person runs the risk of getting left on the road with a problem.
- Give a pre-ride talk:
  - Tell the riders what to expect
  - Explain the pace you will be going, including a warning that if a participant goes off the front "they are on their own." Conversely, if this ride is too fast for any participants, tell them to notify one of your Leaders that they are leaving the ride and getting home on their own
  - Give a reminder about group riding etiquette, including signals and call outs
- On the ride itself
  - If you have a mechanical or accident, get everyone off the road to a safe spot away from traffic
  - Remember and follow all instructions from our SIG Lesson 4 – Riding on the Front

## SERVE ON THE CLUB BOARD

The NYCC Board of Directors comprises the following elected positions:

- President
- Vice President – Rides
- Treasurer
- Content Editor
- Membership Director
- A-Rides Coordinator
- B-Rides Coordinator
- C-Rides Coordinator
- Vice President – Programs
- Secretary
- Public Relations Director
- Webmaster
- Special Events Coordinator
- Escape New York Director
- Merchandise Manager

## VOLUNTEER AT A CLUB EVENT

In addition to ride leaders, large club events, such as the All-Class Ride, Newcomers' Ride, and Overnight club trips have opportunities to help off the bike through driving, SAG support, and organizing lunch stops.

Our club's marquee ride, Escape New York, could not happen without the many volunteers who assist before, during, and after the event. Teams include:

- Provisions Acquisition and Return
- Route Marking and De-Marking
- SAG support
- Rest Stop Food Prep and Replenishment
- Sponsorship
- Registration
- Marshalls
- Sakura Park Food Prep, Traffic, and Close Down