

GP Wheelers Group Rides

Beginner tips for mountain bikers:

- Show up on time for the ride, but don't expect others to do the same. Wait at least 5 minutes before leaving.
- Pad your estimated return time by half an hour.
- Your bike must be in sound mechanical condition.
- Helmets are mandatory. Eye protection is recommended.
- Expect to get punished on the climbs. No pain, no gain.
- Don't fret about being dropped. Keep your efforts up. Some riders really like to hammer for a while, then rest. Others just like a steady pace. The group will be waiting for you up the trail.
- If the pace feels unsustainable and you have to drop off, or if you wish to head home early, let someone know so the group doesn't go searching for you.
- In some circumstances the leader may need to split the group by ability.

Beginner tips for road bikers:

- Safety First!
- Helmets are mandatory.
- Stay alert at all times; momentary inattention is the number one cause of accidents.
- Ride in a predictable manner: hold your line.
- If you are the front rider in a pace line, point out road hazards to riders behind you.
- Keep a safe distance between you and the other riders. It lessens the chance of a crash.
- Pass within a pace line only when it is safe to do so; call out to let others know you're passing; only pass on the left.
- Make your own decisions; don't fall victim to assumption or groupthink; if you see a potential danger point it out immediately and adjust your riding according to the conditions.
- Each group should carry a cell phone in case of emergencies.
- Each person in the group should carry identification and an emergency contacts list.
- Obey traffic regulations.
- Have lights if there's any chance the ride could extend past daylight.
- Wear bright colours and reflective materials.
- Bring plenty of food and water.
- Gloves and glasses highly recommended.
- Bike must be in good working order.
- Have a plan for recollecting riders that are dropped.
- Prepare for changes in weather.
- An extra tube, pump and multi-tool are handier than a long walk home.

Visit www.gpwheelers.ca for ride dates and times!