

Ride Host Guidelines

First of all, THANK YOU for hosting a ride. Being a host means you define the ride, when it is, where it goes, and where it starts. Hosting does not mean you must ride at the front of the group, it simply means that you are the welcoming person at the start of the ride.

These guidelines will assist you no matter if you are hosting a slow ride with an intimate group, a fast ride with a large group, and everything in between. If you have any additional questions after reading this guideline, please contact one of the 2 [ride coordinators](#) for assistance.

Minimal Requirements:

-You must be a current Valley Spokesmen member to host a ride.

-Find a date & plan your ride. If you don't know the area or are in doubt about where to go, review the [ride library](#) for ideas.

-Make sure you are able to bring route sheets to the start of the ride with your cell phone number on the cue sheet. [Ride coordinators](#) have a template you can use if needed.

-Submit your route to the [ride coordinators](#) to be included on the [ride calendar](#) with the following details:

date

start time (roll time)

[difficulty of ride](#)

distance

state if the ride is drop or no drop

host name, email, phone number

any additional information or links (ie: [ridewithgps](#) or [mapmyride](#) link or suggested lunch/coffee stops)

-In order to get ride host credit, you must submit your ride at least 72 hrs before the ride date.

-Day of ride:

If any issues arise (rain cancellation, etc.), make sure you [communicate](#) cancellation before riders leave home.

Arrive 15 minutes early with [sign-in sheet](#), pen, and route sheets. Explain any tricky intersections. Keep sign-in sheet with you the entire ride in case you need it.

Make introductions for new riders.

Make sure everyone has a helmet. Helmets are mandatory on all Valley Spokesmen rides.

Make sure no one is wearing earbuds as they are banned from VS rides.

Leave extra cue sheets on the windshield of your car for latecomers.

-Day after ride: send sign-in sheet to VSBTC, P.O. Box 2630, Dublin CA 94568 or b-powers@att.net so you get [ride host credit](#) and VS riders get mile credit.

Other “nice to haves/dos” to make the ride enjoyable and safe:

-Emphasize that each rider should have ID and emergency contact info on their person.

-Announce that if anyone plans to leave the ride before the end, they should let the ride host know their intention.

-Be familiar with the procedures on [What to do in an Emergency](#).

-Bring a few [membership forms](#) for non-member riders who are new to the group.

-Determine riding levels and introduce people to fellow group members who cycle at their same pace.