



SMOKY
MOUNTAIN
Wheelmen

Ride Day Checklist

Stuff to bring

Mandatory

- Your own bike and helmet
- Plenty of copies of the map or cue sheet (if you said you'd provide one)
- Two copies of the liability waivers, a copy of the incident reports
- A couple of pens
- Cell phone so that riders can contact you
- Two spare tubes (one for you, one for another rider)

Optional

- GPS bike computer
- Food and full water bottles
- Basic tools, pump and tire gauge, extra tube, patch kit, and tire levers
- Rudimentary first-aid kit
- Bike lock

Outline for Pre-Ride Introduction:

- Membership forms
- Rags for cleaning up after repairs
- Toilet paper, wipes
- A watch
- Money

Stuff to check on

- Does everyone have a helmet?
- Has everyone signed the liability waiver?
- How many riders do you have?

The pre-ride announcement

- Introductions
- Welcome to new riders
- Signatures on the liability waiver
- Maps, cue sheets
- Pace of the ride
- Whether the ride will stick together
- The route
- Ride safely
- Obey traffic regulations
- Be courteous
- Ride single-file in traffic
- Ride on the right half of trails
- Use hand and voice signals
- Watch out for other cyclists
- Special equipment required (lights?)
- Keep the ride leader informed
- Ask if anyone has a first-aid kit
- After-ride refreshments
- Questions