

June, 2011

Desert Bicycle Club

Expectations for the Saturday Ride

INTRODUCTION: The Desert Bicycle Club was founded in 1999 to provide organized recreational rides for the cycling community in the Coachella Valley. During “the season” many visiting riders join in on the rides. DBC is not a racing club, but some members are licensed racers and include national and world champions. The club offers early morning weekday training rides. The information on this sheet focuses on the Saturday ride. Visit our website (www.cycleclub.com) for more information.

The goal is to keep these rides as the most satisfying, productive and safest rides available. However, the rides are only as good as the riders make them. Every rider who participates has an obligation to fellow cyclists to be adequately prepared and to ride safely. In an effort to keep the rides enjoyable for all and so that everyone has the same understanding about the rides, here is what to expect:

Location: Palm Desert Civic Center Park (San Pablo north of Fred Waring). All rides finish at the Bagel Bistro.

Start Time: 7:30am winter, 7am summer (announcements take a few minutes).

The Basics: ☐☐ Every cyclist is expected to wear a legal cycling helmet.

- Every cyclist will obey the traffic laws and will not ride in a manner that endangers him/her or others.
- Every bike is in appropriate mechanical condition (including tires and brakes) and all riders will have spare tubes, patches, pump, etc.
- None of the rides have a sag (vehicle assistance)
- Each cyclist is expected to be physically capable to complete the ride, and carry adequate liquids and nutrition
- Group rides means riding *with others, not against others*.
- Guest riders identify yourself to a club member to establish a connection with the group
- Tri-bars are not to be used in the aero position anytime in the pace-line, unless you are on the front. These are dangerous while riding in a group.
- No person shall wear any headset covering, or any earplugs in, both ears in compliance with the California Vehicle Code 27400.

THREE RIDE OPTIONS:

“A” Ride: It is 50+ miles, very fast-paced and does not have required regroup stops. The ride varies

from a sustained tempo to a series of attacks on hills and flats. **If you are not in top form, you can expect to be dropped during the ride.**

“B” Ride: It is approximately 45-miles and is the core ride for DBC members. The overall pace is fairly high (19-23 mph) and involves pace-line riding. **All riders are expected to be very competent in close-quarter riding.** With the exception of a 2 mile hill climb in La Quinta Cove, the route is flat. There is a regroup after the climb.

“B2” Ride: It is approximately 45-miles and recommended for riders not comfortable riding in large groups BUT willing to learn group riding skills. The riding pace is moderate (17-18 mph) on a flat route. Note: the La Quinta 2 mile hill climb can be avoided by going directly to the regroup location at the Park near the tennis courts which is at the bottom of the La Quinta Cove.