

VSCC Ride Leading Templates

Recommended checklist and templates to use when posting rides

CHECKLIST

- State the distance and elevation of the ride
- State the planned pace - do not just say 'B / B-', define the pace (e.g. 14-16mph / 12-14mph)
- Describe the route
- Insert route link (strava / ridewithgps for ex)
- Food - snack / cafe - when are they?
- Requirements for riders to be listed
 - Helmet
 - Lights (fully charged)
 - Puncture repair kit
 - Pre-ride bike check
 - Mudguards (if required)
 - Emergency contact details
 - appropriate clothing
 - water and snack
- Ask rider to add the route to their device
- Note that if this is a rider's first ride with VSCC/or at this pace group, to contact the leader before the ride.
- Any questions? (Give your number, if you are happy to share this, or ask rider to use Messenger)

TEMPLATE 1 - WEDNESDAY WANDER (B+)

35 miles with 2000ft of climbing at B+ pace (16-18mph).

Route - Classic Ghost (Down Wike Ridge to Collingham, Kirkby Overblow, Weeton, Almscliffe Crag, Pool, returning up Rawden/Weardley and round Eccup)

(insert Strava / ridewithgps route link).

Please bring a snack to eat during ride.

Helmets, fully charged lights, puncture repair kit / inner tubes and pre-ride bike check are essential.

Please bring your VSCC membership card / emergency contact details and add me to your contacts (phone number/Message me for contact) in case of any problems.

Please contact me in advance if you have any medical issues that I need to be aware of, or if this is your first ride with the Club or at this pace.

Please download the route to your device.

TEMPLATE 2 - WEEKEND RIDE WITH CAFÉ (B)

50 miles with 3000ft elevation at B pace (14-16mph).

Route - Out via Bramhope, York Gate, Cow & Calf and Addingham, cafe stop at Cav Pav (circa 25 miles). Returning the back road through Beamsley, Askwith and Pool Road from Otley.

Finish up Creskeld and round Eccup.

(insert Strava / ridewithgps route link).

Helmets, fully charged lights, puncture repair kit / inner tubes and pre-ride bike check are essential.

Please bring your VSCC membership card/emergency contact details and add me to your contacts (phone number/Message me for contact) in case of any problems.

Please contact me in advance if you have any medical issues that I need to be aware of, or if this is your first ride with the Club or at this pace.

Please download the route to your device.