

MAY 2010

Waterloo County Wanderers

Membership

Just wanted to let you know that we already have 61 signed up members, including 17 new members, and the season is young. We have also had more activity on our web site in January to April this year: 789 home page hits this year versus 519 last year.

Weather

We are having a better start to the cycling season this year, with lots of clear cool evenings and only a few "rain outs". However, the warm evenings should be coming (so we hear) and that will require you to look after yourselves properly. Please remember to be properly hydrated! Drink at least 1 water bottle per hour. Some of us have found that a drink every 2 km works really well.

Reminders

Our rides are unsupported!

We therefore urge everyone to carry a few basic tools and supplies to repair flats and make minor adjustments. At the very least, a small pump, a patch kit and tire levers. Many of us also bring a spare tube as that is an easier fix on the road.

Be visible!

This is also a good time to check the batteries in the rear light, and if you have one, the front as well. It is very important to be highly visible at dusk.

Adopt a Week – This is Really Important

We still need volunteers to "adopt" a week's worth of rides and to hand out maps at the ride start locations. We will provide the maps for you in advance. It's not a lot of work, but it really helps your organizers. Not to mention that it's a great way to meet your fellow riders.

The following weeks need "adoption":

Aug 24 to Sep 2 in St. Clements

Sep 7 to Sep 16 in Baden

Sep 21 to Sep 30 in St. Jacobs

Please email Hans, Joan or Peter to let them know if you can adopt any of the remaining weeks.

Your Bicycle Store Discounts

Ziggy's Cycle & McPhail's are both offering discounts to club members with 2010 membership cards. Details are on our website.

SAFETY

We all need to be prepared for the unforeseen, especially being aware of traffic, other cyclists and being predictable. Our website includes a number of links on how to ride safely; however, we also ask you consider the following:

- Use hand signals to indicate turns or stops to both motorists and fellow cyclists.
- Use the over the shoulder visual check to ensure that turns can be made safely.
- Ride single file on roads with regular vehicular traffic, and if riding side by side, keep checking the mirror and be prepared to move over for traffic. The Highway Traffic Act requires cyclists to ride single file along the right side of the road, either in a bicycle lane (if there is one) or as close to the side as is possible.
- Carry a flashing warning light (red) for traffic to see you from behind at dusk and, if at all possible, a similar white flashing light for oncoming traffic.
- If possible wear brightly coloured clothing so that you stand out to drivers of cars and trucks.
- If you see a car approaching from the rear, call out "**car back**" for the riders ahead of you.
- If passing another rider, call out "**passing**" before pulling out to pass.
- After passing, make sure there's enough clearance before moving to the right.

We recommend that as many riders as possible carry their cell phones with the following phone numbers programmed in:

Waterloo Reg. Police (non emergency): 519-653-7700

O.P.P. (non emergency): 1-888-310-1122

In the event you think the accident is serious enough to warrant emergency response to the site of the accident, please dial 911.

****Lastly, always remember that in a motor vehicle / bicycle collision, the cyclist always loses.***

Happy and Safe Cycling

Your Organizers

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