

The Skinny on Leading a MORE Ride



Getting Started:

1. Contact rides@more-mtb.org and share your intentions in leading a ride. You must be a current MORE member!
2. Determine the ride location, date, time, pace and terrain for your ride
3. Develop a ride description to provide the following details on your ride (see sample on the next page):
 - a. Ride location
 - b. Date and time
 - c. Where to meet
 - d. Ride pace (casual, moderate or fast paced)– refer to [MORE Ride Leader Guide](#)
 - e. Ride terrain (beginner, intermediate, or advanced) - refer to [MORE Ride Leader Guide](#)
4. Work with the MORE Ride Coordinator to get your ride posted on Meetup, Golden Volunteer, the MORE Calendar, and social medial pages; email to rides@more-mtb.org or add the ride to the [MORE Event calendar](#) by using the “suggest event” button (upper left); include your ride description in your request
5. Identify a sweeper to help on your ride; review the [MORE Ride Leader Guide](#)

The Day Before or Morning of the Ride:

1. Check the weather and be sure the trail is open and the conditions are suitable for riding (dry or frozen trails, no serious weather events expected)
2. Cancel the ride if conditions are not safe or if the trails are closed/wet/muddy;
3. Contact the MORE Ride Coordinator to cancel the ride rides@more-mtb.org

Ride Leader Check List / Announcements Day of the Ride:

- Arrive a few minutes early** and welcome riders
- Waivers** signed for ALL participants (double check the #s, 10 riders, 10 signatures)
- Check **helmet** and drinking **water** for all riders
- Leader and sweeper exchange **cell phone** numbers

To Announce/Explain Before the Ride:

- Introduce yourself, sweeper, MORE sponsor, become a member!
- Describe the ride, duration, trail conditions
- Acknowledge risks on ride - riders ride in control and within abilities at all times
- Riders stay between the Leader and the Sweeper
- Right of way triad - Bikers yield to horses and hikers, and downhill riders yield to uphill
- Always be kind and pleasant! Thank hikers if they yield right of way.
- Shout ‘stopping’ – and move off the trail
- Shout “hiker up” and ask that riders keep shouting to the back of the group.
- Be responsible for the person behind you – shout out turns to the person behind
- If not sure direction at an intersection, stop, and wait for sweeper
- Maintain separation to avoid rear-end crashes; allow others to pass; kindly request to pass
- Faster riders in the front of group, slower riders toward the back
- Let leader/sweeper know if rider wants to leave the ride – share cell numbers
- Let Leader/Sweeper know if have concern/issue – we are here to have FUN!

After the ride, submit copy/scan of paper waivers to rides@more-mtb.org

Sample Ride Description:

MORE Mountain Bike Ride for Beginners – Saturday, November 7, 2020

Join us for MORE's MTB Ride for Beginners

When - Saturday November 7, 2020. Meet at 1:00 PM, wheels down at 1:15 PM. Return by 3:15 PM.

Event Description - We will ride a portion of the Seneca Ridge Trail, stopping periodically along the way to reinforce skills needed to tackle the trail. The ride is for beginner-level riders looking to apply and improve their skills in a non-competitive atmosphere. We will ride about 6 miles of beginner-intermediate level terrain, with some uphill and fun flowy sections. Prior attendance at a beginner skills clinic is strongly recommended. Questions on MTB skills are encouraged, and the intention is to have fun and gain confidence on the trails.

The ride is open for riders age 16+. You must sign a waiver (on-site or electronic), wear a helmet, and be able to comfortably ride a bike. Bring your bike, helmet, and drinking water.

As space is limited, please sign up on Golden Volunteer or Meetup.

Check MORE's Calendar, Meetup announcement, or Golden Volunteer the morning of the event in case the ride is cancelled due to weather/trail conditions.

Where – Meet at the parking lot on Riffle Ford Road at Seneca Creek. The address is listed as 16899 Riffle Ford Rd, Darnestown, MD 20878 on Google Maps.

<https://goo.gl/maps/3GipKKw97Dm5ziUe8>