

SUBURBAN CYCLISTS UNLIMITED - OFFICIAL RIDE SHEET

Date:	Time:	Miles:	Hours:	Average Speed
Title:		To:		Ride ID:
Leaders:		From:	Entered By:	

E-list Listed Ride

Newsletter Listed Ride

Note: attach copy of E-list email to this ride sheet for ride credit

IMPORTANT! READ THIS: All responsibility lies solely with the individual rider and not fellow riders, the leader, the club, or any of its officers or members. Ride leaders will not assume responsibility for minors. All traffic laws must be obeyed. **Wearing an approved protective helmet is required!** Please ride safely, responsibly and courteously. What you do has a direct impact on you as well as the club. Note: Your Member ID is required for credit and tracking of the ride.

	Name (Please Print)	Emergency Phone - Not your own cell number	Current Member?	Member ID
1			<input type="checkbox"/>	
2			<input type="checkbox"/>	
3			<input type="checkbox"/>	
4			<input type="checkbox"/>	
5			<input type="checkbox"/>	
6			<input type="checkbox"/>	
7			<input type="checkbox"/>	
8			<input type="checkbox"/>	
9			<input type="checkbox"/>	
10			<input type="checkbox"/>	
11			<input type="checkbox"/>	
12			<input type="checkbox"/>	
13			<input type="checkbox"/>	
14			<input type="checkbox"/>	

- Wear an approved helmet on every ride
- Stop at stop signs
- Obey all traffic signs & signals
- Use the correct lane at intersections
- Always ride with traffic
- Use hand signals for all turns
- Leave gaps for cars
- Move off the road when stopped

- Help other riders, call out: "car back", and ride single file
- Help other riders, call out: "passing on your left" & road hazards
- Scan behind before changing lanes
- Don't swerve between parked cars
- Keep a safe distance between other riders
- Any questions? Ask the ride leader