

Sun City Cycling Club
2022 Newsletter Volume 3
May 11, 2022

Special Events:

- A. Sunday, May 15, 2022- The Farm at South Mountain Ride, 7:00 AM details in the event calendar.
- B. Monday, May 30, 2022- Memorial Day Ride to the National Memorial Cemetery of Arizona. Details in the event calendar on the website and FB soon.
- C. Friday/Saturday, July 29 -30, 2022, Third Annual "12 Hours of Sun City Challenge." Details in the event calendar on the website and FB soon.

1. Summer is coming, rides starting earlier. Start times are on the website but just a reminder: Thursday rides start times: May 7:00 AM, June 6:00 AM, July 5:30 AM, August 5:30 AM, September 7:00 AM.
Tuesday rides start times: May 7:00 AM, June 6:00 AM, July 6:00 AM, August 6:00 AM, September 7:00 AM

2. Looking for volunteers:

- A. An administrator for the SCCC Facebook page. Duties include approving or declining requests to join the page. Taking lots of photos of our rides and posting them regularly. Monitoring posts to make sure they are appropriate. If interested see or contact me.
- B. Need to put together a committee to organize the annual 12 Hour Challenge of Sun City. Please contact me if interested.

4. Alternative to the First Thursday rides: Several folks have been meeting informally to ride from Sun City on the first Thursday of the month. I am suggesting that those who can't make the First Thursday ride meet at the Sundial at the normal ride time for a 'show and go' ride, or that one of the certified ride leaders post a ride on the calendar. In either case Sun City Cycling wants to be sure its members have the proper opportunity to ride.

5. With the above statement in item 4, we need more certified ride leaders. Please let me know if you are interested or willing to go through a short training regimen. The club is only as good as the volunteers.

6. Group riding reminders:

- a. Remember group riding requires some additional responsibilities.
- b. Do not pass on the right of another cyclist. Never pass without calling out "passing on your left."
- c. Always signal and call out your intentions, "right or left turn," "slowing," "stopping" are some examples.

- d. Speak up to inform the group of traffic and road conditions. Make leader aware of dropped cyclists.
- e. There are others but for now if we keep these in mind and practice them, we have happier and safer rides.
- f. Never use aero bars during a group ride; do not ride with both hands off the handlebars. Make sure you hold your line and ride a straight line.
- g. Additional group riding information: Group riding requires special skills in addition to those required when riding alone. Several good sources for information can be found by googling Group Bicycling Skills.

7. Overall safety: I continue to see many instances of unsafe riding behavior, even from very experienced riders, usually regarding road position especially at intersections. Every member should take a bicycle safety class to improve and/or remind themselves of proper bicycle riders' responsibility while sharing the road with other vehicles. Two very good courses are:

1. Cycling savvy: <https://cyclingsavvy.org/>
 2. League of American Bicyclists bike education courses: <https://bikeleague.org>
1. Click on smart cycling. 2. Click on Learning Center, create an account or login. 3. Click on Smart Cycling. 4. Click to take basic, intermediate, advanced, optional tips for Older Adults. Take the exam, print your certificate (may be important in the future).

8. Pandemic:

Lots of restrictions have been removed in AZ but please continue to exercise proper safety procedures and protocols as we move forward. Seems the proper thing to remember is to respect everyone's right to be safe.

1. Not everyone we ride with may be vaccinated so proper attention to safety precautions is advised. Respect fellow riders and the public as you encounter them.
2. You have all worked hard to establish a good reputation for SCCC within the community. Let us maintain that and follow all business requirements as we encounter them on our rides. Mainly carry a mask and use it when the business has it posted.
3. A business has the right to require a mask and social distancing, just as you have the right to not require individuals to wear one in your home, etc. If you do not want to respect their rights, then don't use that business.