

## CROSS CREEK CYCLING CLUB

### MONTHLY MEETING Minutes

June 7, 2004

**CALL TO ORDER**-Robert Havens at 7:05 pm

**INVOCATION** – Rich Eason at 7:11 pm

**INTRODUCTIONS** – Introductions with four new members.

**TREASURER'S REPORT** – Bob Maier **Balance \$1730.00**. In addition Bob reminded everyone that the club has a PO Box for mail which relieves Greg of getting club mail at home.

### OLD BUSINESS/UPDATES

- 1) **CLUB CLOTHING**: Robert explained the current requirements in order to complete the latest clothing order. He went on to say that some orders may be adjusted for cut to satisfy the quantity requirements. The requirements are at least six like items in each cut/style with an overall minimum order of 25 items.
- 2) **WEB PAGE**: Robert described the current website statistics which were more than 58,000 hits for the month of May and included some info on where those hits were coming from.

### CALENDAR

- 1) C4 Summer Century
  - a) Furman handed out flyers and Robert explained the current status of the Club's first annual Summer Century. Everyone was encouraged to participate which will support the club, provide a challenging event as well as its' fundraising efforts.
  - b) The registration fees were explained as: \$25 for riders, \$15 for non riders 12 and over, and free for non-riders under 12. The BBQ catering fee is \$12.50 per participant, \$2 for the Active.com registration fee, with the balance going to the club.
- 2) C4 Time Trial: Changed to 22 August (Switched with another club)
- 3) Fort Bragg Road Race, July 18
  - a) The activities and times were briefly explained by Robert and Furman handed out the "Draft" flyer.
  - b) Registration will likely be thru Active.com as well as on-site registration.
  - c) The use of aero-bars was brought up as a possible safety concern based on the accidents at the Tour D'Pain. After some discussion, it was decided that **all riders that have aero-bars installed on their bikes, will not be allowed to use the "aero" position while in a group or pack. They can only use them as intended when riding as an individual away from a group.** It was asked how to enforce it, with a response of pre-ride rules brief and through peer pressure.
  - d) The name has not yet been decided upon and will need to be decided soon so flyers and web registration can get going.
- 4) Sept 11-12, MS 150 ride. New Bern:
  - a) Robert explained the limited availability of accommodations and their higher cost.
  - b) Leo provided additional information and update on current team registrations. She also encouraged those who are on the team to purchase a club jersey if they did not yet have one. The goal for the team is to raise \$35,000 in pledges.

### NEW BUSINESS

- 1) Club Officers will have a meeting at 7:00 pm on 22 June 2004 at Il Brother's Pizza unless changed prior.
- 2) Time change for weekend rides:

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- a) T&H will meet at 0700, pre-ride brief at 0750, and depart at 0730
  - b) The Bicycle Shop will meet at 0650 and depart at 0700
  - c) Strickland Bridge will continue to meet at 0740, brief at 0750 and depart at 0800.
- 3) **Club Rides and Rules:** (The following are based on the conduct of the 5 June club ride)
- a) Designating group leaders will be accomplished at least the week prior to a ride. A backup will be available if needed. Group leaders will rotate to be fair to everyone.
  - b) It was agreed by everyone in attendance that all club rides will have a Group Leader for each ability group (A, B, C, etc) and that they will need to provide the information for a cue sheet that can be published prior to the ride as well as have some extras on hand to give out the morning of the ride.
  - c) Group rides will allow for a warm-up period/distance at a more moderate pace compared to the planned average speed for the particular ride, i.e. if the planned average speed is 20mph then a warm-up pace should be about 14-16 mph for about 15-25 minutes. That example is just that an example. Group leaders will need to make the determination and brief the intent prior to the start of the ride.
  - d) The typical scenario for a group ride will follow or include the items below at a minimum. These will likely become the basis for the club group ride rules of conduct. Your input is requested and appreciated.
    - i) Get everyone together for ride overview, goals, and group leader introduction.
    - ii) Insure all participants have and will wear a SNELL/ANSI approved bicycle helmet. If anyone does not have a helmet and another one is not available, those persons will not be allowed to participate in the ride.
    - iii) Identify any SAG vehicles (possibly a parent of youth riders) that can provide support/pick up if needed for any rider that becomes ill or otherwise can not complete the ride as planned. Though this is not mandatory it would be a great service as the summer heat can be a problem for anyone who thinks they are more ready than they really are.
    - iv) Determine break down who is riding with which group so group leaders can get head count.
    - v) Safety briefing to all.
    - vi) Issue consolidated (Group A, B, C, etc) cue sheets to those needing them.
    - vii) Explain cue sheet if needed.
    - viii) Identify and match youth and new riders with a chaperones or buddies and assign to an appropriate group based on level of ability and skills.
    - ix) Reinforce staying with the plan. Riders that want to leave the group once the ride has begun must let the group leader know so they can maintain accurate count and not think they have "lost" someone.
    - x) Regroup points and stops are provided on the cue sheet as well as explained. Stops are planned and executed. Regroup points or rest stops will allow the last rider in the group to arrive and have a minimum 5-minute rest. Group leaders are responsible for the group. Individuals are responsible to let the group leader know if they are having problems or anything else that might be a concern or safety issue.
    - xi) Communication is the key.
    - xii) Everyone understands that the group rides are just that "Group Ride". Anyone that wants to or decides to go off of the front may do so, but the group will not break apart to chase them. If there is a group that wants to conduct a "Renegade" type of ride, then they will need to depart early so as to not interfere with the other groups. This will also allow the group to "pick up" anyone who gets dropped.
    - xiii) In the event of mechanical breakdown or a flat tire the group involved will stop, provide assistance as needed, and then continue as a group. "Renegade" types of groups may or may not stop to provide assistance. If another group comes upon a "Renegade Group"

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rider who has a mechanical problem or flat it will be the discretion of the group leader weather to stop or not. In the event that a true health or safety risk is evident, the group leader will have the group stop and provide assistance.

- 4) Safety / liability issues:
- a) Wear of an approved bicycle helmet is mandatory for ALL riders participating in club ride or any riding event the club is a part of.
  - b) Knowledge of new riders and abilities
    - i) It was discussed that new members and/or new riders in the club should not be intimidated. The club welcomes riders of various levels of ability and skills and will try to accommodate everyone.
    - ii) New riders will need to identify themselves when they are new to group riding, are not sure of their abilities, or any other concern they might have prior to the beginning of any ride.
    - iii) Group leaders will assist by placing them into the closest matched group.
    - iv) New riders/members will never be made to feel that "they" are holding back a particular group if they are a slower or get tired earlier. This is where good communication comes into play for everyone.

**SPONSOR TIME/COMMENTS:** Greg of Velo Smart Coaching was one of two sponsors present. His remarks were related to the discount he is offering club members that are participating in the MS150 in September. He is contributing half of the fees paid to him for his various positioning and coaching services thru the end of August. This can be a good deal as it really helps the MS150 participant reach there minimum \$200 pledge requirement faster.

**OPEN DISCUSSION**

- 1) Clinics for new riders were brought before the floor. Still early in the process, it was well received by those in attendance. The idea is to have a separate ride for those who are new to cycling, may be getting back into it after a long time, or may not have the physical condition to participate in the longer weekend club rides. IN general the ride would likely be conducted one or two days a week in the evening. The routes would be in neighborhood types of areas that have usually less traffic but allow participants to build the road skills needed to be a part of the longer and routes with more traffic. No one was identified as the principle, so this will continue with future meetings.
- 2) Greg brought before the floor the possibility to hold a mountain bike and BBQ/Pig Roast event later in the year. It would be conducted on his property and provide a different type and less formal activity for the club. Members were asked if they wanted to have it before or after the time trial in August. Everyone agreed that after would be better. Greg asked Richard if he could get a pig for the roast and he said he could. Though undetermined at this time, there will likely be a nominal fee to cover the cost of the pig roast. It is possible that there may be some of the fee goes towards the club fund which will be determined at a later date.

**PRESIDENT'S REMARKS:** None

**NEXT MEETING:** is scheduled for Monday, July 13th, 2004 at 7 PM at Il Brothers Pizza on Reilly Road. Date changed to the second week due to the long 4<sup>th</sup> of July weekend. Please pass the word. If an alternative date is requested and approved (like another day that week) we can try and do that instead as long as we have enough notice to get the word out.