



# Pedal Wenches 2023

As a new season begins, here are a few things to remember as members of Pedal Wenches:

**SAFETY** - Your safety is most important on the road. Road cycling can be dangerous; riding in a big group, in an orderly, predictable manner helps improve safety immensely. It is important that you take responsibility for your own safety, but also that of your fellow riders.

**FUN** - Another important element is that we have fun and get some fitness along the way. This is not a competitive cycling club. Pedal Wenches is a community of women who love to ride bikes in an encouraging, safe environment. This is an excellent opportunity to meet other women riders so that you can have a network of gals to ride with all year round, any day of the week.

**COMMUNITY** – We are volunteer based and community minded. This is not a full-time job for anyone. In fact, many of your leaders are learning alongside you, so they need your help – your attention and compliance with their instructions and your feedback on how things can be better. Your voice is important in our group – we need to know how we are doing and how we can improve. There is a group for everyone, it may take a few weeks to find the right group as you self-lead.

**SKILL DEVELOPMENT** – As a group, we are going to focus on road cycling skill development – the simple elements and etiquette of group riding. Why? It comes back to our primary concern – your safety. There are fewer riders in our group this year on purpose, so we can focus on getting our pack riding skills honed before we grow membership again.

## What you need every week for PW:

- Bike & Helmet, Pedal Wench Jersey
- Red rear bike light
- Tire change kit (levers, tube, pump or CO2)

## Things to help make your rides more comfortable:

- Water bottle and snack (granola bar etc.)
- Gloves
- Sunglasses
- Sunscreen & lip balm
- Ziploc baggie to put your phone, \$20 and a business card (write your in case of emergency info & contact on the back of the card) into.

## Communications & Updates

Communication is primarily through the Pedal Wenches Facebook Page – please **like** and **follow** the page. I do not do paid media on Facebook, which means that if you're not following the page, then you're likely not seeing all the posts even though you like us. Any changes in the schedule (ride cancellations due to weather and such) will be posted to Facebook and emailed out.

Early in the week we will post the route for the week. Please review when you get a chance so that you're familiar with where we are going.

- If you have feedback or questions, please email me at [csiemens@sasktel.net](mailto:csiemens@sasktel.net)
- Please talk to your leader and/or me with any concerns you have about the rides and we will take corrective action.
- Attached you will find a guide to PW rides and general etiquette – please review prior to Tuesday and we will start working on making these ride habits as we move through the season.

## First Ride Reminders

Road will be a bit rough in the spring; stay out of the gravel on the streets.

Communication is key – talk to each other, loud enough and often so that everyone in the group can hear you.

- Pass the message along to those behind you.
- Point out obstacles and then announce them
- Pay attention to the traffic around you including riders and cars □  
Anticipate and prep for stops, turns etc.

Take it easy getting out of the city:

We will get better, faster and more efficient getting out of the city with practice, but for the first few rides, take it easy.

Obey traffic laws and try to stick together as a group, if you see part of the group stranded at an intersection/red-light, let your leader know so the group can slow up and wait for them to catch up.

- No half-wheeling! No unnecessary sudden stopping or swerving!
- We have tables booked every Tuesday at D'Lish post-ride for a glass of wine or beer and treats – everyone is welcome, nothing is formalized so some weeks the group is larger than other weeks.
- HAVE FUN – any questions or feedback be sure to let me and/or your leader know.

## Rides & Leaders

**\*Every ride will meet in the back alley of the Bike Doctor on Tuesdays at 5:50 pm. \***

We will have approximately 5-6 groups for each ride:

- Beginner I & II
- Intermediate I & II
- Advanced

If you are unsure of your pace, join the group you know you will feel completely comfortable with, then move up if you need to the next ride.

For the first six rides, there will be set leaders and sweeps. Every ride following, you should be prepared to potentially lead a ride! With our reduced fee this year comes reduced structure – this means that although we are no longer setting leaders, there are more opportunities to ride with other women closer to your pace as long as you are willing to lead the group.

When you get to the Bike Doctor, check the whiteboard for who has signed up to ride with each group. If there is no leader and you are comfortable with the route, don't hesitate to ask any questions you may have and sign up to lead!

Rides will be posted on Sunday.

## Contact Information

Message us anytime via Facebook, Instagram, or email for any questions or concerns you may have!

**Email:** [csiemens@sasktel.net](mailto:csiemens@sasktel.net)

**Facebook:** @pedalwences

**Instagram:** @pedalwences