

# Ladies On Spokes

## Ride Leader Program

### *MISSION:*

Ladies On Spokes exists to enrich lives of women by uniting them together to support one another with love and acceptance, encouraging each other to become physically fit, sharing the love of Christ with all those around us, and meeting needs of others whenever possible.

### *GOAL:*

The primary goal of our Ride Leader program is to ensure that all members have the confidence that, once they show up for a ride, there will be a Leader with the knowledge of the route and preparation for seeing that everybody makes it back to the finish.

### *KEY OBJECTIVES:*

In order for the Ride Leader program to be a success, the following objectives should be met by each lady who takes on this role.

- At all times, show the love of Christ.
- Remember that your riders are counting on you to be faithful, to start on time and to come prepared.
- Be aware and attentive to the needs of your riders and assume you may not get to ride your own speed throughout the ride. Make it a fun time and encourage those who may be struggling
- Ride leaders should be loyal to Ladies On Spokes and communicate about LOS in a positive way.
- Ride leaders should be gracious, kind and encouraging.
- Ride leaders should promote and encourage friendships among her group.

### *ACTION PLAN:*

#### **A Ride Leader....**

- should post the ride to the LOS Calendar ([www.ladiesonspokes/calendar](http://www.ladiesonspokes/calendar)).  
Your post should include:
  - "LOS" or "Store name" in the ride header (ex. LOS – 7:30am Chatt Hills Ride)
  - Starting Time and Location
  - Target distance
  - Target pace
  - Ride Organizer with preferred contact method
  - Any other information to describe whatever is unique about the ride and to encourage riders to join as appropriate.
- may choose to also post the ride on Facebook.
- provides updates to the ride or cancellations on the calendar and Facebook.
- should share a prayer before starting the ride.
- should take a headcount to ensure no one gets dropped.
- must carry cell phone with reliable rescue numbers on the ride.
- should give instructions at the beginning to be sure that new riders are knowledgeable about basic "car back", signals such as turning, stopping, when to ride single file, etc. and clearly state ride mileage and pace.
- should be dependable and know their routes.
- make sure you come back with the same number of riders you went out with!
- enjoy, enjoy, enjoy!