

# Rider Responsibility

December 20, 2011

All Riders are welcome on LBC Rides. However, every rider has the responsibility to have a bicycle that is in proper working order and be reasonably capable of riding the type of ride that they are considering (ie: the rider has been working up to the distance and/or difficulty of a ride that they are attempting). Riders should be capable of changing a bicycle tube if that becomes necessary during a ride. Each rider needs to determine for them self, if they are capable of riding in the predicted weather conditions.

It is recommended that new and inexperienced riders complete the **LBC New Rider Clinic** before attempting rides longer than 30 miles.

Riders are to follow the [Bicycle Rules of the Road.](#)

At a minimum, riders should have the following items with them:

- Identification. ID should be carried on your person.
- Emergency Contact Information.
- Information on your person identifying any special medical conditions.
- A cell phone so that the rider can get assistance.
- A bicycle helmet with the proper straps etc.
- Water bottles filled with water or other hydration fluids.
- A spare tube.
- A means to inflate a tube.
- Tire changing tools.
- If riding at night, dusk or dawn, front and rear lights are required.

Note: Ride Captains are not required to fix flats or mechanical problems.