

## FFBC - Club Ride & Pedal Pounder Guidelines - Revised July 2005

All scheduled rides, including "Show & Go" or leaderless rides, must have a minimum of 2 riders and at least one rider must be a Club member.

Pedal Pounder credit will be given for all club rides listed on the official ride schedule published in the newsletter and/or on the website or in accordance with special Race Team events credit. Pedal Pounder credit will also be given under the following circumstances:

- A ride was accidentally omitted by the Ride Coordinator or Newsletter Editor or Webmaster
- The Board of Directors decides to add a ride after publication of the official ride schedule
- "Short notice" rides posted to the FFBC\_List with at least three (3) days notice (see below)

Pedal Pounder credit will not be given under any other circumstances.

Pedal Pounder credit will be given to Club members only as shown on the official membership list and only for those rides where a rider sign-up sheet is submitted.

Cinderella Training Rides will get credit for miles ridden, number of rides, and ride leader credit. A ride sign-up sheet must be submitted.

Race Team events will be recognized for Pedal Pounder credit for miles and number of rides, but no ride leader credit will be given. A ride sign-up sheet must be submitted.

Rain (or snow): If a ride is rained out after it starts, credit will be given for ride leader, the ride, and number of miles actually ridden. If a ride is cancelled at the start, the ride leader will receive credit for ride leader. A ride sheet must still be submitted (or the Pedal Pounder manager otherwise notified) for rides cancelled at the start in order to receive ride leader credit.

Short notice rides: Club members may propose new rides by sending an email to the FFBC\_List at least three days in advance. Such rides are known as "Short notice" rides. Short notice rides also include additions of pace options to existing rides, provided the member originally listing the ride approves. Short notice rides will receive Pedal Pounder credit for miles ridden, number of rides, and ride leader credit.

All rides that are "co-listed" with another club must adhere to FFBC rules.

Pedal Pounder "honors" will be awarded in the following categories:

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| A) Ride Leaders Club  | <ul style="list-style-type: none"><li>• Most Rides Led</li><li>• Lead 12 or More Rides</li><li>• Lead 6 or More Rides</li></ul>  |
| B) Frequent Riders Club   | <ul style="list-style-type: none"><li>• Most Rides Ridden</li><li>• 36 or More Rides Ridden</li><li>• 12 or More Rides Ridden</li></ul>  |
| C) High Milers Club   | <ul style="list-style-type: none"><li>• King &amp; Queen of the Wheel</li><li>• 2,500 or More Miles</li><li>• 1,000 or More Miles</li><li>• 500 or More Miles</li></ul>  |
| D) Special (subject to change at discretion of Ride Coordinator): | <ul style="list-style-type: none"><li>• Most number of people on a single ride (excluding Cinderella Training Rides and Race Team Events)</li><li>• Table Pounder Award - Most meal events attended.</li></ul> |