

Team Maywood

Cycling Program



Team Maywood 2017 Frequently Asked Questions

What Equipment do I need to participate in the program?

Riders will need to have a bicycle in good working condition. While hybrid and road bikes are recommended, we have had participants ride mountain bikes and recumbents. We strongly recommend having your bike tuned up at a local bike shop prior to the program as we cannot provide repair services. If a trainer or the program coordinator determines your bike is unsafe for riding, you will be asked to not participate in that day's ride.

Cyclists should wear bright, comfortable clothing. A helmet is mandatory on all rides and protective eyewear or sunglasses are strongly encouraged. Each cyclist should have a minimum of two water bottles on all rides.

Additional suggested items include a small bike pack to carry your ID, cell phone, and car keys; a bike pump or CO2 cartridge to inflate flat tires; and a spare tube specific to your tire. A plastic sandwich bag is handy for protecting your cell phone on rainy days. Many cyclists opt to have bike light or helmet lights to improve visibility. As you advance in your cycling, you may find additional equipment you'd like to add. Trainers and fellow participants are great resources of information for this.

Where do we meet for rides?

On Monday evenings, the group will meet in the Maywood parking lot near the front walk info kiosk. Maywood is located at 3615 Mueller Road in Sheboygan. Participants will gather with their training group for information and announcements and leave as a group at 5:30pm. Meeting locations and start times for weekend rides will be announced with the rides.

What is SAG support?

SAG stands for Support Aid Group. In Team Maywood, the main function of SAG support is to provide you transportation during a ride. This could be for medical reasons or mechanical issues with your bike that prevent you from riding. Participants will be given a SAG phone number at each weekend ride that they can call for assistance.

What ages can participate in the program?

Generally the program is best for older teens and adults. Children under 18 must ride with a parent or legal guardian who is also registered for the program. Please contact Maywood with specific questions.

Should I carry my phone and ID on the rides?

Carrying some form of ID is strongly encouraged whenever you ride. Some cyclists carry their current or an expired driver's license. Others write their contact and emergency information on an index card or small piece of paper and keep it in their bike pack. Carrying your cell phone is optional, but is recommended especially on weekend rides where you may not be riding with a large group. Your phone will allow you to contact the program coordinator for SAG support or assistance.

Do we always ride as a group?

Our Monday Night Rides have a "no-drop" policy meaning your training group stays together for the entire ride and will wait for participants who may have mechanical issues or a flat tire. Weekend rides offer an opportunity to ride at your own pace. Participants are asked to ride in pairs or small groups using a provided cue sheet.

Do I have to stay in the same training group all summer?

Nope! We encourage riders to talk with the trainers to find the right riding pace. Some riders may wish to move up or down a level for a variety of reasons. These may include recovering from a long weekend ride, illness, or simply the desire to ride in a more social setting from time to time. All participants should discuss changing groups with trainers before doing so. Trainers may also ask you to move down a group if they feel working on skills or riding at a different pace may help you improve as a rider and increase riding safety of the group. All participants are encouraged to discuss concerns with trainers or program coordinators and also to respect trainer's decisions that are based on what is safest for everyone participating.

What should I wear?

We recommend beginning cyclists start with some very basic clothing and add as they learn what works best for them. We encourage participants to "dress for the weather" – keeping in mind conditions close to Lake Michigan may be much cooler than conditions a few miles to the west. Local cycling shops offer a variety of clothing as do online retailers. Bright colors (such as safety yellow) will make you more visible on the road. Your trainer and fellow cyclists can often provide suggestions and advice about clothing.

Helmet – Helmets are mandatory on all rides. They come in a variety of styles and price ranges. A local bike shop can help you select and properly fit your helmet. This website provides information on properly fitting your helmet: <http://www.helmets.org/nhtsafit.pdf>

Socks & Shoes – Any comfortable athletic shoe can be worn. Many cyclists choose clip-in pedals that require a specific shoe. While not required, these pedals can provide benefits on longer rides. For new cyclists, they will take some practice. If you wear laced shoes, you will want to make sure laces are tucked in before riding. Wicking socks that fit snugly and do not bunch up will prevent rubbing and blisters.

Bottoms – Cycling bottoms with padding will help keep your comfortable during long rides. They come in a variety of styles and lengths. You may also wear athletic shorts. Avoid shorts that may rub and cause chaffing while riding (such as jean shorts).

Shirts – We recommend shirts that will wick perspiration during the ride. Shirts (even cotton t-shirts) that sit closer to the body will help reduce drag while you ride. Many cycling jerseys offer pockets for carrying snacks and supplies.

Sunglasses/Eye protection - Sunglasses or clear eyewear will help shield you from wind and debris.

Gloves – While not required, cycling gloves can make your ride more comfortable. Padded gloves help reduce vibrations for riding on road surfaces and can improve your grip when hands get sweaty. They also protect your hands from scrapes should you fall from your bike. Gloves come in a variety of weights and styles for different temperatures and riding conditions.

Other Clothing Options - A light weight packable jacket for cooler days, rain gear, arm warmers, leg warmers, tights, etc.

Can I use aero bars on the rides?

For safety reasons, we do not allow the use of aero bars on the rides. However, if your bike is equipped with the bars you do not need to remove them to participate in the program.

Do I need to bring food and water for the rides?

All cyclists should carry a minimum of two water bottles on rides. One should be filled with water. You may choose to fill the other with a sports beverage or additional water. On weekend rides with warm temperatures, Gatorade and water will be provided before the ride and at designated stops. During weekend rides, food/snacks are provided at designated stops and/or after the ride. If you have specific dietary needs, prefer certain food items, or would like food available between stops, please plan to bring it with you.

I am coming straight from work on Mondays. Is there a place to change?

On Monday nights, the Ecology Center at Maywood will be open at 5pm. Participants will have access to water and indoor restrooms. Most nights a staff member will be on hand to answer questions or provide assistance. Please take belongings with you as the building may not be open when you return. Weekend rides start at a variety of locations and facilities will vary by ride.

Do I need to attend all the rides?

No. Summer schedules can be hectic and while you are welcome to attend every ride, we realize this is not possible for everyone. Some riders choose to only ride on Mondays. Others only ride on weekends. Some ride a variety based on their personal, work, and family schedules.

Do I need to sign-up for rides or let someone know if I can't attend a ride?

Monday night rides are considered “standing rides” and you do not need to sign up in advance or let us know you won't be attending. The rides leave promptly at 5:30pm with whoever is there to ride.

For weekend rides and workshops, we ask you to sign-up in advance. This helps us prepare food for rides and let workshop leaders know how many people to expect. Some workshops have limited seats. A sign-up binder is available at Monday night rides for this or you can email the program coordinator

directly to sign up. If you cannot make a ride you signed up for please email, call or text the coordinator directly so they know not to expect you.

If I show up late for a Monday ride, can I try to catch-up to my group?

Unfortunately this would be very difficult. On Mondays trainers may adjust routes during the ride based on weather, wind, and who is riding in the group that day. We do not have set routes or cue sheets for the Monday night rides and it would be very difficult to find exactly where your group is at.

Can I get the weekend routes in advance?

We will have the start/end point determined well in advance. The actual routes are created fairly close to the ride date and tested only 2-3 days before the ride to ensure the safest riding conditions possible. Routes may be adjusted as needed. However, if you miss a weekend ride, the program coordinator can provide you the cue sheet so you can ride on your own.

When and where is yoga offered?

Yoga is offered indoors after most of the Monday evening rides – based on the volunteer instructor’s schedule. We will keep you informed of the schedule. Class begins when groups return, so earlier arriving groups may have to wait a short time for class to begin or late arriving groups may have to jump into a class already in session. The yoga instructor will open the building when she returns from the ride. If you have a yoga mat, please bring it with you as we have a limited number of mats available at Maywood. Yoga is taught by Barb Kultgen (RYT 200).

What is the bike maintenance workshop?

This workshop is taught by Harley at Wolf’s Cycle & Fitness in Sheboygan. It teaches you basic skills such as how to change a flat tire on your bike. Class sizes are kept small to allow one on one instruction. Advanced sign-up is required for this.

Do you have tools to fix my bike at rides?

Air pumps and basic tools will be available before each ride. However our trainers and staff are not able to help with major repairs to your bike. We can help with basics like fixing flats and adjusting seat heights. For other repairs, you will need to visit a bike shop.

What do you do for bad weather?

On ride days, program coordinators and Maywood staff will watch reports for any concerning weather. We do our best to ride whenever we can, but safety is always our first priority in making these decisions. On Mondays, we do our best to make a ride decision by 3:30pm. However, we may cancel a ride up to the start time should conditions change. For Monday night rides, cancellations are sent out via email and posted to the Maywood events calendar, Facebook page, and Twitter feed. Those who cannot access one of those sources may call Maywood after 3:30pm for the ride status. For weekend rides, participants who signed up will be notified from the ride coordinator via email or text – or they may text the ride coordinator for updates. All participants are encouraged to make their own decisions regarding

riding in certain weather conditions. If you are not comfortable riding in certain conditions, please do not ride that day.

Several factors go into making our decisions about weather cancellations. One is visibility as heavy rain or fog makes it difficult for cyclists to see and also for motorists to see cyclists. Likewise wet roads can cause slippery riding conditions. The possibilities of lightning, hail, or strong winds are also a concern as most rides are in rural areas with few places to take shelter. Heat indexes are considered. A heat index over 100 degrees at ride time will cancel a ride. Wisconsin weather can be quite unpredictable and we do our best to make a decision using the information available. Once a ride has been cancelled, we do not "un-cancel" it. Riders who chose to ride after we officially cancel a ride are doing so on their own and not as part of the Team Maywood program.

Monday night rides cancelled for weather are not rescheduled. We do our best to reschedule weekend rides that are cancelled for weather. There are no refunds for rides cancelled due to weather.

Can I wear headphones on the rides?

No. Group communication is emphasized heavily in the program and you will need to hear traffic, fellow riders, and your trainer throughout the ride.

Other Info

- Please place your belongings in your vehicle before leaving for rides, lock your vehicle and take your key with you. Maywood is a public park with a variety of visitors and Maywood is not responsible for items lost or stolen during the ride. Also, please do not leave items in the Ecology Center during the ride as it may not be open after the rides.
- From time to time, Maywood holds evening programs and events. We also have many people using the park trails. Please be aware of vehicle and pedestrian when riding your bike in the parking area.

Contact Info

Contact Maywood at (920) 459-3906 or maywood@sheboyganwi.gov for general info about the program or how to register. If you have specific questions about the cycling aspect of the program, we can connect you with the program coordinator.

Our office hours are 9am-4pm Monday-Friday. Please allow 24-48 hours for a response to email inquiries.

Maywood
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www.GoMaywood.org