Team Maywood 2026
Frequently Asked Questions

Participant Expectations

As a participant of the program, there are several expectations of you:

- Have your bicycle in good working order before each ride. We strongly recommend having your bike checked over by one of our area bike shops. While we will have basic tools for tasks like inflating tires or making minor adjustments to seat heights, our volunteer trainers and staff are not able to repair your bicycle at the program.
- Have your bicycle fit before the program beings. Area bike shops can assist you in adjusting seat height and tilt, handlebar height, and other parts of your bicycle to ensure a comfortable riding experience.
- Wear a properly fitted helmet on all rides. Helmets are mandatory.
- Obey all State of Wisconsin cycling laws and any safety guidelines put in place by Maywood. This includes riding no more than two abreast on all roads and not impeding the flow of traffic when group riding.
- We strongly encourage the use of taillights and headlights on your bicycle or helmet. This greatly improves your visibility to drivers on the road.
- Be respectful of our trainers and staff. Our trainers volunteer their time and make this program possible. If you have a concern with your riding group, please talk with your trainer or one of the program coordinators.
- Carry emergency contact information on every ride and have a contact who can transport you if needed.
- We rely on our participants to know their limits. If you are not feeling well, you may want to ride with a slower paced group or sit out a ride.

What Equipment do I need to participate in the program?

- A bicycle in good working order. While hybrid and road bikes are recommended, we have had participants ride mountain bikes and recumbents. We strongly recommend having your bike tuned up and fitted 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 rides until it is repaired.
- Helmet – a helmet is mandatory on all rides
- Protective eyewear: sunglasses, prescription glasses, or safety glasses for cycling are strongly encouraged.
- Two water bottles at minimum. Holders on your bike are strongly encouraged.
- A form of ID and emergency contact information. This can be written on a card or paper or you can use a commercial product such as RoadID.
- A spare tube that fits your tires and a way to inflate your tube (CO_2 cartridge or hand pump).
- Bike light or helmet lights are strongly encouraged to make you more visible on the road.
- Additional suggested items
    - A small bike pack to carry your ID, cell phone, and car keys
    - A plastic sandwich bag is handy for protecting your cell phone on rainy days.

- Any medications you may require on a ride such as inhalers or glucose tablets.
- If you have specific dietary needs such as gluten free, we encourage you to carry a small energy bar or gel that meets your specific needs.

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. On Mondays, the Ecology Center is open for access to restrooms and water fountains. 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 weekend 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 supported weekend rides that they can call for assistance. We also encourage participants to have an emergency contact who can assist them if needed. Please note, early season Saturday morning rides with shorter distances may not have a designated SAG vehicle.

What ages can participate in the program?
This program is open to individuals 18 years and older. Due to insurance liabilities, there are no exceptions to this policy.

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 or pocket. You can also purchase identification bands online. Carrying your cell phone is optional, but is strongly 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. A plastic sandwich bag provides protection against moisture.

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. At times this means faster riders may need to ride at the slower pace of the group. Weekend rides offer an opportunity to ride at your own pace. Participants are asked to ride in pairs or small groups on weekend rides.

Do I have to stay in the same training group all summer?
Nope! We encourage riders to talk with the trainers to find the correct riding pace and group. 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 at a more leisurely pace from time to time. All participants must discuss changing groups with trainers before moving to a new group. 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 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. Prescription eyewear will also offer some protection.

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 longer 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 will 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, we ask you to sign-up in advance. This helps us prepare food for rides and let leaders know how many people to expect. A sign-up binder is available at Monday night rides for this or you can call or email Maywood 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. Contact information will be provided when you register for the program.

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 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. Routes will be emailed by noon the Friday before the ride and printed copies will be made available at the start of each ride.

Do you have tools to fix my bike at rides?
Air pumps and tire levers 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 and Facebook page. Text messages are sent to those who opt in at the tiem of registration. 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 90 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 automatically rescheduled to Tuesday at 5:30pm. 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 the building will not be open when you return.
- 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 traffic 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-Wednesday and Friday. Please allow 24-48 hours for a response to email inquiries. Our staff are not required to check email outside their normal work schedules.

Maywood
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www.GoMaywood.org