



To report mileage for our **Frequent Rider Program**, please e-mail participant names and official ride distance to the ride coordinator at [ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org) **within 7 days of the ride.**

**Ride Leader** \_\_\_\_\_

**Date of Ride** \_\_\_\_\_

**Distance** \_\_\_\_\_

**Location** \_\_\_\_\_

This sign-up sheet needs to be turned into the club president within 30 days - please bring it to a meeting or mail it in.

**Accident? Contact 911 AND our insurance agent Ginger Fahrnow at 800/245-2744.**

**Please review these Rules of the Road before every ride:**

1. Helmets must be worn while on the bike.
2. The ride will adhere to the advertised pace, unless the group decides otherwise. Faster and slower riders should either be encouraged to re-group at designated points or to do the ride on their own with cue sheet/map provided.
3. Follow all traffic laws - bikes are vehicles under state law.
4. Point out obstacles such as glass or potholes to the rider behind you.
5. Call out “car back” and ride single file when being overtaken by a vehicle.
6. Notify Ride Leader if you need to leave the ride early for any reason.

Debby Grant, president  
BIKES Club of Snohomish County  
PO Box 5242  
Everett, WA 98206