

Claremont Senior Bicycle Group Mission and Guidelines

March 2016

MISSION:

Provide an environment where adults can participate and enhance their bicycling skills in a safe, friendly setting. We focus on senior recreational bicycle riding in a group setting. Activities include regular local rides, drive-and-ride trips to Southern California areas, and multiple-day adventure rides.

MEMBERS:

All adult ages and skill levels are welcome. Membership is free since we are sponsored by the Claremont Senior Program. Participants must wear a suitable helmet, ride safely on our group rides (See CSBG Ride Protocol and Safety), and annually sign our liability release form.

Membership requirements:

- Age 18 years or more
- Sign liability release forms each year
- Ride safely

MEETINGS:

Meetings are held at 4:00 PM at Joslyn Center, in Claremont's Larkin Park (Mountain & Harrison Ave.) on the third Monday of each month to finalize ride plans and other group activities. Meetings in January and February are on the second Mondays because Joslyn is closed on these third Monday holidays. All members are welcome to participate.

COMMUNICATION:

We use email for communicating monthly meeting reports and other announcements. We also maintain a web site at <http://claremontseniorbikegroup.org>. The CSBG Meetup group (<http://www.meetup.com/ClaremontSeniorBicycleGroup/>) provides active reminders and more detail to plan and arrange upcoming events and is open only to members. Yahoo Groups (<http://claremontseniorbikegroup.org/yahoo-groups/>) are optional links to arrange and announce miscellaneous activities and topics of interest. These are also only open to members.

LIABILITY RELEASE FORMS:

All participants of the Claremont Senior Bicycle Group must annually sign liability release forms and are thus covered under the LAB sponsored liability and secondary medical insurance. The liability release agreement is available at our web site.

ORGANIZATION:

CSBG Leader:

To avoid time-consuming and emotion-fraught elections, the leader is chosen by proclamation of the previous leader. If an alternative selection process is needed, the Board Members will meet and choose the leader. The leader's role is to conduct meetings and oversee all activities of CSBG, including the duties of Board Members below.

Board Members:

These enduring roles are self-nominated and/or chosen by the leader:

- Membership: Maintains the membership list which includes phone and email contact information
- Secretary: Records meeting summaries for publication by Communication

- Meetup Communication: Maintains the CSBG Meetup site
- Email Communication: Sends monthly meeting notes and reminders of trips and events to members.
- Community Liaison: Communicates with senior program staff, and the appropriate members of the Committee on Aging - including news and monthly attendance reports.
- Web Master: Maintains the CSBG web site

Other roles are ad hoc and include:

- Ride leadership
- Ride sweep
- Christmas Party coordination
- Annual Picnic
- Specific trip plans and coordination
- Annual plan
- Other special activities – i.e. bike rodeo, community events

ACTIVITIES:

See the CSBG web site (<http://claremontseniorbikegroup.org/>) and Meetup (<http://www.meetup.com/ClaremontSeniorBicycleGroup/>) for more description and details.