

# Honolulu Century Ride 2015

## Friendship Ride Leader

Thank you for volunteering! Be friendly, introduce yourself and others, and create a small group ride feeling of aloha.

**What do Friendship Ride Leaders do?** Lead a group of riders on whatever distance you were originally planning to ride. We'll provide you with a Friendship Ride Leader bib, which let's other riders know you've formed a group, and can:

- Provide directions.
- Help with minor mechanical adjustment, or call course support to help.

Additionally, you can:

- Encourage riders to persist, rest, or drink fluids.
- Remind people to ride single file, announce and pass on the left.
- Remind people to be courteous to drivers and not block traffic.
- **EMERGENCIES – CALL 911**. Stay to help and call Command when you can. Please provide the rider's bib number, location, and nature of the emergency.
- **NON-EMERGENCIES – Call Command at 735-5756** for riders needing to be picked up, mechanical support, or road hazards.

Help further HBL's mission...Get more people to ride bicycles for health, recreation and transportation by making Hawaii's roads safer through advocacy, education and events.

- Encourage people to become HBL members and strengthen our collective voice.
- Encourage people to take Cycling Skills 101 (2 hours, free) and Traffic Skills 101 (10 hours, \$55 HBL members, \$75 nonmembers).
- Provide us feedback on your Friendship Ride Leader experience after the ride.

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Name

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Phone

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Email

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Distance Planning to Ride

Please email this form to [bicycle@hbl.org](mailto:bicycle@hbl.org) or fax it at 808-735-5756. Mahalo!