

The Monday Night Rules!

Rule#1-Follow the rules

2. Monday Nights are not for racing! There is no prize, pride or super model with a big novelty cheque waiting for you in the parking lot. If you want to race, check out the WNS, otherwise leave your "inner Cadel" in the car!
3. We wait, yes we wait at each intersection, and we wait for those that are behind. Waiting does not mean slowing down, or soft peddling. It means we STOP and wait until the group is all assembled.
4. Yes, you can attack! Part of riding with a group is having fun, which does mean you can attack on the hills or the straights or when ever the need arises, as long as the first 3 rules are obeyed and fully understood.
5. Bears paw Road is not Mt. Vontoux! At no time are riders to race up the small hill 2, 3, 4 wide!
Cyclists get mad at drivers that honk; let's not keep giving them a reason!
6. See Rule #5 for all the other roads! Single file pace lines! Single file, being one rider behind the other, not side by side by side with the other side the yellow line!
7. No whining! There shall be no whining about how hard you rode on the weekend, your hard as nails training regime, how much wine you drank or your sore knee. If you show up on Monday be prepared to ride hard and should whiny comments emanate from your person, be prepared to be derided and mocked.
8. Harden the *&^% up! See Rule#7. We live in hilly windy part of the world. Suck it up and ride! Commenting on the weather, wind, hills or the overall route to the organizer will only result in the penalties outlined in Rule #7-#11 being implemented.
9. Help your fellow rider!!!! If someone is lagging behind, having difficulty on a hill etc, take the time to drop back and help them out! You are not going to lose the race, points or a date with the aforementioned super model, in fact your kind and generous spirit may even work to your advantage in getting said date.
10. If you just spent 5 minutes at the front and someone pulls in front of you, they are not racing, they are relieving you! Don't speed up! This is called group riding and works well when everyone participates!
11. If someone drops back to help you out, do not suddenly take off once you are rested. This just goes against all etiquette of the bike, should you do this, your fellow riders have the right to stick your inconsiderate ass in the front for the rest of the ride!
12. There is only one "road captain" not 2 or 3 or 9. One person is in charge of the ride and the route. If you chose to head off before the route is discussed and you get dropped or lost or single handily change the route to your own liking, enjoy your solo ride and Rule#7

ABOVE ALL ELSE, The MNR is the one ride of the week where experienced riders, racers and newer riders can ride together in a true NO DROP environment. It is a time to learn and work on bike handling skills, riding in a group, pace lines and have fun!

Should you not understand or feel you cannot

MNR Rules.txt

obey each and every one of the above rules, stay home and polish your spokes! :)

For all the rules of riding your bike please visit
<http://www.velominati.com/the-...>, it will at least make you laugh!! Enjoy your
bikes all and i hope to see many of you next Monday!!

Riderron