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| **Tue 1 Jan 8:30a** | **New Year’s Day Ride**  | Meet at **Fletcher Cove Park**, Solana Beach. |
| **(ongoing)** | **Bicycle Traffic Skills 101 Smart Cycling Course**  | Register at [**https://sdbikecoalition.org/smart-cycling/**](https://sdbikecoalition.org/smart-cycling/) |
| **Sat 26 Jan 20198:30a to 1:00p** | **BSC Rollout Ride & Picnic + Meeting**  | **Rohr Park, 4400 Sweetwater Rd, Bonita 91902**, site #R-1. Park in large lot for ride, 11:15a catered picnic lunch and Annual Mtg. |
| **\*\*Sat 9 Feb 8:30a** | **\*\*BSC-CFS Ride** | San Dieguito Rd, stud loop, lake loop |
| **Sat 23 Feb 8:30a** | **BSC NAS-North Is. & Bayshore Special** | Meet at **Coronado Ferry Landing p-lot, 1201 1st St, Coronado**. NAS-NI tour and Bayshore B-way; Noon ferry return; 33 miles. |
| **Sat 2 Mar 10:00a** | **Midway Museum Tour** | [Non-cycling activity] 10a-noon, or stay longer; Custom BSC tour. |
| **\*\*Sat 9 Mar 8:30a** | **\*\*BSC-CFS Ride** | Route 56, Lake Miramar Overlook, Gold Coast |
| **Sat 23 Mar 2019 8:30a to 1:00** | **BSC Ride & Stoker Shopping Spree** | Trek Superstore Kearny Mesa. **Park in NE corner of Target P-Lot at Kearny Mesa Rd and Othello Ave.** Ride, then shop 11a-12:30 |
| **\*\*Sat 6 Apr 8:30a** | **\*\*BSC-CFS Ride** | San Dieguito, Black Mtn, Calle Cristobal |
| **Sat 13 Apr 2019 10:00a to 2:30p** | **Adaptive Climbing Wall & Member BBQ Picnic** | Meet at **Mesa Rim, 405 Camino del Rio South**, 2 hrs team-build. 12:30p-2:30p BBQ at Brian McGoldrick’s, 2725 Barnson Pl, 92103 |
| **\*\*Sat 20 Apr 8:30a** | **\*\*BSC-CFS Ride** | San Dieguito, Lake Loop, PCH, Torrey Pines |
| **\*\*Sat 4 May 8:30a** | **\*\*BSC-CFS Ride** | Torrey Pines, PCH, La Costa, Rancho Santa Fe |
| **Fri 17 May 2019 9:00a to 11:30a** | **SDUSD Field Day** **37th Annual** | **S. Clairemont Rec Center, 3605 Clairemont Drive, SD 92117**. greenbelt south of Marston School. Demo rides for BVI kids. |
| **\*\*Sat 18 May 8:30a** | **\*\*BSC-CFS Ride** | San Dieguito, Bernardo Winery, 56 Path |
| **\*\*Sat 1 Jun 8:30a** | **\*\*BSC-CFS Ride** | SR 56, Lake Hodges, 4S Ranch, Del Dios, RSF |
| **Sat 15 Jun 8:30a** | **\*\*BSC-CFS Ride** | SR 56, Poway, RB, Fairbanks, El Camino Real |
| **Sat 22 Jun 2019 10:30a to 1:00p** | **CFS Orientation & Pool Party** | **All CFS participants and immediate families invited.** Park near pool complex **12460 Oakfort Court, SD 92131** in Scripps Ranch. |
| **Saturday-Sunday****Jun 29-30, 2019** | **15th Cycling for Sight San Marcos** | **Registration required at <http://cyclingforsight.org>** |
| **Sat 20 Jul 8:30a** | **Bagel Ride** | **Carlsbad Village Train P-lot 2775 State St**, to Bagel Shack, S.C. |
| **Sat 10 Aug 8:30a** | **\*\*BSC Ride** | Torrey Pines, La Jolla, Mt. Soledad, Rose Canyon |
| **Sun 25 Aug 2019 7:00a** | **Bike the Bay****25 miles** | **Park on Harbor Drive across from Star of India**. Ready to roll at 7:00a. **Registration required at** [**www.bikethebay.net**](http://www.bikethebay.net) Members registered and who ride will be sponsored by the club. |
| **Sun 8 Sep 10:00a** | **BSC @ Velodrome & Organ Concert** | Drive to **SD Velodrome, 2516 Pershing Dr**. Track Clinic 10a-1p. Spreckels Organ Concert in Balboa Park 2p-3p. |
| **\*\*Sat 21 Sep 8:30a** | **\*\*BSC Ride** | 56 Path, Black Mtn, Lake Miramar |
| **\*\*Sat 5 Oct 8:30a** | **\*\*BSC Ride & Open House** | Grand Del Mar resort, Black Mtn Park, Calle Christobal.BSC Lunch at food court, Open House & Demo Rides; NBSD. |
| **Sat 26 Oct 8:30a** | **Poker Ride & Pizza Lunch** | **Park in un-covered p-lot Sabre Springs MTS station, 13538 Sabre Springs Pkwy 92128** (no poker experience needed). Oggi’s Pizza for club sponsored lunch, starting at 11:00a. |
| **8-10 Nov 2019** | **BSC Adventure Tour Borrego Springs** | 3-day Adventure trip and club tour in Borrego Springs, Choice of cycling routes, group meals, and more. Reservations required. |
| **Sat 23 Nov 8:30a** | **\*\*BSC Ride** | UCSD, Torrey Pines, PCH, S. Carlsbad Beach |
| **Sat 14 Dec 2019****8:30a to 1:00p** | **SDBC Holiday Toy Ride UC Cyclery / 40 mi 32nd annual** | **8715 Villa La Jolla Dr, La Jolla**. Bring unwrapped new toy to donate at Kroc Salvation Army Center. Refreshments provided. Holiday costumes and bike decor optional. 20 miles each way. |

Start times are **“READY TO ROLL”** ! BSC Ride Coordinator **Tiff Kramer** ffit.remark@gmail.com

All BSC rides include Long and Short route options, posted to members a week prior.

Stay connected with BSC at [www.BlindStokersClub.org](http://www.BlindStokersClub.org) and [www.Facebook.com/BlindStokersClub](http://www.Facebook.com/BlindStokersClub)

[www.blindstokersclub.org](http://www.blindstokersclub.org)

(Intro to Tandem video) [www.blindstokersclub.org/BSC\_website/San\_Diego\_BSC.html](http://www.blindstokersclub.org/BSC_website/San_Diego_BSC.html)

[www.facebook.com/BlindStokersClub](http://www.facebook.com/BlindStokersClub)

[www.facebook.com/BlindStokersClub/events](http://www.facebook.com/BlindStokersClub/events)

[**https://sdbikecoalition.org/smart-cycling/**](https://sdbikecoalition.org/smart-cycling/)

director@blindstokersclub.org

[www.cyclingforsight.org](http://www.cyclingforsight.org)

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| **BSC Member Benefits** | **BSC Member Responsibilities** |
| (S) annual Stoker Outfitting shopping spree | (S,C) Follow BSC Best Practices for tandem pairing. |
| (S) Carpool to/from all BSC rides/activities | (S,C) Share cycling program with BSC tandem partner |
| (S,C) Premium event opportunities and fees | (A) Adhere to the BSC Responsibilities Pledge and Code of Cycling Standards (website “Members” page). |
| (S,C) Dedicated tandem partner to ride with. | (A) Participate in BSC Ride & Activity calendar of events. |
| (S,C) Tandem and other equipment loans. |  (A) Support stoker carpool plan |
| (A) BSC-CFS jersey, water bottle, etc | (A) Participate and fundraise in annual CFS |
| (A) SD Bike Coalition membership & representation. | (A) (Collectively) Serve in BSC Coordinator roles |
| (A) Event registration fees  | (A) Be a character representative of the club |
| (A) BSC website and social media artifacts and network access | (A) Complete LAB “Smart Cycling” course; register at <https://sdbikecoalition.org/smart-cycling> |
| (A) BSC annual Rollout Picnic |  |
| (A) Roadtrips and non-cycling activities |  |
| (A) Community service opportunities |  |
| (A) BSC discounts on equipment and activities |  |
| (A) Personal growth from engagement with fellowship of members |  |
| (C ) Tandem Captain-in-Training program. |  |

Best Practices for BSC Tandem Teams

**Tandeming is a 2-person activity; both captain and stoker have a responsibility to faithfully disclose and discuss these and any other related topics on their mind, before agreeing to ride. The Go/No-Go decision can be negated by either partner, and should not be pre-determined.**

1. Compare your similarities and differences in your approach to, and goals in the sport; e.g. competition, fun, endurance, specific goals, past experience, etc.

2. Size compatibility with each other and the tandem bike.

3. Stoker’s recent longest ride; home or gym trainer miles; fitness level; health issues.

4. Is the Captain confident with, and the combined team adequately trained for the proposed route, or created an alternate route? Note - It is preferred that the first meeting and ride be done independently - without the pressure and expectations of a BSC or other group ride.

5. Additional tips especially applicable to “lumberjack” teams – stoker 200+ lbs or combined team 400+ lbs (contributed by Evan Rasmussen)

a. Use 32C, 34C, or wider TIRES, for added safety and comfort, without loss of speed.

b. Reduce size of MIDDLE CHAINRING in triple set.

c. DISC and/or DRUM brakes outperform V- or caliper brakes. Adjust brakes to extra firm.

d. Route PROFILE matters! Pick a route that minimizes hills, or devise a detour or shorter route.

e. Practice team starts/stops in a clear p-lot before riding the road. Stoker un-clips, shadowing captain un-clip, at stops. (If practical) Captain can add stability to start maneuver by putting butt on saddle before pushing off.

f. Leave extra following distance margin, to allow for greater panic stopping distance.