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| **Sat 1 Jan 8:30a** | **New Years Day Ride** | Meet at Fletcher Cove Park in Solana Beach, to get 2024 rolling. |
| **(ongoing)** | **Bicycle Traffic Skills 101 Smart Cycling Course** | Register at [**https://sdbikecoalition.org/smart-cycling/**](https://sdbikecoalition.org/smart-cycling/) |
| **Sat 13 Jan 8:30a** | **BSC Team Hike** | BSC Hiking Team with Evan Rasmussen [evanras@sbcglobal.net](mailto:evanras@sbcglobal.net) |
| **Sat 27 Jan 2024 8:15a to 1:15p** | **BSC Rollout Ride & Lunch + Meeting** | **NOVO Brazil Brewing**, 535 Florence St, Imperial Beach 91932 **EARLY START !** Start the BSC season with a fun ride and extras. |
| **\*\*Sat 10 Feb 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 17 Feb 8:30a** | **BSC Team Hike** | BSC Hiking Team with Evan Rasmussen [evanras@sbcglobal.net](mailto:evanras@sbcglobal.net) |
| **Sat 24 Feb 8:30a** | **Corners & Sweeps Ride & Pizza Lunch** | **Park in Oggi’s Lot, 10155 Rancho Carmel Dr**, near I-15 & SR56. Teamwork navigation to Oggi’s Pizza for club sponsored lunch. |
| **\*\*Sat 9 Mar 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 16 Mar 2024 8:30a to 1:00** | **BSC Ride & Club Shopping Event** | **Bicycle Warehouse, 4670 Santa Fe St, 92109; park at 4700 Santa Fe St. Ride, then shop from 11:00a to 12:30p.** |
| **Sat 23 Mar 8:30a** | **BSC Team Hike** | BSC Hiking Team with Evan Rasmussen [evanras@sbcglobal.net](mailto:evanras@sbcglobal.net) |
| **Friday 5 Apr 2024** | **BSC Adventure Climb** | **Day On the Rocks @ Mission Gorge w/Chillino Rock Climbing. Watch for special registration.** |
| **\*\*Sat 13 Apr 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 20 Apr 2024** | **BSC Adventure Hike** | **Hiking Daytrip on Mt San Jacinto trails via P.S. Aerial Tram. Watch for special registration.** |
| **Sat 27 Apr 8:30a** | **BSC “Feature” Ride** | [to be announced] |
| **\*\*Sat 11 May 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 25 May 8:30a** | **BSC “Feature” Ride** | [to be announced] |
| **Sat 1 June 9:00a** | **BSC Adventure Paddle** | **Kayaking on** Mission Bay, **Aqua Adventures**, 1548 Quivira Way. |
| **\*\*Sat 8 June 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 22 June 8:30a** | **BSC “Feature” Ride** | **Bagel Shack Ride, Carlsbad Village Amtrak P-lot, 2775 State St** |
| **Sat 29 June 2024 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**  **July 6-7, 2024** | **20th Cycling for Sight University of San Diego** | **CFS Registration required at <http://cyclingforsight.org>** |
| **\*\*Sat 13 July 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 27 July 8:30a** | **BSC “Feature” Ride** | [to be announced] |
| **\*\*Sat 10 Aug 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sun 25 Aug 2024 7:00a** | **Bike the Bay**  **25 miles**  **Special BSC Rollout** | **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. |
| **\*\*Sat 7 Sep 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 21 Sep 8:30a** | **BSC “Feature” Ride** | [to be announced] |
| **\*\*Sat 5 Oct 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 12 Oct 8:30a** | **BSC Team Hike** | BSC Hiking Team with Evan Rasmussen [evanras@sbcglobal.net](mailto:evanras@sbcglobal.net) |
| **Sat 19 Oct 8:30a** | **BSC “Feature” Ride** | [to be announced] |
| **\*\*Sat 2 Nov 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Sat 9 Nov 8:30a** | **BSC Salute to Veterans** | **Ride from De Anza Cove (west P-Lot), 3000 N Mission Bay Dr** |
| **\*\*Sat 23 Nov 8:30a** | **BSC “Standard” Ride** | Fixed Standard Route for all members. |
| **Friday 29 Nov 8:30a** | **BSC Team Hike** | BSC Hiking Team with Evan Rasmussen [evanras@sbcglobal.net](mailto:evanras@sbcglobal.net) |
| **Sat 14 Dec 2024**  **8:30a to 1:00p** | **SDBC Holiday Toy Ride UC Cyclery / 40 mi 38th 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. |

***Blind Stokers Club* 2024 Calendar of Rides and Activities**

**\*\* BSC “Standard” Rides start/end at 9430 Scranton Rd, park near McDonalds**

BSC Ride Coordinator John Kirk [john.f.kirk@gmail.com](mailto:john.f.kirk@gmail.com)

Start times are **“READY TO ROLL”** !

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

***Blind Stokers Club*** – Key References & Policies

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

(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](mailto:director@blindstokersclub.org)

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

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| **BSC Member Benefits** | **BSC Member Responsibilities** |
| (A) 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 |
| (A) 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 Ride & Picnic | (A) Support / follow BSC Best Practices during COVID era. |
| (A) Special events 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. |  |
| (A) BSC Adventures 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.