

## BLN RIDE SAFETY

- Protect your Head! Helmets are required.
- Ride Two (2) by Two (2). Oklahoma State Law
- Obey ALL traffic laws.
- DO NOT cross the center (yellow) line.
- Indicate vehicles in front or to the rear by yelling "car up" or "car back" and repeat back.
- Indicate hazards by pointing or voice or both.
- Indicate turns by pointing and voice.
- If a hazard or a turn has been indicated repeat it so riders behind you will know.
- Always pass on the left and when passing call out "*on your left*".
- Don't overlap your front wheel with the back wheel of the bike in front of you.
- Ride at a steady pace. If a gap opens up, slowly pick up speed until you have filled the gap. Filling the gap slowly is safer.
- Hold your line or position in the pack, try not to weave back and forth. In a pack going down hill you may have to use your brakes to hold your position, this is a part of pack riding
- If you have a flat tire or mechanical problem, **YELL OUT, SOMEONE WILL HELP YOU.**
- If we are riding in weather over 85 degrees one to two water bottles or a camelback is a really good idea.

## GROUP RIDE ETIQUETTE

- The ride leader sets the pace and distance. If during the ride you want to go faster / slower or longer / shorter tell the leader so they don't continue to look for you.
- If you don't know the route or are new to the BLN rides tell the ride leader so they can keep an eye on you and help if needed.
- A pace line is for a group of riders to go faster with less effort. When doing a paceline don't go off the front, this is not a race, going off the front can cause the pace line to fall apart.
- The ride leader will indicate a sprint point with a gathering point ahead for riders to collect .
- Please don't get into aero bars in a pack ride situation. You will not be able to react if something goes wrong, injuring yourself or others.
- Be nice to the ride leader and the choices they make. Pace, distance, and route should be negotiated before the start of the ride.
- **HAVE FUN!**

# Bicycle League of Norman

[www.bicycleleague.com](http://www.bicycleleague.com)



Home of the  
**Norman Conquest**  
and  
**Sooner Stampede**

## ABOUT THE BLN

The **Bicycle League of Norman** was formed in the early 1980s. Our members include cyclists who live in Norman and several surrounding communities. As a club, we have produced the Norman Conquest, a road bike tour, every year since 1997. We have also produced the bike event in OU's Art's Classic which was typically held in the spring, but is on hold for the next couple of years. We have also produced the Sooner Stampede, a mountain bike race, every year since 2001.

During the spring and summer months, the BLN hosts the very popular Tuesday/Thursday road rides which are open to all cyclists. We also have road and mountain bike rides during the off-season. The best way to get hooked up with our rather fast changing and dynamic club rides is to join the BLN Yahoo! email group. It's fun, free, and you won't get spam! Your support through membership dues and personal participation will improve the club representation and visibility within the Norman community and the cycling network in Oklahoma.

In partnership with Oklahoma State Parks, the BLN also maintains the mountain bike trail system at Clear Bay, Lake Thunderbird State Park, just east of Norman.

The BLN is composed of recreational and competitive cyclists, both road and mountain. Many of our members are successful road and mountain bike racers. The BLN attempts to meet the cycling needs and goals of all of its members. By being a BLN member, you will receive a free quarterly newsletter, the **NEXUS**, an invitation to club parties and events, but most importantly, you will be a member of a fun, friendly, caring group of cyclists who promote cycling in and around Norman, OK.

## ABOUT OUR RIDES

### Starting Dates and Times

From Beginning of Daylight Savings Time to Memorial Day -6:00PM  
From Memorial Day to Labor Day -6:30 PM  
From Labor Day to the end of Day Light Savings Time -6:00 PM

BLN club rides have become very popular road rides, open to all cyclists. They support the following three levels of riders, each with a ride leader.

**The Fast Group**-Ride pace is 20 + MPH.

You should be self-sufficient.

**The Intermediates** - Ride pace is 16-18 MPH.

Limited shepharding from your ride leader.

**The Cruisers'** -Ride pace is 12-14 MPH.

A no-drop ride with generous assistance from your ride leader.

## Tuesday Evening Road Ride

### Starting/Ending Location

The NE corner of Brookhaven Village which is SW of West 36th and Robinson St. in Norman. The routes are mostly flat with some modest rolling hills. The actual route depends on the time-of-year, the ride leader and the group. The classic Tuesday evening route is from Brookhaven Village, then north on Brookhaven Blvd. (past Brookhaven Park), west on Northampton Dr., north on Grand View Ave., west on Rock Creek Rd., north on W. 48th to SE 134th (OKC) a.k.a. SH-37, and finally west on 134th to I-44. After a brief break at "The Moore Store", the group returns to the Brookhaven parking lot. The total distance is about 24 miles. The "Fast Group" typically does an extended

route that is around 30 miles.

## Thursday Evening Road Ride

### Starting/Ending Location

The SE corner of Reeves Park in Norman located on the NE corner of Jenkins Ave and Constitution St.

The routes are hilly and generally more difficult than the Tuesday evening ride. The actual route depends on the time-of-year, the ride leader and the group. The classic Thursday evening route is from the south side of Reaves Park, east on Constitution St., south on Oak Tree Ave., south on E. 12th St., east on Cedar Lane Rd. (here comes the hills), south on 72nd, east on Cemetery Rd., south on 120th, west on Slaughterville Rd., north on 72nd, west on Cemetery Rd., north on US-77 (through Noble and race to the "Welcome to Norman" sign), west on Constitution St. and back to Reaves Park. The total distance is about 31 miles. Sometimes, there are not enough riders to form a 3<sup>rd</sup> group, so this level can be a hit and miss on Thursdays.

## BLN Mountain Bike Rides

During the cooler months, the BLN meets at the Clear Bay trailhead at Lake Thunderbird State Park. The ride generally begins on Saturdays at 10:00 AM. There are a few things we would like you to know about the Clear Bay Trail System. These are multiuse trails. Bicyclists should always yield to hikers. Cutting trails without the permission of the Thunderbird Park Manager is forbidden. Poison ivy and poison oak are abundant within the trail system. You should take the necessary precautions to minimize exposure. Please don't ride the trail when it is muddy and, as always, **please don't litter!!!**