

## **B-SIG Frequently Asked Questions**

### **Do I need to pre-register?**

Yes, you must pre-register online to participate in the B-SIG. Online registration will become available in early/mid February. Online registration will most likely close by late February, since there is a limit to the number of riders that we can accommodate. If registration is full, but you are given the option to put your name on the waitlist, you should do so. We often have last minute cancellations, and quite a number of those waitlisted actually do get into the program.

### **Do I need to sign up for a specific speed group (16, 17 or 18)?**

No, in fact you can't. The first part of the first day of the SIG will consist of having you ride 4 laps around Central Park. Based upon your time, we'll assign you to the specific group. You'll be notified of your assignment prior to the second week.

### **What if I'm too fast or too slow for my assigned group?**

Over the years, we've found that the timed laps method is pretty reliable. It's not infallible, however. Therefore, over the first week or two, your leaders will observe you and, if appropriate, will move you up or down. By the second or third week, the groups will be pretty well "dialed in" with riders of very close skill and speed level.

### **Can I request to be in the same group as my spouse/significant other/friend?**

This is up to your individual leaders. It's generally not a good idea unless both riders are at the same skill and speed level. Even in cases where the faster or more skilled rider is willing to "tone it down" to ride in a group with their partner, we find that over the course of the 10 week program, the more skilled/faster rider in fact becomes frustrated as they realize that they could have made greater use of their SIG experience, and make better progress as a rider, if they had been in the more appropriate group.

### **Can you give me a brief overview of how the B SIG is organized?**

The B SIG is organized into 3 different speed levels -- 16, 17 and 18. Each of those three levels is divided up into individual ride groups of +/- 12 siggies, a leader and 2 - 3 co-leaders. Most of your interaction will be with your leader and co-leaders and of course the other riders in your group. Each level also has a captain who acts as sort of an administrative head of each level.

The B SIG lasts for 10 weeks. The first week consists of timed laps in Central Park and an orientation session. The next 9 weeks are a series of progressively longer rides.

We will also emphasize a specific skill each week. In fact, there's a formal "curriculum" for the SIG, which is laid out in the B SIG Riders Guide. Beginning with week two, there will be a short class going over that week's topic before we head out on the ride itself. You'll be responsible for reading the materials for each week's topic. (Don't worry; it's only a page or two).

The skills are set up to be cumulative and progressive, like the rides themselves. This, combined with the fact that your group will consist of other riders more or less at the same level as you, will facilitate your progress and development as a rider over the 10 weeks.

The final ride of the SIG will be a graduation ride, ending with a late lunch in Cold Spring and a metro north ride back to Manhattan.

Shortly after the graduation ride, you'll have a graduation ceremony at a monthly NYCC meeting.

Finally, there are a number of special events throughout the SIG calendar that you'll find out more about once the SIG gets underway.

### **Do I need to go on every ride?**

You do not need to go on every B-SIG ride. B-SIG participants are permitted two absences from the 10-week series. You will need to attend at least 8 rides to graduate from the SIG. If you know before signing up that you will need to miss more than 2 weeks, we would appreciate your not signing up and taking a place away from someone else.

### **Do I have to wear a helmet?**

Yes, you must wear a helmet to participate in the B-SIG. No exceptions.

### **Do we ride in inclement weather?**

In the case of bad weather, the weekly Saturday ride will be postponed until Sunday. If we are not able to ride for an entire weekend, that week's ride gets cancelled and will not be made up. Inclement weather cancellation conditions are detailed in the B-SIG Riders Guide.

### **What time do the rides return to the city?**

Early in the SIG, the rides are on the short side and usually conclude by around 3pm. (Bear in mind, that's an estimate for getting back to mid Manhattan, not getting to your home.) As the rides get longer, we return later. As with any ride, however, mechanicals, flats and other issues can delay our anticipated return time, sometimes significantly, so you'll need to stay flexible. A good rule of thumb is to avoid making late afternoon or early evening plans on SIG ride days.

### **Will I ride with the same group each week?**

Yes, and with the same set of leaders. You'll be grouped with riders of similar ability and speed levels. We find that groups progress faster and have more fun when everyone is at a roughly similar level.

### **How many riders are in a group?**

A typical B SIG group will have 12 riders and 3 leaders.

### **What if my four-lap time is too fast or too slow for the B-SIG?**

We will arrange for you to move up or down to the A19 or C SIG if your lap time warrants doing so.

### **Do I need to have a road bike?**

No, but you will want to ride on a bike with smooth tires and without suspension. It would be difficult to ride the B-SIG on a mountain bike with suspension forks and knobby tires.

### **Can I use a tri-bike?**

Yes, you can use a tri-bike, but only if you remove any aerobars that your bike might have. You will need to ride with your hands on the handlebars at all times in the group-riding style practiced by the B-SIG.

### **Can I use a fixed gear or single speed bike?**

No, you cannot use a fixed gear or single speed bike. Most of the skills covered in the B-SIG require a bike with front and rear brakes, gearing and a freewheel.

**Do you ride in those tight formations, with each rider inches behind the wheel of the rider in front?  
That seems scary!**

That's called pacelining. We do teach pacelining in the B SIG, but not until about the 5th or 6th week. We'll have a class beforehand to teach the technique and then practice slowly on an 8 mile stretch of wide and fairly flat and straight road. After that, whether and how much each individual group will actually ride in pacelines will be up to the group's leaders and will depend on their assessment of the group's ability and desire to paceline. (And of course, we'll only do it where it's safe to do so.) Not to worry, though: Since the SIG is specifically designed as a progressive series, with each week's skills building on what you'll have mastered in prior weeks, you'll actually have 90% of the technique down, without knowing it, before you even get to the formal class on pacelining. In short, everyone will come away learning *how* to paceline, but only those groups who have the necessary skill and desire will be using it, and only where it's safe to do so.

**What else do I need to do to prepare for the SIG?**

First, you must be a member of the NYCC.

Next, whatever type of bike you chose to use, the most important thing is to make sure it's in good working order by the time the SIG begins. There's a maintenance checklist for this in the B SIG Rider's Guide. The time to go over this checklist is BEFORE the SIG begins!

You might also want to make sure that you have warm riding clothes, since the weather can be quite chilly the first several rides. (Pay particular attention to fingers, toes and your head!)

Finally, of course, it's a good idea to start getting in shape before the SIG begins.

**Can I repeat the B SIG if I'm already a graduate?**

Yes, but, past B-SIG graduates are given waitlist status for placement into groups once newcomers are accommodated.