

AMC Boston Chapter Bike Leader Expectations and LIT Mentoring Process and Guidance

How to become a Leader for the AMC Boston Chapter Bicycle Committee

We are always looking for new leaders! When you lead, you get to pick where/when to ride and gain the satisfaction of sharing your favorite rides with like-minded people! The best way to get started is to first attend a few of our rides to make sure they are a good fit for you. Here are a few more details:

Basic Process/Requirements:

- Attend a few rides with us to get a feeling for our “culture.”
- Complete the AMC Boston Chapter, or other AMC Leadership training, or have other similar training or experience. The Chapter offers both a one-day and a weekend workshop. The one-day training is sufficient for bike leaders. Please consult the bike chair if you have commensurate training or experience.
- After completing training; inform the bike chair you want to be mentored to be a bike leader, you will be designated a bike Leader-in-Training (LIT) in the club’s Outdoor Connector (OC).
- As an LIT; lead at least two rides with a leader; ideally a different leader for each ride. These are expected to be “active” mentoring experiences. LITs should actually do the below items, or be fully trained on them:
 - Determining the ride route and setting it up on the AMC Boston RWGPS club site.
 - Determine the ride details and then listing it on the AMC Outdoors Connector and then confirming riders in the Outdoors Connector
 - Filing the bike comm ride report google form.
 - Welcoming participants to the ride; presenting the route and safety talk, and facilitating for a social drink/meal/ice cream afterwards, if appropriate.
 - Before the rides, discuss the leaders' expectations, and after the rides, solicit feedback, discuss aspects that went well and those that could have gone better.
 - Be mentored by the Leader as to leadership styles and mentoring of new LITs for when you are a leader. Mentoring new leaders is key function of all leaders for program sustainability.
 - Once you are a leader, we expect you to be on the leader team for a ride, or have a major role in one of our highlight programs, every two years to maintain an active leader status.
- When you have completed the above send an email to the bike comm chair covering these points (we don’t have a form)
 - Identify the trips you have been an LIT on, the leader(s), date, location, and the specific tasks you performed.
 - The date you attended Boston Chapter leadership training (or equivalent).
 - Note any other AMC club units you lead with, or any other relevant activities.
- After you provide the above; the chair will:
 - Ask your leader(s) for a reference.
 - Poll the bike comm for their comments and concurrence, either in a meeting or via email.
 - Pending the consensus; will approve your application and code you as a leader in OC or provide relevant feedback and/or suggested additional mentoring.

More Details on Bike Leaders Repair, RWGPS & First Aid Expectations

We get a lot of questions about this. While we don't expect bike leaders to be mechanics, IT specialists or EMT's, our participants expect some basic knowledge as per the above guidelines. In terms of gear to have on any ride, below is a minimum and recommended list.

Minimum

- Hard copy map/cue sheet or route on smartphone RWGPS App or GPS device such as Garmin or Wahoo.
- Paper AMC Waivers
- Cell phone to call 911
- Rear red-blinking light
- Spare tube, tire levers, frame pump or CO2 cartridge
- Multitool
- At least one bottle/cage on your bike for shorter rides, two water bottle equivalents for all day rides.
- One energy bar

Consider adding - recommended

- Route on a bike-specific GPS device such as a Garmin or Wahoo
- First aid kit: ibuprofen, 1 pair latex/nitrile gloves, kerchief for cuts
- High-viz yellow clothing, forward blinking white light, second rear facing red blinking light on helmet or elsewhere
- High viz stickers on helmet/bike
- Glueless tube patches, frame pump such as Topeak Road-Morph, spare tubes stored in zip-lock with baby powder
- Large multi-tool with full allen set, flathead and Phillips head screwdriver, chain break tool
- Swiss army knife or leatherman tool with knife, needle nose pliers
- Hand sanitizer
- Sunscreen
- Second energy bar

Could be nice to have-add to the above for all day rides and tours

- Several zip ties
- Some duct tape wrapped around a pencil or pen
- Liquid skin
- Baby wipes
- Camelback if heat index is high
- Juice pack if your devices are power-hungry
- Ability to carry more stuff, like a handlebar bag, frame bag, rear rack, or camelback pack.
- Whistle
- Spoke wrench if not included in multi-tool

Other Resources:

2024 Boston Bike Leaders Guide (under dev).

[AMC Club-Wide Trip Ratings](#)

[AMC Boston RWGPS Club Site.](#)

[Invite Link to AMC RWGPS Club Site](#)

Leader Levels: AMC Boston bike leaders are classified as:

- LIT-Leader in Training. Has taken the chapter leadership workshop (or equivalent) and is working on their mentored rides.
- B1: Leads rides rated 1&2 per the AMC club-wide trip rating system (accessible or relaxed)
- B2: Leads rides rated 3&4 per the AMC club-wide trip rating system (easy or moderate)
- B3: Leads rides rated 5&6 per the AMC club-wide trip rating system (vigorous or strenuous)

These are chapter-wide levels for bike leaders for and are totally based on the trip rating.

<https://www.outdoors.org/trip-rating/>.

Process: The most common path to becoming an AMC bike leader is to take the chapter leader training workshop which covers situation-based leadership scenarios for all chapter hiking, biking and skiing trips. After completing this workshop, the Leaders-in-Training (LIT's) work with the activity committees they are interested in leading several trips under the mentorship of an experienced leader in an On-the-Job type training model. LIT's with other AMC leader or commensurate leader experience may waive the chapter training upon request and approval by the activity committee. More details on this follow.

LIT's should be mentored/checked out in the following areas and all leaders should be proficient/comfortable performing them:

Ride Planning

- Basic ride type & rigor level
- Route planning/RWGPS
- Outdoor Connector and Meetup listing the ride
- Screening & understand the various registration methods
- Ensure all riders have signed the AMC waiver on Outdoors Connector
- Risk management including screening, if applicable

On Ride Management

- Elements of the ride brief
- Routes-RWGPS
- Group navigation tips
- Pacing/splitting the group
- Dealing with injuries and mechanical issues

Basic Bike Repair-be able to advise/coach participants on:

Flat Tires

Overnight trips (if leading overnight/weekend trips)

- Budgeting & Finances
- Ways to book trip
- Screening

