MHCC Ride Rules

Mohawk-Hudson Cycling Club rides are conducted primarily for MHCC members. Non members are welcome to come on ONE ride. Thereafter, they must sign up for MHCC membership to ride with the club. One can become a club member by using the “Join MHCC” tab on the website. This will allow you to join either through PayPal or by printing a form and mailing a check to our membership chairperson.

A minor (a person under 18) must be accompanied by their parent or a responsible adult designated as such by their parent on all MHCC rides.

Riders should arrive at least 15 min. before the ride starting time. See the ride calendar for information about paces, and terrains. See ride coordinators for persons to contact if you would like to lead a ride.

All riders must wear helmets. A rider will not be allowed on a ride if he/she does not have a helmet. Riders are expected and required to follow all traffic rules and regulations. Examples are stopping at stop signs and red traffic lights, as well as riding single file when being overtaken by traffic.

MHCC supports and allows the use of Class 1 and 3 pedal assist e-bikes, e-trikes, and e-recumbents on any club ride. E-bike riders are expected to follow the club’s rules of the road, and observe common group ride etiquette.

Use of Aero bars is dangerous to all riders in the group and discouraged. If you must use aero bars, you should ride separate from the group and not in a pace line.

Use of headphones is prohibited. And, while smartphones may be used for navigation, you should make sure that you have the application set up and the route loaded before the ride starts. It is best to test this process on a ride by yourself before trying it during a group ride. Allowing the smartphone to distract you in any way is a hazard to everyone in the group.

Rail trails (a.k.a. multi-use paths) have rules and speed limits posted. Ride groups should abide by these rules and limit speeds wherever there is other traffic (e.g., baby carriages, walkers, dog walkers, skateboards etc.) on the trail. Safety and courtesy to other trail users comes first.