

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

Our B-SIG training classes start in March!

If you are still hesitant about joining, we say “Go for it!”

To help you decide, here are answers to some frequently asked questions we have received.

### **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 February. Online registration will most likely close by late February, since there is a limit to the number of riders that we can accommodate.

### **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.

### **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. As the rides get longer, we return later. A good rule of thumb is to avoid making late afternoon or early evening plans on SIG ride days.

**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 do 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 if you choose to do so we ask that 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.

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

Believe it or not, we actually know and like the A- and C-SIGs. We will arrange for you to move up or down to a different SIG level if your lap time warrants doing so.

**What if the B-SIG group I get placed in is too fast or too slow for me?**

We always end up making adjustments to the groupings to accommodate for wrongly placed participants. We will move you up or down, either within the B-SIG or to another SIG level, if necessary.