

Rider Safety

Rules of the Road

When you are on a bike you are considered by law a moving vehicle; therefore, you have the same road rights and responsibilities as the driver of an automobile. Be sure to follow these rules as you ride:

- Obey all traffic signs and signals
- Ride on the far right side on the road or shoulder
- Keep at least one hand on the handlebars at all times
- Ride the same direction as traffic
- Ride in a single file to allow traffic to pass
- Do not ride more than two abreast
- Pass on the left only
- Give hand signals when stopping or turning
- RIDE FRIENDLY! And respect the communities that we ride through

Group Riding Rules

There are rules of etiquette and common sense that should be observed when riding in a group:

- Riders should maintain a smooth pedaling cadence of approximately 90 rpm. This allows for subtle changes in speed, both acceleration and de-acceleration
- When in traffic, riders should ride with their hands on the brake hoods, but not with their fingers on the brake levers
- Riders should never use aero bars while riding around others
- When at the front, riders should maintain the same rpm as they have in the line. The use of speedometers and cadence monitors are very helpful in maintaining a constant group pace. Riders should not rely on perceived effort when at the front to gauge the group pace
- Do not do track stands at a stop when around other riders
- On a decent riders should spread out more to allow more reaction time and a better view on what is coming up
- Lead riders should never coast, even on down-hills
- Lead riders must keep a constant lookout for road-surface hazards, such as pot holes, railroad tracks, glass, debris, etc. the lead rider must safely steer the pack around such obstacles

Good Ideas

Riders must follow the rules of the road, but it is just as important to follow these tips and practice cycling etiquette:

- Wear a helmet
- Ride in a straight line; don't weave
- Do not ride with headphones
- Cross railroad tracks at a right angle
- Try to make eye contact with drivers before turning
- Glance back often, always before moving right or left
- Watch out for yourself. Don't depend on other riders to spot hazards.
- Talk to your fellow cyclist. Let them know "CAR BACK", "ON YOUR LEFT", or "STOPPING"
- Before passing, look to be sure it is clear, then signal
- When passing another cyclist, call out "ON YOUR LEFT"
- When you here someone say "ON YOUR LEFT," don't turn around, hold a steady line

Initials _____

Common Mistakes

As much as everyone wants to stay safe, there are some errors that every cyclist makes. These are some common errors to avoid:

- Following too closely behind other cyclists or cars.
- Drafting behind motor vehicles
- Not getting off the pavement when stopping to rest
- Not keeping clear of road edge-hazards, such as trash, low branches, and parked vehicles
- Not watching out for drains, cattle guards, sand, and gravel
- Riding more than two abreast

Riding in Wet Weather

While we prefer to ride in sunny conditions. An unexpected storm shower at one point will probably catch us. Follow these techniques to stay safe in wet weather:

- Allow for longer braking distances
- Dry the rims by applying the brakes lightly ahead of time. Even if the ground is not slick, wet rims will reduce performance
- Brake more gently on slick surfaces and use the front brake less
- Turn and accelerate more gently to prevent sliding on slick surfaces
- Pay special attention to metal and other slick surfaces, such as manhole covers, painted traffic markings, wet leaves, and oil slicks
- Be ready to put a foot down for balance
- Avoid riding through puddles when you cannot see the bottom; a puddle can hide a deep pot-hole
- After riding in the rain, relubricate your bike chain and cables to help prevent rusting

NAME _____

SIGNATURE _____ DATE _____