

SUGGESTIONS FOR A SAFE & PLEASANT RIDE

The Rules of the Road Apply to Cyclists

Ride single file - The law states cyclists must ride single file. If you are with a group, courtesy dictates that you ride single file when a car approaches from the rear. Call out, "Car Back!" to warn other riders of an approaching vehicle. Help the car pass by signaling when the road is clear or even momentarily pausing.

Obey all traffic signs and signals - Stop completely at stop signs and red traffic lights. Observe and obey yield signs. Signal your turns. *It only takes one driver not paying attention to traffic or road conditions to ruin your whole day!*

Do not block intersections - Riders in the middle of the road at an intersection looking at a map or cue sheet are a major hazard to motorists. Move to the side of the road, or better yet, off the road completely.

Signal your moves - Use hand signals for turns, slowing and stopping. Yell out such things as; stopping, slowing, turning, glass, sand or gravel in the road; pot holes, bumps, runners, pedestrians, etc. Let other riders know your every move and intention.

Ride to be Predictable - *A predictable rider is a safe rider.*

Concentrate on your riding - Be alert! Constantly be aware of and anticipate road hazards, parked cars about to move, car doors being opened, traffic conditions and other riders close to you.

Ride in a straight line - Ride on the right side of the road and do not weave from side to side.

Pass other cyclists on the left only - Pass only when it is safe to do so. Give slower cyclists plenty of room and be aware of traffic. Call out, **"On Your Left."** when passing. When you hear this phrase; do not look back, just continue in a straight line. It is the responsibility of the passing cyclist to safely avoid the slower rider.

Do not tailgate other riders - If the rider in front of you is not aware how close you are and makes a move you do not anticipate, the odds are very good that you will go down first. "Drafting" is for very experienced riders only.

Do not litter - Pick up any trash after a road side lunch stop and place it in the appropriate receptacle. Do not litter from you bike

When passing horses - Let the rider know well in advance that you are on a bicycle behind them. Let the rider get control of the horse so the animal does not become startled and throw the rider.

over please

Be Well Equipped - Be sure your bicycle is in good mechanical condition. If you have any questions ask a bicycle mechanic for help. Preventative maintenance is very important for an enjoyable ride. Frequently check cables, bearings, tires and chains. As chains wear so do rear cogs and front chain rings. This causes sloppy shifting and chain slippage.

WEAR A HELMET! - A helmet is your best protection in an accident. Three out of every four fatal or disabling bicycle injuries are head related. Do not wear the helmet back off your forehead, most accidents involve the rider going forward over the handlebars. It is important to protect the frontal forehead area.

Carry water bottles - Prevent dehydration by drinking frequently. Dehydration causes fatigue and muscle cramps. Sports drinks provide replacement salts as well as needed calories.

Wear cycling gloves - Gloves help prevent blisters and numbness. They also provide much needed protection in the event of an accident.

Use a utility bag - Bags come in many sizes and shapes and can be mounted on the handlebar or behind the saddle. Carry spare tubes, a few tools and extra food. Opt for a rear mount as a heavy bag mounted on the handle bar disrupts the handling and steering.

Be Well Prepared - Personal preparation is as important as mechanical preparation.

Bicycle Fit - The most common cause of cycling discomfort is the size and fit of the bicycle. This involves the actual frame size itself, the height of the handlebar, the length of the stem, the height of the saddle and the choice of gearing. Proper saddle height is the most critical adjustment necessary to avoid bio-mechanical problems such as back and knee injuries. Ask a bike shop for help in fitting & adjusting your bike.

Gearing - Good cycling exercise constitutes pedaling at a steady and comfortable rate. The best average is a rate of 90 pedal revolutions per minute. Use high gears only when you are strong enough to do so. Toe clips or "clipless" pedals help to spread out the usable rotation in the pedal stroke. Cycle to your ability for the best workout.

Food - Eat high carbohydrate, low fat foods. Easily digestible foods eaten often in small quantities provide a steady supply of necessary calories for cycling. This provides constant energy and helps prevent fatigue and that ravenous feeling after the ride.

HAVE A SAFE AND COMFORTABLE RIDE!