

bike



BE SAFE & HAVE A GREAT RIDE

KNOW THE RULES OF THE ROAD

The safety of our cyclists is the number one priority at Bike MS. To help ensure that everyone has a great ride and arrives safely at the finish line, we work hard to create a proactive approach to safety.

Help us by knowing the rules of the road and following safe riding practices.



KNOW AND OBEY ALL TRAFFIC LAWS

The golden rule of bicycling in a group is be predictable!



OBEY ALL TRAFFIC SIGNS & SIGNALS

Avoid "following the leader" through traffic signs and signals.



STAY RIGHT!

Ride in the right portion of the rightmost lane in the direction you are traveling. Leave at least 4' between your handlebars and parked cars, other hazards or riders.



LOOK & SIGNAL

Avoid "following the leader" through traffic signs and signals.



UNPLUG

Headphones or ear buds are **NOT permitted**. This is so you can hear traffic and safety warnings.



2 AT A TIME

Ride no more than two abreast and do not impede traffic.



BE VERBAL!

Communicate during the ride to let others know about hazards or your movements.



"ON YOUR LEFT"

Call this out before you pass someone. If you hear it, a rider is approaching your left side. Allow them room to pass.



"SLOWING"

The cyclist in front of you is slowing down. Use caution and prepare to stop. Use the palm of your hand toward riders behind you to indicate slowing and stopping.



"STOPPING"

This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.



"CAR BACK"

This means a car is approaching from the rear. All riders make an effort to move to the right of the road in a single file until the car passes.



"GRAVEL / POTHOLE / SAND / TRACKS"

Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.

Ride safely and have fun because there's **nothing** like crossing the finish line and celebrating with your team!