

Safe Riding Rules and Tips

1. You **MUST** wear a helmet (we do enforce this rule).
2. Headsets, ipods, etc. are prohibited while riding. (This helps ensure riders will hear passing traffic, other riders and SAG volunteers.)
3. Always stop completely at stop signs and traffic signals. Obey yield signs. Signal all turns and stops.
4. Look behind you before making a sudden stop. When making a stop, be sure you are off the road surface.
5. Always ride in the same direction as the flow of traffic, not against it.
6. In high traffic areas and on narrow roads, ride single file. When safe, riders may ride two abreast, but must stay in the appropriate lane.
7. When passing other cyclist, call “On your left” and pass when safe. Riders should never be more than two abreast, even when passing.
8. Medical Information should be carried on riders at all times.
9. Be careful when you are in the “wake” of fast-moving vehicles (the wind may rock you).
10. Try to wear bright colors so you are visible.
11. Watch for soft shoulders, loose gravel, etc.