



BIKES FIGHT CANCER CHARITY RIDE

POWERED BY
VALLEY
SOLAR

TIPS FOR SAFE RIDING

Bikes Fight Cancer supports and encourages safe bike riding! Remember this is a FUNdraising RIDE, not a race! We want to share some of our tips & best practices when riding alone or in a group, so that you are safe and confident when you are out on the road.

- 1 Always ride with a helmet** - Your head and our insurance company requires it!
- 2 Perform an ABC safety check on your bike** - We recommend taking your bike to a Local Bike Shop for a once over before the ride, but also check your ABCs before going out on a ride.
 - Air! Are your tires inflated to the right pressure?
 - Brakes! Check to make sure your brakes work.
 - Chain! Is it moving freely, and shifting correctly?
- 3 Have the right equipment** - Here are some items you should bring with you: a tube, patch kit, multi-tool, tire levers, CO2 and/or bike pump. We do have fully supported routes, but it is good to have the right equipment with you.
- 4 Know the rules of the road** - You should ride your bike like you are a vehicle and obey all the same traffic laws as a car. Ride in the right lane with the direction of traffic, never cross the yellow line, stop at red lights and stop signs and use hand signals.
- 5 Don't use your cell phone while riding** - Just like when driving, cell phones take your eyes off the road. If you need to take a call or Selfie, safely pull over to the side of the road.
- 6 Communicate** - Use your hand signals, and a loud voice to communicate what is going on. Say "On your Left" if you are passing another rider. Announce obstacles in the road or a change in speed - call out "Slowing", "Stopping", "Pole", "Car Back", "Hole" and other notifications. Remember:
 - **Left turn:** left arm straight out,
 - **Right turn:** right arm straight out or left arm out and up,
 - **Slowing or stopping:** left arm out and down with your palm to the rear



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- 7 Give yourself and other riders space** - You will be riding in a group, be sure to give yourself some room and always leave yourself an out. Try not to overlap wheels. Make sure you are in control of your bike and ready to stop or slow down if needed.
- 8 Move over for obstacles** - You may have to move over into a traffic lane while riding for various reasons—a pothole, loose gravel or pedestrians. Communicate to other riders with voice and hand signals and always give yourself at least 3 feet/1 meter between you and a car parked along the street to avoid hitting a car door that suddenly opens.
- 9 Stay to the right, but not out of sight** - Ride to the right, but not at the expense of your safety. If the lane is too narrow for safe passing, ride more toward the center to ensure drivers slow down and give you enough space. On curving roads, enhance your visibility by riding in the center.
- 10 Stay alert, be confident, be consistent** - Stay alert, never assume a driver sees you on your bike. Make eye contact with drivers when possible, use hand signals and don't make sudden moves. The best way to stay safe on the road is to ride with confidence and be consistent with your riding.

Love ~~///~~ *Hate*
BIKES CANCER