

# DREAM RIDE/WALK for AWARENESS SAFETY TIPS

## SAFETY STARTS WITH YOU

- **Each Cyclists must always carry:**
  - Identification
  - Emergency contact information
  - Insurance card
  - Any important health information
- Headphones, cell phones, radios, and similar radio devices are **not permitted** while riding
- **Helmets are required:** Head injuries are a special concern for cyclists. Even falling at a slow rate of speed can cause a serious head injury. Helmets must be on your head and strapped while riding in the event — **No Exceptions.**

## HYDRATION

- **One bottle per hour:** The rule of thumb is to drink one bottle per hour and supplement with sports drinks at least every third or fourth hour. If you find that you experience extreme fatigue, the inability to recover your energy, or frequent muscle cramps, seek assistance from first aid — you may have the early signs of dehydration.
- Seeking medical assistance: If you find that you experience weight gain/bloating with progressive symptoms such as swollen hands and feet, confusion, throbbing headache, dizziness or nausea, please seek assistance from first aid.

## KNOW THE LINGO

- **“On your left”:** This means a rider is approaching your left side. Allow room to pass.
- **Gravel, pothole, sand, tracks:** Each of these messages is to alert the riders behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.
- **Flat:** This indicates that a rider has suffered a flat tire. Allow enough room for the rider to slow down and move to the right side of the road or trail for repair. Offer assistance if needed.
- **Slowing:** The cyclist in front of you is slowing down. Use caution and prepare to stop. Many cyclists use the palm of their hand toward riders behind them to indicate slowing and stopping.
- **Stopping:** This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.

## CYCLING FOR MINORS 101

- Minors (under 18 years old) must be accompanied by an adult at all times.
- All cyclist, including minors, must possess basic bike handling skills and safety knowledge to keep themselves and those around them safe.
- Parents must review the rules of the road with their children in advance of the ride to make sure they understand and can follow them.

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- The route is not closed to traffic, so cyclists need to exercise caution at all times, especially when the trail crosses roads, and obey all rules of the road.
- There will be many cyclists on the course, so young cyclists should fully understand rider etiquette and how to ride in large groups
- This is a fun ride and not a race. All cyclists should ride at a comfortable pace and take full advantage of route support whenever needed.

## THE BASICS OF RIDING IN A GROUP

- Communicate well in advance. Use gestures in combination with verbal commands.
- Ride with your head up. Look down the road; not at the person in front of you.
- Maintain control and speed of your bike, even going downhill.
- Know your limits. Crashes can occur when inexperienced riders do not have bike-handling skills to make quick decisions in a pack.
- Safety starts with you. Group mentality is not always safe. Expect to stop at all red lights and stop signs — **it is the law!**
- Each cyclist is responsible for verifying that the intersection is clear
- Adjust your safety zone to fit the conditions of the road, weather and traffic. **Always plan an escape route.**
- **Be respectful of other riders. Help others when needed.**

## “ABC QUICK CHECK”

All cyclists are responsible for keeping their riding equipment in good working order, so get into the habit of checking your equipment before every ride. Small adjustments can make a significant difference in your experience. The “ABC Quick Check” is an overall, yet brief bicycle safety check.

- **A IS FOR AIR**
  - Check your wheels for worn tires, loose spokes, warped rims and tires for proper inflation.
  - Check your handlebar for looseness at the headset and stem.
- **B IS FOR BRAKES**
  - Check brakes for function, cable tightness, worn pads, frayed cables, and alignment of the pads with the rims.
- **C IS FOR CRANKS, CHAIN AND CASSETTE**
  - Check your pedals and cranks for tightness.
  - Check for chain looseness and bad links; clean regularly. Lubricate with bicycle chain lube.
  - Check the derailleur for worn cogs and adjustment. Check that your gears change smoothly.
- **QUICK IS FOR QUICK RELEASES**
  - Check to ensure that the wheels are clamped securely in the drop-outs before each ride.
- **CHECK**
  - Check your helmet for cracks and make sure it fits properly.
  - Check your shoes for tight cleats and straps and buckles in good repair.
  - Make sure your bicycle saddle is the right height and the bolt is tight.