



Benefiting **Norton Cancer Institute**

## Bike Principles, Safety and Policies

- As a rider, you have a responsibility not only for your own safety, but the safety of other riders who may be around you. “Stay Alert, Stay Alive.”
- If you will be cycling on roads that are open to vehicle traffic, always be aware of your surroundings.
- Be vocal and communicate with other riders of obstacles, vehicles ahead, vehicles behind and your actions while on or getting off your bicycle.
- All participants must wear a helmet. Helmets are required to be CPSC, ANSI, Shell or ASTM approved.
- Riders should follow rules of the road at all times.
- Ride participants should not wear headphones or use radios while riding. If you need to make a call while out on the route, pull off the road to do so.
- Sign up for RaceJoy, our mobile tracking app sponsored by Eisai, so that family and friends can follow you along your route and cheer you on throughout your ride.
- In the case of an emergency, dial 911. Then immediately report any medical emergencies to event staff.

# Tips for Safe Riding

## **Be Predictable**

Although we will not be riding in a large group this year, there may be other cyclists who are on your route with you. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

## **Use Signals**

Use hand and verbal signals to communicate with other cyclists and traffic. Hand signals for turning and stopping are as follows: left arm straight out to signal a left turn; left arm out and down with your palm to the rear to signal slowing or stopping; and for a right turn, put your right arm straight out or put your left arm out and up.

## **Give Warnings**

Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out “left turn” or “right turn” in addition to giving a hand signal.

## **Change Positions Correctly**

Generally, slower traffic stays right so you should pass others on their left. Say “on your left” to warn the cyclist ahead of you that you are passing. If you need to pass someone on the right, say “on your right” clearly since this is an unusual maneuver.

## **Announce Hazards**

If there are other cyclists around you, they may not have as good of a view of the road surface ahead, so it is important to announce holes, glass, sand, grates, and other hazards. Indicate hazards by pointing down to the left or right, and by shouting “hole,” “bump,” etc. where required for safety.

## **Watch for Traffic Coming from the Rear**

If there are other riders in front of you on the road, they may not be able to see traffic approaching from the rear. Inform the others by saying “car back” when rounding curves or on narrow roads. It is also helpful to warn of traffic approaching from the front with “car up.”

## **Watch Out at Intersections**

When approaching intersections that require vehicles to yield or stop, the lead rider should say “slowing” or “stopping” to alert any cyclist behind to the change in speed. When passing through an intersection, some cyclists say “clear” if there is no cross traffic. Note that each cyclist is responsible for verifying that the way is indeed clear.

## **Leave a Gap for Cars**

When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between cyclist. That way a motorist can take advantage of shorter passing intervals and eventually move around.

## **Move Off the Road When You Stop**

Whether you are stopping because of mechanical problems or taking a quick break, move well off the road so you don't interfere with traffic. When you start up again, each cyclist should look for, and yield to, traffic.

## **Ride One or Two Across**

Ride single file or two abreast as appropriate to the roadway and traffic conditions and where allowed by law. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you.

## Effective Use of Time at Fuel Stops

The Bike to Beat Cancer would like to provide you with the following guidelines to make your ride safe and enjoyable.

- 1) Wear your Bike to Beat Cancer t-shirt, jersey and/or rider license plate while participating on Saturday, Sept. 12 helmet.
- 2) If you are riding one of our four marked routes through Greater Louisville, there will be a designated fuel stop on each route.
- 3) Stop at one of our fuel stops to grab a quick snack, hydration and for a chance to win exciting giveaways! Riders are asked to maintain appropriate social distance and wear a masks when at Fuel Stops.
- 4) Take a snack with you! Pack a snack in your jersey pocket to have on the road for later if needed.
- 5) Individual bottled waters and packaged snacks will be provided to you at the fuel stop so that you remain fueled out on the route.
- 6) Enjoy! Have fun out there and remember the reason you are riding—to beat cancer!

Bike to Beat Cancer Safety Sponsor:

