



Effective Use of Time at Pit 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 helmet. A helmet must be worn at all times while rider is on the bike to be able to participate.
- 2) Obey all traffic laws and rules of the road.
- 3) Stop at each pit stop if need to rest and refuel. Try to keep it under 10 minutes to help lessen chances of muscle cramps or locking up.
- 4) Take a snack with you! Pack a snack in your jersey pocket to have on the road for later if needed.
- 5) Refill your water bottle(s) at the pit stop to be able to have available for you on the route so you do not become dehydrated. About one bottle per hour will keep you topped off and ready to go.
- 6) Enjoy! Have fun out there and make the most of your time and celebrate at the finish line!

Bike Principles, Safety and Policies

- Remember, the Bike to Beat Cancer is not a race.
- As a rider, you have a responsibility not only for your own safety, but the safety of your fellow riders. Riding in a group is a lot different than riding alone, so please be mindful of your riding behavior and anticipate how your actions will affect others around you. “Stay Alert, Stay Alive.”
- You will be cycling on roads that are open to vehicle traffic. Be aware of your surroundings.
- Be vocal and communicate with other ride participants of obstacles, vehicles ahead, vehicles behind and your actions while on or getting off your bicycle.
- Unsafe riding behavior is cause for immediate expulsion for the event. If you are at all unsure about what safe riding behavior is, please ask our Ride Guides or Stephanie Fish.
- All participants must wear a helmet on all riding events. Helmets are required to be CPSC, ANSI, Shell or ASTM approved
- Riders must follow rules of the road at all times.
- Ride participants are never permitted to wear headphones or use mobile phones or radios while riding. If you need to make a call while out on the route, pull off the road to do so.
- All riders must stay on the official event route.
- Children and minors must be accompanied by a guardian.
- If you are injured or unable to ride use a “thumbs down” signal to stop a passing sweep vehicle or rider support member.
- In the case of an emergency, dial 911. Then immediately report any medical emergencies to event staff.

Tips for Safe Riding

Be Predictable

Group riding requires even more attention to predictability than riding alone. 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 fellow cyclists and with other 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

When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, sand, grates, and other hazards. The leader should 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

Because those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying “car back” when rounding curves, on narrow roads, or when riding double. 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 will say “slowing” or “stopping” to alert those 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 every three or four bikes. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

Move Off the Road When You Stop

Whether you are stopping because of mechanical problems or to regroup with your companions, 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.