



YSC Tour de Pink Bicycle Safety and Etiquette

FOLLOW THE LAW

Your safety is in your own hands, and you can help influence how others view bicyclists. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the same direction as the traffic.

Be Predictable

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

Be Conspicuous

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

Think Ahead

Anticipate what drivers, pedestrians and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes and other road hazards. Cross railroad tracks at right angles.

Ride Ready

Always wear a helmet! Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride.

GROUP RIDING

1. *Use signals*

- Use hand signals to indicate turns and point out hazards to others.
- Hold your left or right arm straight out to indicate left or right turn.
- Hold your left arm out and down with palm to the rear to indicate stopping.

2. *Give warnings*

- Ride leaders should call out right turns, left turns and stops, in addition to signaling.
- Announce a turn before the intersection to give riders a chance to position themselves.
- Try to avoid sudden stops or turns, except for emergencies

3. *Change positions correctly*

- Slower moving traffic stays to the right; faster traffic to the left.
- Pass slower moving vehicles on the left; announce your intention to do so.
- If you **MUST** pass on the right, clearly announce passes on the right because this is not a usual maneuver.

4. *Announce hazards*

- Most cyclists do not have a full view of the road while riding in a group.
- Announce potholes and other hazards so others can avoid them.
- Call out the hazard and point down to it, either left or right.



Lane Changing in Traffic

1. *Plan ahead*

- If you are familiar with the traffic patterns, be sure to get in the correct position early.
- Keep in mind the relative speed between you and other traffic; plan accordingly.
- Be aware of road conditions that would impede your progress across lanes.

2. *Signal*

- Signal your intention to turn or change lanes.
- Signaling may not be necessary if overtaking traffic speeds won't allow time to see it.
- Signal only if you think that oncoming traffic can react safely.

3. *Act*

- Relative speed may require you to move quickly and decisively when it is safe to do so.
- In high speed overtaking traffic situations, cross all lanes at once when safe.
- Move after signaling in low- and same-speed traffic situations.

4. *Improvise*

- If you get caught between lanes while crossing traffic, ride the white line until clear.
- Your safety is paramount while changing lanes; if traffic is too heavy, use crosswalks.
- Ride to red light, then move to left turn lane if volume and speed do not allow crossing.

DESCENDING

1. *Speed control*

- If you do not know the road or traffic volume, ride with extra caution.
- Hazards are harder to avoid at high speed, especially while turning.
- Do not overtake motorists unless the road allows it.

2. *Ride predictably*

- Remain in the same portion of the roadway down a curvy descent.
- Take the lane if you are traveling the same speed as motorists.
- Take the lane if the road is narrow and curvy regardless of speed.

3. *Safety*

- Riding upright will increase wind resistance and help slow you down.
- Always keep both hands on the bars; slow down if the bike shakes at high speed.
- Slow down for wet rides; ask ride leaders about general road conditions.



KNOW THE WARNING SIGNS

1. *Know your limitations*

- Monitor yourself closely and utilize the on-course support.
- Use the rest areas and rest, eat, or drink until you are prepared to return to safe cycling.
- Plan to adjust your pace/goals for the weather. The increasing temperature will require more of your body's energy and resources to maintain normal function, so a slower pace than originally planned is recommended in order to get you to the finish line without overheating.

2. *Hydrate*

- Drink enough fluids to maintain your baseline body weight, but be aware of over-hydration.
- If you begin to gain weight above your baseline body weight, you are drinking too much water and depleting your sodium level.
- Utilize both water and sports drinks (Gatorade) to stay hydrated and maintain sodium levels.

3. *Eat*

- Eating enough foods to maintain the nutrients your body will use is critical.
- Create an eating plan that incorporates the food required for each day's riding is vital to success.