

Rider Guidelines:

1. **Always wear a helmet and make sure that it fits properly.**
2. Bring two bottles of water and make sure that at least one of them has an electrolyte mixed in with the water.
3. It may also be helpful to bring along some kind of energy gel or block to be eaten throughout the ride.
4. Pump up the tires to at least **100 psi** before each ride.
5. Look over the bike before each ride. Check the tires for wear. Check the brakes and make sure that they are not worn or rubbing on the tire rims and that the brake levers do not touch the handle bars when squeezed.
6. Ride single file and leave enough space between your front wheel and the wheel in front of you that you have space to maneuver in case of an emergency.
7. Call out when passing...this should always be on the left side of a rider. Avoid passing on the right.
8. Call out, and or point to dangers in the road to riders behind you.
9. Install a red blinking light somewhere on the back of the bike and think about a white light for the front when riding in the evenings.
10. Ride predictably...this is for your safety and the safety of those riding with you...as well as the drivers on the road.
11. Ride on the right side of the road...you are a vehicle. This means do not ride in the right turning lane unless you are making a right hand turn. And in that case, stay to far right.
12. When turning left in a left turn lane, stay on the right side of the turn lane (this allows a car to pull up along side of you and turn left without either of you getting in each others way) OR take the middle of the lane and prevent the car from pulling up beside you at all. In all cases, avoid going to the left of the turn lane...this would allow a car to pull up on the right side of you and would put you in a dangerous place during the turn.
13. Bring your bike in for a full service tuning at least once a year. Our friends at Cycling Spoken Here in Cary are always ready to make sure your bike is as ready to ride, as you are!