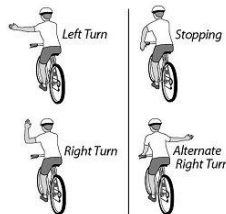




SaddleBrooke CycleMasters mission:
To cycle safely and responsibly for fitness, fun, and community service

Some Rules of the Road

- We require everyone to wear a helmet when riding with the group. While we don't endorse any specific helmet, we look for one that has the "MIPS" logo/safety standard. MIPS stands for "multi-directional impact protection system" which is a technology inside the helmet designed to reduce rotational forces that can result from certain kinds of impacts.
- Cycle with your identification at all times. Having an emergency contact listed has also proven to be extremely important.
- Be visible. Our club jersey was designed with this purpose in mind. The use of back and front lights is highly advised.
- Ride no more than 2 abreast. On the major streets with only one car lane in each direction (like some areas of Ridgeway with "No Passing" signs), riding single file is the only safe method of riding
- Stop signs in SaddleBrooke: When cycling with the group and coming to a stop sign, it is generally okay, once the lead rider stops, to follow without everyone making a complete stop AS LONG AS IT IS SAFE TO DO SO. We avoid any more than 8 - 10 riders going through a 3 or 4-way stop sign at any one time in order not to hold up too much traffic.
- Always keep a safe distance between you and the cyclist in front of you. Sudden stops do occur.
- Use your hand/arm signals for turns and stopping.



- When stopping, announce "Stopping" loud enough for the riders behind you to hear. We also announce "Car/cart up", "Car/cart back" to indicate to cyclists behind or ahead that a vehicle is approaching from ahead or behind.
- Use the "waving/sweeping" hand motion behind your back to indicate to the cyclists behind you that a walker, golf cart or other obstruction is ahead. We also announce "Walker/Cart up".
- Use your rear-view mirror or safely look behind you before passing another cyclist to ensure that you have plenty of room and/or that another rider or car is not coming up behind you too closely.
- Pass pedestrians or other cyclists only on the left. Announce "Passing on your left".
- Avoid unexpected turns, cutting corners too narrowly or widely or cutting someone off. Be predictable.
- Watch for parked cars with doors opening and for cars backing out of driveways. We use the warning "Car backing".
- Be aware of debris like rocks, gravel and sand on the road and avoid them. It's advised to avoid riding over the (orange and blue) reflectors and sewer covers that are located on many of the roads in SaddleBrooke.
- Always be polite. We share the road.