



## BICYCLE SAFETY AND ETIQUETTE

Tour de Tush™ could not take place without the support and coordination of numerous local communities and agencies. Please obey the rules of the road and respect the local citizens who welcome this event. Below, you will find some general road riding etiquette rules that should be used to create a safe environment for everyone involved.

- **WEAR A HELMET AT ALL TIMES.** You will not be allowed to ride without a helmet.
- **Bicycle.** Make sure that your bicycle is in good working order before you show up for the ride. You don't want to miss any part of the ride because of an avoidable mechanical failure.
- **Follow the Rules.** Follow all traffic laws an automobile driver would observe, which include but are not limited to stopping at red lights, stop signs and yielding to pedestrians. In some cases, the fire department will be patrolling an intersection to give riders the right away—in this case, it is okay to proceed with caution.
  - Please **DO NOT** ride in a pack spread across the road to block other riders or worse, motor traffic. The roads are not closed for the Tour de Tush™ ride, you are expected to share the roads with other groups and follow all traffic laws.
- **Radio Devices.** Headphones, cell phones, radios and other similar devices are NOT permitted while riding. However, it is good to bring a cell phone with you in case of emergency.
- **Be Predictable.** Smooth, consistent riding is the key to ensuring everyone riding around you feels comfortable and that you are not a hazard to yourself or anyone else.
- **Know Your Limitations and Use the Course Support Provided.** There will be 3 Rest Stops with food and hydration, as well as mechanical and medical support. There will also be numerous Support and Gear (SAG) vehicles along the course that will assist with your journey.
- **Call Out Any Change.** Call out "Slowing," "On Your Left," "On Your Right," "Car Up," "Car Back," etc. Also, call out approaching hazards for those behind you such as "Pot Hole," "Tree Limb," etc.
- **Do NOT Overlap Wheels.** Be cognizant of those around you and pay attention to the position of your front wheel vs. their back wheel.
- **Ride Single File or Two Abreast.** Tour de Tush™ is a 'rules of the road' ride meaning the roads are open to traffic. Please do not endanger yourself and others by riding more than two abreast, or in some cases single file and inconveniencing the local citizens who allow us to come through their community.
  - No state permits riding more than two abreast on public roads.
- **Signal.** Signal with your hands and/or voice so that everyone knows your intentions.
- **Stay to the Right.** Ride as far to the right as is practical, unless making a left-hand turn or avoiding hazards in the road. If you must stop, do your best to move off the road when you stop.

- Once the large group has started to thin out after the first few miles of the ride, please have your team ride orderly in single or double file and allow others to pass when needed.
- If your group needs to stop on the side of the road for an unplanned break—flat tire, broken bike, etc.—please move your whole group safely out of the traffic lane.
- **Leave No Man/Woman/Child Behind.** If you are riding in a group and get separated at an intersection, as a matter of courtesy, you should soft pedal until the rest have rejoined.
  - Talk with your teammates in advance of the ride. Plan what you are going to do when someone gets a flat or needs to stop.
  - What if someone crashes? Or is too tired? Having a team plan in place will help you make decisions quickly and get your team moving on down the road.
- **Use Caution On Descents.** Watch for signage indicating dangerous descents and be ready to slowly apply the brakes if necessary. When descending and turning, make sure your inside leg is at the “12 o’clock” position, not “6 o’clock.”
  - What goes up must come down. With every good climb there is always a fast descent. Please be prepared, watch other riders around you and look out for signage and course marshals indicating a steep descent. When descending, it is always a good idea to have your hands on the breaks just in case. Furthermore, when using the breaks, do not press on just one. Slowly press on both sides to ensure a safe slow down.
- **Follow Course Signage.** The signage we place on all courses is there for your safety, follow the directions of these signs. For example, a “CAUTION” sign means slow down and focus on your surroundings.
- **Say “Thank You.”** Tour de Tush™ could not exist without the many volunteers and agency support on-course. Please take the time as your ride by to thank them for dedicating their time to the event.