

# ULLR BICYCLING GUIDE – 09/15/2021

A reminder of good safety rules will be verbally presented by the ride leader or a designated person prior to the ride commencing. The ride leader will discuss any spots on the ride which might become a safety issue.

All riders must wear a properly fastened helmet. Rear-view mirrors are highly recommended for ALL riders!

- Use hand signals to advise of turns, slowing and stopping. Also call out your action. It should be repeated down the line.
- Call out warnings such as “on your left” when passing another biker or a walker; call out other warnings such as: walker up, bike up, bike back, car up, car back, etc.
- If cars are parked along the street, point to any car which appears to be running so everyone is aware the car might be about to pull out. Also point if a car door is being opened into our path.
- Call out and point to any road/trail obstacle such as sand, gravel, potholes, etc.
- Keep an appropriate interval to allow adequate reaction time if the rider in front of you suddenly stops or slows. This is particularly important on an uphill where the rider in front of you might not be as fast as you. Remember: Reaction time decreases as we age.
- Currently E Bike riders must ride with the sweep.
- When crossing a road or at an intersection, DO NOT call out “Clear”. Each rider should look for themselves.
- When stopping, **ALWAYS GET OFF THE TRAIL** so any riders passing do not have to swerve to avoid you.
- At the ride meeting parking lot, do not block car traffic.
- Riding two abreast must only be done when there is a clear line of vision ahead and when the width of the trail or traffic lane is adequate. Ride single file on any trail without a clear line of vision. When switching to single file, the rider on the left should announce his intention and then accelerate and pull in front of the rider on the right. Rider on the right should drop back enough to accommodate the change.
- When encountering an area where there is a turn lane, then an island; only the leader should move to the island to hit the “wait” button. When all clear, the other riders may move on.
- In all instances where your safety is threatened by a car, make sure you have eye contact with the driver so you are sure he sees you.

Consider the reputation many bikers have. We want to be the “good” example: Be courteous, give warnings and even a nice greeting – “thank you” (for moving over or for holding back a child or a pet), or a simple “good morning”. Wave or call out a “thank you” to all drivers who stop to let us cross.

**Recommended for every rider:** Carry a small first aid kit (could be a Ziploc bag) with antiseptic pads and band aids. If you have medical issues and carry medication, tell someone on the ride whom you trust where you are carrying that medication. Never leave the group without telling the leader or the sweep.