

# Safety Information

Your enjoyment and safety are our top priorities. All Bike to Cure Riders follow the “Rules of the Road,” meaning you will be riding with car traffic and must obey traffic laws. Roads and intersections are NOT closed to traffic; therefore, you must obey all stop signs and traffic signals. Below is a listing of these and additional safety precautions to help keep you and others safe.



**A BIKE HELMET IS REQUIRED TO RIDE BIKE TO CURE.** Any participants without a helmet will not be permitted to ride.



**RIDERS MUST STOP AT ALL STOP SIGNS, STOP LIGHTS AND FOLLOW POSTED SIGNS.** In Ohio, bicyclists enjoy the same rights as motorists. In accepting these rights, bicyclists also assume the responsibilities for riding in a safe and legal manner. Obey all traffic laws and posted speed limits.



Ride on the right; pass on the left; and call-out when passing. Always leave room for others to pass on your left and use phrases such as “on your left” or “passing on left” when passing another rider. Never cross the centerline.



Use hand signals and call out turns, obstacles and debris on the road.



Ride single file or two abreast when conditions permit. Single file is the safest position. Keep in mind that riding two abreast while going uphill means faster riders must ride three abreast in order to pass slower riders.



On narrower roads, passing as the third abreast may cause hazardous conditions as vehicles pass riders, pull out of driveways, or are oncoming. Remember, never cross the centerline.



Headphones are strictly prohibited while riding. Stay alert when you ride and be constantly focused on your riding and aware of what’s going on around you.



Please use caution at all times when stopping. Move off of the roadway and alert riders behind to your plans. Check to see that no bicycles or vehicles are directly behind you when stopping and stop at the right edge of the roadway and immediately move to the shoulder. Stay clear of the roadway to make repairs, rest, visit, etc. Avoid stopping at the crest of a hill or on a curve.



Give others sufficient room when passing and be a predictable rider. Don't keep other riders and vehicles guessing your next move. A predictable rider is a safe rider. Allow vehicles to pass and callout "car back" when appropriate.



Be considerate. The bicycling skills of participants range from beginner to expert. Each rider must look out for his/herself and be aware of what the other cyclists around them are doing at all times.



Always cooperate with officials and law enforcement personnel. They will be present at busy intersections – obey their signals.



Course Marshals are located throughout the routes to serve as safety ambassadors. Their role is to make riders aware of dangerous areas or intersections. Course Marshals will not direct traffic or disobey the Rules of the Road.



Stay on the marked route. Our routes are designed and marked for your safety. Support services are only available to you if you are on the route.



Give the right-of-way to emergency vehicles. Pull to the right and stop if you hear a siren.



Watch for railroad tracks and cross them at right angles. Raise yourself off your seat and stand on your pedals to absorb the shock and lower the center of gravity. Look for other riders and let those behind you know of your intentions. Use extreme caution when crossing railroad tracks.



Stay hydrated throughout the ride and do not rely on thirst. Follow a hydration schedule by drinking water or sports drinks. Do not overhydrate.