



## Rules and Guidelines:

1. This is not a race, but rather a self-paced ride.
2. Helmets are mandatory. An ASTM, ANSI or SNELL approved helmet is required. Cyclists must wear a certified cycling helmet with the chinstrap at all times while riding on the course.
3. Carry I.D. It is recommended that all participants carry personal ID and health card in case of emergency.
4. Obey all traffic laws. All cyclists are personally responsible for obeying all traffic laws; this includes traffic lights and stop signs.
5. Emergency vehicles always have the right of way. If a rider encounters an emergency vehicle, the rider is to give way to the emergency vehicle by pulling over, stopping and dismounting.
6. Ride safely. Unless passing another rider, please ride on the right side of the lane as far as possible. Before passing another rider, announce yourself by the words "passing on the left" and ensure there is no vehicular traffic, approaching from either direction. If you choose to stop while on the route, signal to the riders behind and pull over safely. Ride with your head up and in single file whenever possible. Never overlap your wheels with another cyclist. Please be aware there may be obstacles on the course. **You are responsible for your own safety.**
7. Maintain control and speed of your bike, even going downhill. Know your limits.
8. Ride within the designated route.
9. Display your event card on your bike.
10. Acceptable bicycles. All bicycles are allowed.
11. Use of ipods, MP3 players, headphones, or cell phones is not recommended while riding.
12. Event cancellation. The ride directors and local law enforcement have the authority to modify or cancel the event in the event of unsafe conditions. The race directors reserve the right to modify, postpone, shorten or re-route the event at any time either on their own judgment or if instructed by local law enforcement personnel. Entry fees are not refundable.
13. Rain or shine. This event will proceed in the event of rain, so please come prepared.
14. All riders 18 years or younger must have a waiver signed by a parent/guardian and submitted at the time of package pick-up.
15. No littering or public urination.
16. Be respectful of other riders and help others when needed.
17. Please obey traffic management personnel, volunteers and course marshals.
18. Thank the volunteers. Without volunteers this event would not be possible.

**We value our dedicated volunteers and want to ensure that they have a great time. Abuse of any volunteer will not be tolerated. Please thank them for helping make your day a successful one.**