

## **Team Roadrunners Bicycle Club Group Ride Safety and Tips**

Team Roadrunners does not maintain a set ride policy other than to follow public road and bicycling laws and to maintain a respectful demeanor toward your fellow cyclists and in all communities that we ride through. The following is our club tips to maintain legal and safe riding as well as to be considerate to each other.

### Notable Law Explanations Pertaining to Bicycle Use:

1. Obey stop signs and red lights. Come to a brief stop even if another motorist waves you through. It's the law. Wave back and then proceed. There might be other motorists who do not see what has happened and it is your responsibility to be sure the intersection is safe.
2. Obey all lane markings and roadway signs.
3. Ride with traffic, never against it. This means riding on the right hand side of the road.
4. Keep to the right, but don't ride too close to the road's edge. Do not ride over the center of the road unless passing and if the road is clear.
5. You must stay in your lane even on rural roads. Start another line if a pace line is struggling with a cross wind and you have run out of road lane. Do not ride over the center of the road.
6. Respect others' right-of-way: motorists and pedestrians. Especially when approaching pedestrians and when using pathways. Bicycles must yield to pedestrians at all times.
7. Use hand signals whenever appropriate. Turn signal motions at least 200 feet before turning.
8. It is legal to ride two bicycles wide or single file in groups. Be cognizant of the road you are on about whether it makes sense to ride single or two wide. Do not impede traffic if not necessary. If the road is not wide enough for two cars and a bicycle across, it is actually be better to ride two wide. Single file riding can cause motorists to take chances passing they should not in some situations.

### Club Tips for Safe and Enjoyable Riding:

1. Begin each group ride with a brief welcome for everyone/visitors and to discuss the route/speeds/plans, etc.
2. Respect the club ride schedule and attend rides that suit your current abilities and interests. We strive to offer many types of rides because we are a club of many different interests and abilities.
3. If you plan to depart the group mid-ride, please let someone know. It's the goal of TRR that no single rider be left alone unless they want to ride off. We look after each other.
4. Avoid senseless group gaps, especially on urban and city roads. This makes it more difficult for motorist to pass safely and creates an unsafe group if a vehicle happens to get caught in the middle of the group trying to pass.
5. The back riders should call out when they recognize a gap forming unintentionally.
6. If group separations must be made, discuss and split the group unless the ride is defined as "no drop".
7. Do not cross/stagger wheels when riding in pace lines. This is known to be one of the most common contributors to crashes. Reasonable, normal pace line spacing is 1 wheel length up to about a bike length.
8. Always be predictable. Don't weave or make sudden moves. Also try to avoid sudden accelerations or braking within a pace line. But, always be alert regardless of pace line/group position. Every rider is responsible for their own safety.
9. Don't needlessly block the road. If you must stop on the road, be as far to the right as possible or in the grass.
10. Use lights at dusk/night/rain. Reflective clothing and other devices are also a good idea.
11. Understand that no one is being paid to ride or obligated to ride the way you expect them to just as you are not obligated to ride the way someone else expects you to ride. And no one can read anyone else's mind or thoughts.
12. Use a helmet and other safety equipment. A helmet is always expected for all Team Roadrunners rides.
13. Above all, have fun and be safe! Please be courteous at all times.