

Bicycle Safety Rules

1. Bicycles are defined as vehicles, and bicyclists generally have all the rights and duties of motor vehicle drivers.
2. **Virginia law** does not require cyclists to wear a **helmet**. A county, city or town can pass an ordinance to require children 14 years and younger to wear a **helmet**. The race organizers strongly recommend all riders wear helmets.
3. Ride with the flow of traffic as closely as practicable to the right side of the roadway.
4. Ride single file.
5. Slow down and come to a complete stop at stop signs and red traffic signals.
6. Give proper signals that are visible to other riders and vehicles when turning and stopping.
7. Bicyclist may overtake and pass another vehicle or bicyclist on either side of the road, staying in the same lane as the overtaken vehicle/bicyclist, or change to a different lane, or ride off the roadway as necessary to pass with safety.
8. Bicyclists may not wear headsets or earphones on both ears while riding.