

Rider Rules & Safety



Your safety and the perception of cycling depends on responsible riding. The route is open to cars, other cyclists, and pedestrians, so it's important to follow traffic laws, know emergency procedures, and practice trail etiquette. Remember, your bike is a vehicle!

FOLLOW THE LAW

- Stop at traffic signals and stop signs
- Ride with traffic and stay in the right lane
- Respect private property and noise level in neighborhoods

WEAR YOUR HELMET

- Helmets are required. Certified helmet fitters will be at every stop, so arrive early if you need assistance

USE ELECTRONIC DEVICES SAFELY

- No headphones while riding
- Use speaker mode for Ride with GPS cues
- Phones can only be used if safely mounted to your bike
- Want to take a photo? Let others know, slow down, pull over, and step off the trail first

BE PREDICTABLE

- Help others around you by making your intentions clear
- Ride in a straight line; don't weave between cars or people
- Signal any turns and always check behind you before changing lanes

KNOW YOUR ROUTE

- Whether you are riding in a group or on your own, it's important to familiarize yourself with the route in advance
- Make sure you are comfortable using Ride with GPS while riding beforehand

CLEAN UP LITTER

- Help keep our trails beautiful! Please dispose of any trash properly

SHARE THE TRAIL

- Be courteous to all trail users
- Yield to slower people or groups
- Respect everyone's space

YIELD WHEN ENTERING & CROSSING

- Always yield
- When the trail crosses a road, give the right-of-way to traffic
- Yield to others at trail intersections

KEEP RIGHT & PASS LEFT

- Stay as far to the right as possible unless passing
- Pass on the left and ensure it's safe before pulling out
- Leave two bike lengths before moving back to the right

ANNOUNCE WHEN PASSING

- Give people plenty of notice when you're passing. Use a bell, horn, or say "On your left!" to avoid startling anyone

KEEP THE TRAIL OPEN

- For group rides, use no more than half the trail width
- If you need to stop, pull off trail completely

E-BIKES & SAFE SPEEDS

- All bikes must maintain safe, controlled speeds when sharing trails with other cyclists and pedestrians (15 mph max)
- For E-Bikes, use pedal-assist thoughtfully, be cautious when accelerating and always yield to slower trail users to ensure everyone's safety

EMERGENCY PROCEDURES

- Ensure your emergency contact information is listed on your wristband
- If there is an accident, move to a safe location and call 911 for medical emergencies
- Notify a ride leader or event volunteer for additional assistance

STAY HYDRATED & ENJOY THE RIDE

- Refreshments will be provided at all five stops, but make sure to bring your own on the ride