

Rider Rules & Safety



Your safety and the perception of cycling depends on responsible riding. This 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. If you don't have one, we will have helmets available

USE ELECTRONIC DEVICES SAFELY

- No headphones while riding
- Use a speaker for route navigation cues
- Phones should be safely mounted
- 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, familiarize yourself with the route in advance
- Make sure you are comfortable using Ride with GPS beforehand

SHARE THE TRAIL

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

STAY ALERT WHEN ENTERING & CROSSING

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

KEEP RIGHT & PASS LEFT

- Ride on the right side
- 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

- Maintain safe, controlled speeds when sharing trails with other riders and pedestrians
- Use any pedal-assist thoughtfully. Be cautious when accelerating and always yield to slower trail users to ensure everyone's safety

EMERGENCY PROCEDURES

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

STAY HYDRATED & ENJOY THE RIDE

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