

Brewster Ponds Coalition Cycling Group

Fun Rides with Marty & Sandy Burke!!

You MUST wear a helmet otherwise you cannot ride with the group. The following are suggestions:

- Wear bright clothing.
- Carry a cell phone and personal identification.
- Bring plenty of water on each ride.
- Make sure your bicycle is “road ready”. Carry a spare tire tube if you have one.
- Bring Band-Aids, tape and gauze pads for emergency

Riding Groups and Rules of the Road

Our group will have a **Leader and Sweep**. A leader is the person who is knowledgeable with the ride route, sets the pace and sees to it that rest stops occur at proper intervals. The sweep rides at the end of the group and helps riders that may have a problem.

BPC Cycling group: 12 cyclists for each ride - Terrain: CCRT - Average speed: 11 MPH - Time: 1.5 hours

On the bike trail, **KEEP RIGHT and single file when riding.**

Use hand signals with “Verbal Commands” when turning or stopping as follows: left arm straight out to signal **“Left Turn”**; left arm out and down with your palm to the rear to signal **“Slowing”** or **“Stopping”**; and for a right turn, put your right arm straight out.

Announce hazards. When riding in a group, most of the cyclists do not have a good view of the road surface ahead. It is important to announce holes, sand, grates, glass and other hazards. The leader should indicate hazards by pointing down to the left or right, and by shouting **“Hole,” “Bump,”** etc. where required for safety.

IF YOU DECIDE TO BREAK OFF FROM THE RIDE YOU MUST

INFORM THE LEADER OR SWEEP.

Cycling Terms and Riding Concepts

“Post” is a warning to avoid the solid object preventing motor vehicles from entering the bike trail. Running into these posts is the main cause of the injuries experienced by our group.

“Biker Up” is a warning that a biker is coming the other way toward you and you are to stay single file and keep to your right.

“Biker Back” is a warning that a biker is overtaking you from behind and you are to stay single file and keep to your right. (Substitute names for Biker but not limited to are: **Car**, **Roller Blader**, **Jogger**, and **Walker**.) Having a rear view mirror on your bike is highly recommended.

“Passing On Your Left” should be stated clearly every time you are passing someone from behind on the trail/road to avoid accidents. Naturally you may substitute **“Passing On Your Right”** if the person is on the wrong side of the trail. The rule on the multi use CCRT is that everyone must stay to the right.

“Clear” means that the intersection is clear of traffic and may be crossed without stopping. **“Car Left”** or **“Car Right”** means come to a stop at the intersection as right of way traffic is approaching. Do not assume a vehicle will stop for you when crossing a road on a bike, as you do not have the right of way. If you are walking the bike across a marked (no signal) intersection, you have a right of way but must adhere to the number one rule and that is never assume the vehicle will stop.

While riding your bike, you are legally considered a vehicle so while you are riding in the streets you must follow the same rules as any vehicle. Never ride your bike against traffic while in the streets and obey all traffic signals. (like you do running or walking)

Always keep aware of your surroundings to avoid accidents. Keep your eyes on the road/trail at all times. If you must stop while riding on a trail you must pull off the paved trail. Never stop or park on the trail, as this can cause serious accidents.

Keep both hands on your handlebars to maintain safe control of your bike. The only legitimate exceptions are making hand signals, eating or drinking.

Safety Thoughts

We are social animals! But your priority focus should be on safe riding rather than socializing.

Safety is an individual responsibility. When a rider in front of you says, **“Clear”** what it really means is check for yourself to see if the way is clear from your perspective. **DON'T TAKE SOMEONE ELSE'S WORD FOR YOUR OWN SAFETY.**

Beware of fellow cyclists' riding style. Most of us learned to ride a long time ago. Some of us focus our sight short range avoiding all the bumps in our path with sudden shifts in direction. Others focus their sight further down the path and avoid obstacles with gentle shifts in direction. Others like riding down the white line in the center of the street. **DON'T EXPECT ANYONE TO CHANGE THEIR STYLE --- JUST BE AWARE OF THE STYLE OF THOSE RIDING CLOSE TO YOU.**

Coordinating your eyes and ears is key. When you ride up to an intersection with limited line of sight, use your hearing to help detect whether it is safe to pass through.

THE KEY TO CYCLING SAFETY IS PAYING ATTENTION AT ALL TIMES.