

## **RIDE GUIDELINES**

Rides are open to riders of all ages and abilities and to both members and non-members alike. A parent or responsible adult must accompany riders under the age of 18.

Rides will start promptly at the times listed. Please plan to be at the start point early enough to unload, prepare your bike and get yourself ready in order to start on time.

Bring your own liquids and munchies. Many routes do not have markets nearby. You should drink 6-8 ounces of fluid every 15 minutes of riding.

You should be prepared to make your own minor on-the-road repairs.

You are responsible for your own safety and equipment.

Helmets are required.

## **GROUP RIDING TIPS**

### **Obey the law**

Cyclists have the same rights to the same roads as other vehicles. They are subject to the same rules. So obey stop signs, stop lights and all other traffic controls that would apply to you in a car.

Share the Road goes two ways. Help improve the relationship between cyclists and motorists by sharing the road with other vehicles and following traffic laws.

Tennessee law requires that you ride no more than two abreast and ride as close to the right-hand side of the road as practical. When cars approach from the rear, get in single file.

**Keep other riders informed about vehicle traffic:** Call out "car up," "car back," "car left," and "car right" when you see vehicles approaching. This will alert other riders to be cautious and take appropriate actions.

**Keep other riders informed about your actions:** Call out "on your left" when passing riders on their left (try not to pass on their right), or "slowing" and "stopping" to alert riders behind you that you are slowing down. Also use the proper hand signals to indicate left and right turns. This aids motorists and other riders.

**Keep other riders informed about road hazards:** Call out and point to any road hazards such as holes, gravel, and road kill, etc.

## **RIDE CODE GLOSSARY**

### Pace

P1 - Easy pace – Frequent stops to regroup, 9-13 mph

P2 - Moderate pace – Occasional stops to regroup, 14-16 mph

P3 - Steady pace – Limited stops, 15-17 mph

P4 - Fast pace - Very limited stops, plan to hammer it, slower riders may be dropped,  
Maps will be provided, 16+ mph

### Terrain

T1- Flat

T2- Gently rolling hills

T3- Rolling steeper hills

T4- Difficult, longer steeper hills