

## What to bring for the ride:

- Helmet (required)
- Tuned-up bicycle, with pump
- All riders will be required to wear a RideforLiv number (to be handed out at registration)
- Tire patch kit and spare tube (if you have it)
- Two water bottles or hydration pack
- Nutritious snacks (energy bars and fruit)
- Jacket/Rain gear as needed for weather
- Identification
- Cell phone
- Emergency cash and credit card
- Sunglasses, lip balm and sunscreen
- NO HEADPHONES, IPODS or RADIOS!

## Rider Etiquette/ Safety Cycling Etiquette

- Obey all traffic signs and signals. This includes traffic lights and stop signs.
- Communicate with your fellow riders using proper cycling terms, such as “On your left,” “Car back” etc...
- Ride SINGLE FILE – PLEASE! Stay to the right except to pass. Pass ONLY on the left side.
- Do not cross the center line in the roadway.
- Use proper signals when turning. Make left turns from the center of the road or left turn lane.
- Cross railroad tracks perpendicular to the tracks.
- Ride in control of your bike at all times. You should be able to stop at a reasonable distance.
- Point out and call out and road hazards ahead to include pot holes, drain gates, stray animals, opening car doors etc.
- Do not overlap wheels of the cyclist ahead of you. When climbing hills, avoid following a wheel too closely. Pedal down hill when you are at the front of the bunch.
- Follow the instructions of the ride volunteers at all intersections.