



BREATHE CALIFORNIA ETBT ROAD SAFETY TIPS

SEPTEMBER 2011

RULES OF THE ROAD

1. **RIDE AS CLOSE TO THE RIGHT SIDE OF THE PAVEMENT AS IS SAFE. STAY ON THE PAVEMENT!**
2. **RIDE SINGLE FILE** –The car you irritate may take it out on others
3. **“CAR BACK”** –Announce to riders in front of cars coming from behind the group
4. **EAR PHONES / HEADSETS** – Not recommended. Legally allowed in **ONE** ear only, preferably the right so that car traffic can still be heard on the left.
5. **STOP SIGNS** –Bicycles are vehicles and are to obey the traffic codes – **STOP AT STOP SIGNS.** When in doubt yield to the cars.
6. **“STOPPING”** –Announce to other cyclists that you are stopping! Pull off the pavement in a safe location ie: driveway. Do not block the path of other cyclists
7. **SAG NEEDED**---Watch for approaching sag vehicles and point to the ground –a wave may get a wave back. If you are stopped in most cases the sag drivers will check with you as to your safety.
8. **PASSING ANOTHER CYCLIST**—Announce yourself **“ON YOUR LEFT”**
Pass only when car traffic allows you to do it safely.

BEFORE YOU RIDE—Things you need to remember.

1. **HYDRATION** – water bottle full? Even in cool climates you need liquids
2. **TIRES**-- inflated to maximum pressure
3. **BRAKES CLOSED**---check after placing wheels on the bike.
4. **SUNSCREEN** –Be sure to use it –If you forgot yours check at the rest stops
5. **HELMET** –Fitted and straps engaged.
6. **SPARE TUBE/PUMP** -- Don't totally rely on sag support.
7. **ROUTE REVIEW:** ---Take a moment to review your route so that you have some idea of where the next turn or rest stop will be.



Sample signs you will see on the road



Sample signs you will see on the road



Sample signs you will see on the road

ENJOY THE EXPERIENCE –MAKE NEW FRIENDS

THANKS FOR YOUR SUPPORT OF BREATHE CALIFORNIA