



CYCLE FOR THE SYMPHONY

THE RULES OF THE ROAD

- ❖ Don't forget your helmet. It is required to ride.
- ❖ We strongly recommend using a front and rear light for the beginning of the ride for your safety.
- ❖ Obey all traffic laws and signs.
- ❖ Stop at all stop signs. Signal all turns. Cross only at intersections.
- ❖ Ride in a straight line, predictably and in control. Avoid excessive weaving back & forth.
- ❖ Ride single file to allow cars to pass. Never ride more than two abreast. No Double Pace lines!
- ❖ Always ride in the same direction as the flow of traffic, not against it.
- ❖ Pass on the left only. When passing another cyclist, call "on your left". When you hear someone calling out to pass you, don't turn around. Ride straight and steady.
- ❖ Keep a safe distance: do not follow too closely behind other cyclists or cars. Never draft behind cars.
- ❖ Never make abrupt stops. Slow gradually, and when stopping to rest, move completely off the path of other cyclists.
- ❖ To signal "HELP", place your hand on top of your head or turn your bike upside down at the side of the road.
- ❖ Keep clear of road-edge hazards such as sand, gravel, trash, drains and parked cars.
- ❖ Talk to your fellow cyclists. Call out details like "car back" or "car up", "on your left", "stopping", "road kill", "gravel", "potholes" or "tracks".
- ❖ Speed must be reasonable for control with regard to weather, traffic, road and light conditions.
- ❖ Do not bring iPods, radios or MP3 players with headphones. These are not permitted because they interfere with your ability to hear traffic sounds around you.
- ❖ Use extra caution when riding in the rain. Roads become slicker and cars cannot see you as well.
- ❖ Be vigilant when going fast downhill. Keep your hands on the handlebars for stability.
- ❖ Use only rest rooms or port-o-lets along the route for sanitation purposes.
- ❖ DO NOT LITTER! Place all trash in the proper containers.
- ❖ Consuming alcoholic beverages or carrying open containers of alcoholic beverages is not allowed.
- ❖ Follow the marked C4S route only.
- ❖ Obey all signals and instructions from C4S course personnel and law enforcement.
- ❖ Remember, this is not a race. You will be riding with cyclists of all levels and abilities. Be courteous to other cyclists as well as motorists with whom you share the road. Most important, have fun!



BEFORE YOU RIDE

- Select brightly colored, highly visible clothing to wear.
- Make sure your bicycle is in safe, working order. Check that the handlebars, pedals and seat are firmly attached. Check that your tires are properly inflated and are in good working condition. Check the brakes for wear and adjustment. We recommend you have a professional bicycle mechanic inspect your bike before you ride in the C4S event.

DAY OF THE RIDE

- Wear your helmet! No Helmet – No Ride.
- Make sure your bike is well-tuned.
- Be sure to bring a water bottle and a second bottle for sports drink to ensure you stay properly hydrated.
- Keep your C4S rider number visible at all times. Your rider number identifies you as a C4S rider and provides access to C4S services (SAG, mechanical, medical, refreshments).
- To signal “HELP”, place your hand on top of your head or turn your bike upside down at the side of the road.
- Be sure C4S personnel at the Start Line have checked your number off before you begin the ride.
- Upon completing the ride, please cross the Finish Line and check in with an event official so we know you have made it safely off the course.
- Have fun!

Thank you for participating in C4S – Cycle for the Symphony!

We hope to see you again next year.