









Rules of the Road - Safety Tips

We can't wait to ride with you! Here are the rules of the road to prepare you for a fun and safe ride:

- You are responsible for your own safety.
- Routes are open to vehicle traffic, please obey all rules of the road, red lights and stop signs.
- Ensure your bike is tuned up and road-ready before the ride.
- Wear a helmet. Helmets are mandatory for all participants.
- The provincial highway traffic act applies equally to cyclists and motorists.
- Be courteous to motorists and other cyclists.
- Our safety is enhanced if we can minimize motorist frustration.
- Communicate your intention to pass other cyclists.
- Use caution on downhill sections.
- Please avoid the use of cell phones and personal audio systems while cycling.
- If there is a large pack of riders, car drivers can get angry and may pass at high speed, in an unsafe situation, making it dangerous for everyone.
 Please take responsibility for your own safety and those around you. There is no prize for finishing first.
- Groups should not be larger than 10-15 cyclists. Do not ride more than two abreast.

Thank you for your support!

