



HVCC RULES OF THE ROAD

1. Equipment Needs

- Always wear a properly fitting helmet
- ALL club rides **REQUIRE** riders to wear an approved (ASTM, ANSI, Snell) bicycling helmet
- After a crash or any impact that affects your helmet, visible or not, replace it immediately
- Spare tubes / patch kit / tools

2. Equipment Restrictions

- Fix gear bikes without breaks.
- Use of aero bars are prohibited on all HVCC group rides
- Use of headsets, iPods or similar music devices are prohibited on all HVCC group rides

3. Nutrition Needs

- At least 2 water bottles
- Water or sports drink
- Power bars / gels / fruit

4. **Ride on the right**

- Always ride in the same direction as traffic
- Use the lane furthest to the right that heads in the direction that you are traveling
- Ride no more than two abreast and single file on shoulder less roads
- Slower moving cyclists stay to the right on flat, downhill and uphill roads

5. **On the road**

- Obey all traffic control devices, such as stop signs, lights, and lane markings
- Always use hand signals to indicate your intention to stop or turn to motorists and cyclists

6. **Ride predictably**

- Don't overlap wheels
- Ride in a straight line and don't swerve in the road or between parked cars
- Check for oncoming traffic before entering any street or intersection
- Anticipate hazards and adjust position in traffic accordingly
- Use hand signals to warn of anticipated hazards
- **Use verbal cues** when passing other cyclists in the group and to warn of anticipated hazards
- **Use verbal cues** when passing walkers or joggers on the road
- Car up, car back, hole, gravel, slowing, stopping, clear, on your right, on your left are typical verbal cues used within the riding group (peloton)

7. **Be visible**

- Wear brightly colored clothing at all times
- At night, use a white front light, red rear strobe light or reflector and reflective tape or clothing

8. **Have Fun...Be Safe**