

## **GENERAL RULES**

- Helmets are required on all club rides. If you've forgotten yours, loaner's are available.
- We are a drug free club. For everyone's safety, never get on a bike if your under the influence of alcohol or drugs.
- When on a ride, always carry basic repair equipment to take care of a flat or a minor mechanical problem (spare tube, pump, levers, bike wrench, etc.)
- Never ride in a group while wearing headphones. This includes iPods' and MP3 players. It impairs your ability to hear warnings and sense the presence of others nearby, endangering yourself and those you're riding with.
- Whenever participate in a White Mountain Valley Velo Club ride, you are a representative of the club. Be aware of your conduct and attitude and always present a positive image to motorists and other cyclists.

## **RIDING IN A GROUP OR PACELINE**

- If you're new to the club and have questions about riding in a group, don't hesitate to ask for some pointers from one of the ride leaders.
- Don't obstruct traffic. Ride single file on busy roads.
- In a pace line - the lead rider is the eyes for every rider behind them, avoid potholes etc. & announce hazards.
- Don't overlap the wheel of the bike in front of you.
- Always be aware of other riders around you. Look before changing your position or making a move.
- Remember, your actions affect the safety of other riders around you.
- Now that all that stuff is out of the way, let's ride!!!