GOOD NEIGHBOR RULES OF THE ROAD

- Obey law enforcement personnel, ride officials, volunteers, residents and vehicle drivers.
- Don't litter.
- Obey all state and local traffic laws.
- Support the local communities.
- Respect private property.
- Use restroom facilities only.
- Curb inappropriate language and profanity.
- Wear a bicycle helmet that complies with the U.S. Consumer Products Safety Commission Safety Standard. This is *mandatory* for all riders.
- Do not use headphones, cell phones, ear buds, radios and similar audio devices in, on or around the rider's head or ears while riding.

TIPS FOR GROUP RIDING

- **Ride at your own pace.** Recognize that in a large group there will be riders who ride at your pace. If you have not been scheduled to ride with similar paced cyclists, find these riders at the start through open dialogue.
- **Don't hurry at the start.** This is a ride, not a race! If you purposely ride the first 5 miles at a slower, controlled pace, you will find a comfort zone.
- **Communicate with others.** Riding safely in big groups requires communicating with other riders around you. Call hazards, call when passing, and listen to others. Give hand signals when stopping or turning.
- **Maintain your personal space.** Ride smoothly and predictably. Ride in a straight line. Do not weave. Avoid sudden sideways movements.
- **Pass with care.** Passing on a bicycle is a two-way event. The passer and the passee both have responsibilities that will make the pass safe and friendly. The passers have the responsibility to ease up as they approach and wait for safe conditions to pass. The passees have the responsibility to listen, hold a steady speed and line, and go to single file to make room for the passers to get around.
- **Listen and respect ride officials.** The ride marshals, volunteers, law enforcement personnel and other ride officials are all looking out for your safety.
- **Avoid group riding mistakes.** Common group riding mistakes include riding in pacelines when you are inexperienced with the general process, overlapping the wheel of the rider in front of you, riding more than two abreast and crossing over the center stripe.
- **Enjoy the ride!** Ride friendly and respect the communities that we ride through.

for more info:
www.ms150.org

Recommended Ride Series

Nov 08	Sunday, 11/02/08	Tour de Donut	www.tourdedonut.com
	Saturday, 11/08/08	Novemberfest Metric Century	www.novemberfestmetriccentury.org
	Saturday, 11/15/08	Bike Through the Forest	www.kingwoodfillies.org
	Sunday, 11/23/08	Bike the Bend Ride for Literacy	www.ftbendliteracy.org
Jan 09	Sunday, 01/25/09	Frost Bike 50	www.frostbike50.com
	Saturday, 01/31/09	Bike Through the Forest	www.kingwoodfillies.org
Feb 09	Sunday, 02/01/09	Ride the Rescue (Formerly West U Warm Up)	www.teamwestu.org
	Saturday, 02/07/09	Puddle for the Ducks	www.puddlefortheducks.org
	Sunday, 02/08/09	*Open - No Event Scheduled*	*n/a*
	Saturday, 02/14/09	Pedaling the Prairie	www.pedalingtheprarie.org
	Sunday, 02/15/09	*Open - No Event Scheduled*	*n/a*
	Saturday, 02/21/09	Humble Lions Ride	www.humblelionsclub.com
	Sunday, 02/22/09	Tri-County Hill Hopper	www.hillhopper.org
	Saturday, 02/28/09	The Bulldog Bike Ride	www.bulldogbikeride.com
March 09	Sunday, 03/01/09	Sun & Ski Sports Spring Breakaway	www.sunandski.com
	Saturday, 03/07/09	Pedal Thru the Pines - Bastrop	www.pedalthrupines.org
	Saturday, 03/07/09	Gator Ride	www.gatorride.org
	Sunday, 03/08/09	The Continental Airlines Cycling Classic	www.cocyclingclassic.com
	Saturday, 03/14/09	Magnolia Miles	www.magnoliamiles.org
	Saturday, 03/14/09	Spokes n' Spurs - Austin	www.spiritreins.org
	Sunday, 03/15/09	The Great Escape Bike Ride	www.pearlandcyclingclub.org
	Saturday, 03/21/09	Guaranty Bank Tour de Houston	www.tourdehouston.org
	Sunday, 03/22/09	*Open - No Event Scheduled*	*n/a*
	Saturday, 03/28/09	Schlumberger Education Expedition	www.fortbendisd.com/foundation
	Saturday, 03/28/09	The Rosedale Ride - Austin	www.rosedaleride.org
	Sunday, 03/29/09	Bluebonnet Express	www.northwestcyclingclub.com
April 09	Saturday, 04/04/09	Camp For All Hilltop Ride - Burton	www.campforall.org
	Saturday, 04/04/09	Pedal Power Wildflower Ride - Austin	www.hccac.org
	Sunday, 04/05/09	The Space Race	www.spacerace.org
	Saturday, 04/11/09	Katy Ram Challenge	www.katyramchallenge.com
	Sunday, 04/12/09	*Easter Sunday - No Event*	*n/a*
	Sat. & Sun., 04/18 & 04/19/09	BP MS 150	www.ms150.org
May 09	Sat. & Sun., 05/02 & 05/03/09	Bike MS: SAM'S CLUB	www.bikeMSTexas.org