

## RULES OF THE ROAD

*The following “Rules of the Road” must be followed while participating in the New England Parkinson’s Ride.*

*Any cyclist that does not adhere to these rules will be pulled from the Ride immediately.*

- Helmet must be worn at all times.
- Riders must obey all traffic laws. Cyclists have the same rights and responsibilities as motorists.
- Ride predictably so that motorists can anticipate your next move and react accordingly.
- Always ride with the traffic flow, not against it.
- Stop at red lights and stop signs, unless a police officer waives you through.
- Remember pedestrians have the right of way, especially at crosswalks!
- **Ride single file, in a straight line.**
- Keep a safe distance from parked cars and be mindful of doors suddenly opening.
- Use hand signals to indicate turns, but always look before changing lanes. Do not assume your signal has been seen unless acknowledged.
- Use the correct lane when navigating an intersection. When going straight, keep left of right-turning traffic. When turning left, move to the left well in advance by looking back, signaling, and moving left when it is safe to do so.
- Ride a safe distance behind the cyclist in front of you. Please be aware when they are slowing or stopping.
- Always pass another cyclist on the **left**. Let the other cyclist know by *announcing* “**on your left**”!
- When someone lets you know they are passing, stay to your right.
- Ride defensively to keep you and everyone around you safe!

### IN ADDITION:

- Make sure your bike is tuned up before the ride.
- Cyclists should carry extra tubes and a small repair kit.
- Please carry a small amount of money, identification, and a cell phone in case you need help along the route.
- Watch the weather and carry/wear appropriate clothing.
- Be respectful of the areas you pass through. **You are all representatives of the New England Parkinson’s Ride!**