

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!**