

AIDS Ride For Life



ROAD SAFETY ORIENTATION AND ISSUES

1. **SAFETY** is the #1 issue when riding.

2. **THE BRAIN:** Your best piece of safety equipment.

1. Anticipate, think ahead, then react

3. **BIKE ISSUES:** MIRROR, bell, good tires, lights, rear flasher, check your bike before and after each ride (cuts in tires, frayed cables, brake pads). Keep tires properly inflated. Is anything loose? ON BIKE: extra tube, pump, water bottle

4. **CLOTHING and HELMETS:** Hi-Viz clothing (no black, dark blue/purple); gloves, glasses, make sure helmets “fit” properly (across the forehead, not covering the nape of the neck).

5. **DMV LAWS:** They apply to all cyclists, follow the ‘rules of the road’ and motorists are more likely to respect cyclists. There are 5 times more accidents for cyclists who do not follow the “rules of the road”.

1. Hand signals - turns, slowing down
2. Unlicensed Cyclists: **young riders** who may not ‘know the “Rules of the Road”
3. Ride a straight line (4-6” wide) - no weaving - be predictable!
4. RFL: No authority to stop / control traffic

6. **GROUP RIDING:**

1. Personal Comfort Zone (spacing) btwn bikes (front/back/side)
2. “Escape Route” - what is it and it will change moment to moment
3. Speed going downhill
4. Braking: increased distance with rain/gravel
 - a. “Tapping brakes” while riding in a group
5. Left Turns as a group:

7. **MUSIC TO YOUR EARS:**

- DMV: One ear bud only! NOT allowed on RFL!
- Cell-phones & GPS (Keep your eyes on the road)
- Cellphones - take ‘em, use ‘em (when you’re stopped)

8. **CAR ISSUES:**

1. Getting ‘doored’ (3’ distance from cars)
2. If the wheels are moving, the vehicle is moving.
3. Cars making right hand turns in front of riders
4. Cars that “zoom” past and then brake to turn right. The bike often ‘catches up’ to the car before or as they turn.
5. Road Rage - get the license plate/description of the car and report to police.
6. Don’t pass on the right hand side (if cars are stopped for lights).
7. Bikes will “lose” against a car!
8. Truck or car “wash” from being passed

9. ROAD ISSUES:

1. RR tracks (dew in NH, popping tires)
2. Gravel - potholes - glass - shoulder / broken pavement
3. "Taking the Lane" - Ride defensively, but assertively
4. Proper Gear to 'start up' at red lights or to "escape" a dangerous situation.
5. Avoid Blindspots for cars!
6. Ride Defensively, but Assertively
7. Scan the Road - see what's ahead and behind.
8. Rider Fatigue: Don't 'over-ride', rest stops - 100 miles
9. Know and always have an "Escape Route"
10. Communicate with other riders: "Car Back, On Your Left, Clear Back"
11. Dogs: stop pedaling and coast or 'out run em' if you can.
12. Scan the Road:

Scenarios:

1. Left turn from N. Meadow onto W. Buffalo @ Byrne Dairy / Joe's Restaurant: turn right into Buffalo and turn around to cross Meadow.
2. Left turn from Taughannock Blvd by the Jewel Box: left lane to left lane (if going straight to Meadow) or right lane (if going to S. Fulton)

10. HYDRATE OR DIE:

1. Food and fluids - eat/drink before you're hungry or thirsty.
 - a. Keep some type of food "on the bike" - 6 ppl shared a Clif Bar
 - b. A 10% loss of fluids can be life threatening!
 - c. Cognitive and physical impairment - dehydration
 - d. Eating/drinking for a 100 mile ride is vastly different than a 25 or 50 mile ride.
 - e. Post-Ride Nutrition - Hydration = VIP

11. RIDE LIFE LIFE SPECIFIC ISSUES:

- a. Motorcycles "Dudes and Dudettes" on route - Thumbs up (if OK) or down (if help is needed)
- b. Bike Techs:
- c. Seneca Falls: Road Marshalls

12. BE SAFE - HAVE FUN - SUPPORT OTHER RIDERS/VOLUNTEERS!

RIDE ROUTE OPTIONS:

42 Miles - Rider is bused to the Seneca Falls Community Center, you bicycle rides on a separate truck.

85 & 100 miles - begin at Stewart Park, follow route on the East lake side around to Cass Park

Indoor Cycling - new and growing in popularity! See