

SAFE CYCLING GUIDE

The Alzheimer's Association wants all of our Ride to End ALZ™ cyclists to have a fun and safe experience — both while training for the event and during the event itself. Follow these guidelines to look out for your safety and the safety of others while you're out on the road.



BEFORE THE RIDE

Check Your Gear

Be prepared with equipment that meets safety standards and has you covered during unexpected events.

MANDATORY



Mechanically safe bicycle in good working order
* See *All About Bikes* on pg. 3.



Helmet (ASTM, Snell, ANSI or CPSC approved)
* See *Five-Step Helmet Fit Test* on pg. 3.



Water bottle/hydration pack.

RECOMMENDED



Spare tube (highly recommended); portable pump;
small bicycle tool kit stored in bag under seat.



Electrolyte drink in bottle (like Gatorade); nutrition
bar or banana.



Prepare for all weather conditions and wear layers.
Clothing suggestions are: padded cycling shorts,
cycling jersey, rain jacket, fleece vest, leg or knee
warmers or tights (not padded), arm warmers,
padded cycling gloves, bike socks and shoes.

RULES OF THE ROAD

Following these rules will help you communicate with cars, pedestrians and other cyclists while staying safe.

General

- Obey all traffic laws, traffic signs and signals.
- Ride single file on the right — with traffic, not against it. Pass on the left. Don't weave.
- Use hand signals. Let others know when you are stopping, and pull off to the right.
- Alert riders around you by calling out dangers such as "rough road" or "gravel."
- Helmets should be worn at all times while riding.
- Headphones, iPods, radios and cell phones create a distraction and should not be used while riding.
- Watch out for motorists and opening doors of parked cars.
- Make left turns from the center of the road or left turn lane.
- Never cross the yellow centerline.

During Ride to End ALZ, the above guidelines apply in addition to those below.

- Ride to End ALZ is not a race.
- No drafting is permitted during Ride. Drafting can cause pileups.
- Ride is conducted on open roads. Obey instructions from the Ride Road Crew and local law enforcement; pay attention to road signs.
- Each rider is expected to speak out when observing a violation. When spoken to, the response should be in appreciation of the concern expressed.
- If you get a flat or have trouble, pull off fully to the right side of the road. If you give a thumbs down signal to a Ride support vehicle, a bike tech will be dispatched to help you.

Callouts and Hand Signals

Smart cycling keeps everyone alert. Use the following callouts and hand signals to communicate your position on the road and keep other cyclists aware of your presence. In addition, always repeat callouts from other riders; never assume that a cyclist behind you is loud enough for the cyclist in front of you to hear.

Here are some examples:

“Car back”

when you hear a car approaching from your rear.

“Car up”

when riding on a narrow roadway and a car approaches.

“On your left”

EVERY TIME and BEFORE you pass another cyclist.

“Door”

when you see someone in the driver’s seat when riding along parked cars.

“Slowing”

when slowing to make a stop or beginning to pull off the road.

“Stopping”

after you call out “slowing” and are ready to come to a full stop.

“Turning”

when making any type of turn and always in conjunction with the appropriate arm turn signal.

“Merging”

when you have been stopped and are getting ready to rejoin the bike lane of traffic.



To signal a left turn:
Put your left arm straight out to the left.



To signal a right turn:
Put your left arm at right angle with your hand pointing up.



To signal that you are slowing and stopping:
Put your left arm at a right angle with your hand pointing down.

Five-Step Helmet Fit Test

A bicycle helmet can protect your head and brain **ONLY** if you wear it properly each time you ride. Another person should help you conduct the five-step test.

<p>1. With one hand, gently lift the front of the helmet up and back.</p>	<p>If helmet moves back to uncover the forehead: Tighten the front strap to junction. Also, adjust padding thickness and/or position, especially in the back. Make sure the chin strap is snug. If this doesn't work, the helmet may be too big.</p>
<p>2. With one hand, gently lift the back of the helmet up and forward.</p>	<p>If helmet moves forward to cover the eyes: Tighten the back strap. Make sure the chin strap is snug. Also, adjust padding thickness and/or position, especially in front.</p>
<p>3. Put a hand on each side of the helmet and rock from side to side. Shake your head "no" as hard as possible.</p>	<p>If helmet slips from side to side: Check padding on both sides and make sure the straps are evenly adjusted.</p>
<p>4. Open your mouth (lower jaw) as wide as possible, without moving your head. The top of your helmet should pull down.</p>	<p>If helmet does not pull down when opening your mouth: Tighten the chin strap. Make sure the front and back strap junction is under each ear.</p>
<p>5. Check to see if the front edge of the helmet covers your forehead. The front edge of the helmet should not be more than 1 to 2 finger-widths from your eyebrows.</p>	<p>If helmet does not cover the forehead: Position helmet no more than 1 to 2 finger widths above eyebrows. Tighten any loose straps. Make adjustments so the helmet stays over the forehead.</p>

All About Bikes

It's very important that you feel comfortable on your bike. If you are purchasing a new bike, you'll need to choose from several different styles: road, hybrid, mountain or recumbent. When you visit bike shops, tell them about your participation in Ride to End ALZ and your future plans for cycling. This will help you make the best investment.

Bike Fit

Have a reputable mechanic check your bike and a bike fit professional check your fit. Most bike shops will do a basic check for fit, but a bike fit professional will do a more comprehensive check. Over the course of at least an hour, the bike fit professional will examine frame size in relation to your body as well as your saddle, handlebar and cleat positions. It may be good to do both of these checks prior to Ride, even if you are using a bike you've owned for many years.

How to Fix a Flat

A flat tire is a common occurrence out on the road, but with a little practice, you can fix it yourself and continue on with your ride! During Ride, bike techs will be working the route to help you with problems that may arise. To fix a flat yourself, you will need a lightweight pump, a spare tube or patch kit, and tire levers.



Once you're safely off the road, remove the wheel. Release any air still in the tire. To remove the tire, insert one tire lever under the bead (the tire's edge). Hook the other end onto a spoke to hold the lever in place. Hook the rounded end of the second lever under the bead next to the first and move it around the tire/rim until one side of the tire is off the rim.



Check the tire and remove the object that gave you the flat.



To patch, scuff the hole with the sandpaper in the patch kit and brush off the dust with your hand. Apply a thin layer of glue and let it dry for at least five minutes. Apply the patch over the hole and press firmly.



Inflate your patched or new tube until it holds its shape, then insert it into the tire. Do not use tire levers to reset the bead. When you get to the valve stem, tuck both sides of the tire bead low into the rim then push upward on the stem.



Inflate the tire completely.



Reinstall the wheel and reconnect the brake cable.

Many bike shops give free clinics on basic bike repair, including fixing a flat. If you'd like some hands-on instruction, ask shops in your community!

Words of Encouragement

Ride to End ALZ is a fully supported event for a range of riders, whether you're a novice cyclist, weekend warrior or avid enthusiast. Participants may feel tired or lethargic from time to time — riding longer distances can be hard even for the most experienced rider! Friendly comments can be the catalyst to spur someone up a hill or propel them forward during the last mile.

Words of kindness and concern during Ride are encouraged. You might say:



These encouraging phrases help to foster a fun and engaging community while cycling for a great cause!