

ALL RIDERS MUST READ AND SIGN THIS FORM BEFORE BEING ALLOWED TO PARTICIPATE IN THE FRIENDS FOR LIFE BIKE RALLY.

RULES OF THE ROAD – AND THE RALLY

Sharing public roadways is not a right – it's a privilege. By law, bicycles are classified as vehicles and as such are subject to the same laws. Careless cycling not only creates a bad impression of cyclists in general, it leaves spectators with a negative impression of the Friends For Life Bike Rally.

As we have to get 200 cyclists of varying degrees of experience to Montreal without injury, we have to take a no tolerance approach to enforcing these rules. The Road Safety Crew will remove Riders who are endangering themselves and others through careless cycling.

You must ride in as straight a line as possible so that cars or other cyclists can get by you safely. Practice on a deserted country road by riding with your wheels on the painted line (only if it's dry – road markings are slippery when wet) and try to look behind you without wobbling. Keep your hands, wrists and elbows relaxed to prevent swerving. Focus your eyes 20 feet ahead to provide enough time to signal and make smooth corrections in case something is in your way.

RULES OF THE ROAD:

1. DON'T ride without a helmet. They are mandatory on the Bike Rally.
2. DON'T ever steer or brake without shoulder checking and signalling first. Use both hand signals and verbal signals to make other riders aware of your movements and obstacles that are in your path.
3. DON'T ride in the middle of the road. Stay near the curb – if there are parked cars, ride just far out enough to avoid getting hit by opening doors. If there are a series of sewer grates or parked cars, don't weave in between them – drivers may not be ready for your sudden reemergence in their lane. Instead, ride in a straight predictable line only as far out as you need to to avoid such obstructions.
4. DON'T ride double on streets with any car traffic. Ride in an orderly single line.
5. DON'T run red lights, not even at T-intersections. What's your rush? You won't save that much time and you demonstrate to drivers that you don't respect the rules of the road, therefore diminishing their respect of cyclists in return.
6. DON'T coast past stop signs. Most accidents happen at intersections – never assume that the way is clear or that cars will see you.
7. DON'T block right turn lanes. When stopped at an intersection, don't block traffic by bunching up in the right lane – line up single file to allow cars to get around you. If you are going straight through an intersection and there is a right turn lane (or off/on ramp), shoulder check, signal your intentions, and steer steadily into the through lane. Once in the lane, stay close to the lane markings on your right.
8. DON'T wear headphones. It compromises your ability to hear approaching vehicles and verbal signals from other cyclists.

We won't take any chances when it comes to your safety, so please help us out by doing likewise and cycling wisely.

I, the undersigned, have read this document, fully understand it, and am voluntarily signing it.

NAME (PLEASE PRINT)

SIGNATURE

DATE