

## EVERY RIDER'S RESPONSIBILITIES ON A LVBC RIDE

- Arrive at the departing location, 10-15 minutes early, and be ready to leave on time.
  - NOTE: Remember that the scheduled ride time is the time the ride will leave the parking lot.
- Make sure your bicycle is in proper working order **BEFORE** you arrive.
- Carry spare tube, patch kit, pump (to fit YOUR bike and know how to repair/replace your tube and water bottle. It is each rider's responsibility to know how to make their own bike repairs or to be able to call someone if they need to get picked up due to bike mechanical problems.
- Wearing a **HELMET IS REQUIRED**.
- Practice safety and obey all traffic laws.
- Verbal signs every rider should use to alert other member's of the group ... "on your right/left", "Car Up", "Car Back" plus hand signals for turning, pointing out road hazards, etc.
- Remember to "Ride Right" and "Share the Road".

The League of American Bicyclists advised the best place to place your bike when on the road is in the same position where the front right wheel of a vehicle rides on the road.

- **ALWAYS NOTIFY THE LEADER** before leaving the group.
- Any rider who appears to be riding in an irresponsible manner may be asked to leave the ride.