

**MAJOR TAYLOR HOUSTON CYCLING CLUB**  
**GENERAL GROUP RIDE SAFETY INFORMATION**  
*Be prepared to enjoy the ride!*

**ARRIVE EARLY.** Plan on arriving at least 30 minutes early to the group departure time. You will need adequate time to: park, warm up, and perform a final equipment check to ensure that your bike is safe to ride. Then find your ride group for announcements or instructions from the Ride Leader.

**RIDE LEADERS.** Appointed to answer questions, maintain group structure, and guide you safely by teaching the joys of group riding with MTHCC.

**IDENTIFICATION.** It is strongly advised to carry a driver's license or wear a Road ID.

**HELMETS.** Required to ride. No helmet. No ride.

**ACCIDENTS.** If involved in an accident or a crash and a head injury is sustained, you are not permitted to continue on the ride. ***NO EXCEPTIONS.***

**NO earbuds, headphones or speakers.**

**BIKES.** No *TRIATHLON* or *BRAKELESS* track bikes or bikes with *AERO BARS* are permitted.

**GROUP RIDES.** These rides are *NOT RACES*. Be mindful of your fellow cyclists and ride safely.

**PACE.** Keep the speed steady and smooth.

**HOLD YOUR LINE.** Ride predictably and communicate your intentions to deviate from your line.

**DO NOT OVERLAP WHEELS.** Recommended following distance is half to one wheel length.

**CALL IT OUT. POINT IT OUT.** Alert your fellow riders and those behind you to upcoming road hazards.

**LOOK AND LISTEN.** Be aware of vehicles, other cyclists and pedestrians around you.

**TRAFFIC LAWS.** Obey *ALL* traffic laws. *STOP* at red lights and stop signs.

**GUEST RIDERS.** MTHCC welcomes guest riders. If you have invited a guest rider, you are responsible for that rider if they cannot keep up with the group. **DO NOT abandon them.** SAG support will be provided whenever possible.

**PRACTICE.** Respect the jersey. If attired in the MTHCC kit, you represent MTHCC. Lead by example. You are expected to be familiar with the club safety rules and assist others in abiding by the rules.

## **HELPFUL TIPS TO ARRIVE PREPARED**

**BICYCLE.** The day before a ride make sure your bike is in good working order. Inspect tires, gears, brakes, etc. to ensure that the bike is safe and ready to ride.

**TOOLS.** Carry at least two tire levers, a spare tube, a patch kit, a multipurpose bike tool and a pump or CO2 cartridges.

**CLOTHING.** Wear clothing suitable for the day's weather conditions. Bright or reflective clothing, padded cycling shorts or tights and cycling gloves will help you to be more comfortable during long rides.

**FLUIDS.** It is recommended that you have two water bottles for longer rides. Drink plenty of fluids the day before the ride. Sport drinks, electrolyte tablets and endurance drink mixes are also helpful.

**FOOD.** Bring easily digestible, familiar foods for longer rides; e.g., bananas, energy bars, etc.

**MONEY.** Have some cash for emergencies or just to purchase additional food, etc.

**LIGHTS.** Bring lights for use on the rides that occur during times of overcast skies, fog, rain or darkness. A white front light and a red rear light are recommended.

### **THE NIGHT BEFORE THE RIDE**

- **Plan on arriving at least 30 minutes early** to the group departure time.
- Be sure all essential items are accounted for. Helmet, shoes and glasses have been packed.
- Make sure all electronics are fully charged.
- Set your alarm, and get a good night's sleep.

### **THE MORNING OF THE RIDE**

- **Leave early to arrive early!**
- Be aware of traffic conditions; i.e., road construction, etc.
- Communicate to the Ride Coordinator ASAP if you will be late due to unforeseen circumstances.
- Upon reaching your destination, please set up and warm up in a timely fashion.
- Perform a final equipment check and join your ride group for announcements or instructions.

**HAVE A GREAT RIDE!**