

Rules of the Road and Ride

The Montgomery Bicycle Club would like you to enjoy your ride through the scenic roads of central Alabama safely. The ride takes place on public roadways with varying amounts of traffic. Many drivers may not know how to deal with bicycle traffic, especially with so many cyclists on the road at one time.

Further, we need to maintain good relations with property owners along the route (especially those who have agreed to allow us to use their property as rest stops).

To ensure that all riders have a safe and enjoyable ride, we ask that riders obey the following rules:

- HELMETS ARE MANDATORY (ANSI/SNELL APPROVED).
- Ride SINGLE FILE when a car or truck is behind you.
- Never ride more than two abreast, in accordance with Alabama law. Do not be a road hog, yield to riders trying to pass.
- Stay as far to the right as safely possible, except when making a left turn, or when going straight at a right turn only lane.
- Take a full lane when safety dictates. Pull off to let traffic pass when necessary.
- Make eye contact with drivers so you know they have seen you.
- Obey all traffic laws and signals. ALWAYS stop at stop signs. Your bicycle is legally considered a vehicle.
- Do not ride before daylight or after dusk unless you have proper lights on your bike, in accordance with Alabama law.
- If you stop for any reason, get completely off the road.
- Always ride defensively. Be aware of other riders, vehicles and pedestrians near you. Never assume you know what they are going to do.
- No personal sag vehicles allowed.

Rules for Riding in a Group

- Be Predictable: Group riding requires even more attention to predictability than riding alone. Call out stops and changes in direction to other riders.
- Know your limits. Crashes can occur when inexperienced cyclists do not have the bike-handling skills to make quick decisions in a pack.
- Pass on the left side only. Call out to riders you are about to pass, "On your left" or "Good morning". NEVER pass on the right.
- Communicate with your fellow riders using Ride Safe Language. Use traffic hand signals when appropriate.
- Announce hazards. Alert others to road hazards by pointing down to left or right and by calling out "gravel, hole, tracks, etc."
- Maintain control and speed of your bike, even going downhill.
- Never overlap your wheels with another cyclist.
- Courtesy is key! Be respectful of other riders and motorists. Help others when needed.

Courtesy Pledge when Stopping

- I will not be a litter bug. I will place trash in a jersey pocket, trash bag, or someplace other than the ground or road.
- If I have a call of nature while on the road, I will use one of the many port-o-lets placed along the route or a public rest room. If I must find a tree, I will venture off the road far enough so that no one can see me. I will on no account use the trees at a rest stop within 100 yards of a port-o-let.