

WHY BE A RESPONSIBLE CYCLIST?

With 7,000 cyclists on the road, each individual makes an impact—good or bad. The dangerous and disrespectful actions of a few can jeopardize the future of this Ride for all.

Our Ride has one of the best reputations in the country. We can keep it that way by being respectful and courteous to your fellow cyclists and supporting volunteers. Volunteers are trained to help you have the best experience. Following their instructions will not only ensure your safety, but also make the Ride more enjoyable for all.

After last year's cancellation, we are all excited to be back on the road this September. Let's make it the best ever! Be a Responsible Cyclist (RC) at City to Shore.

IMPORTANT REMINDER

The roads are open to all traffic Ride weekend! Due to the bike path detour, extra caution is needed on the route again this year.

TIPS INSIDE 

The future of Bike MS: City to shore is in your hands.



National
Multiple Sclerosis
Society

Greater Delaware
Valley Chapter
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Philadelphia, PA 19103

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City to Shore
Ride 2016

presented locally by



RULE THE ROAD...

September 24 & 25 /// Be courteous. Be responsible. Be safe!

...BY KNOWING THE RULES

WHO CAN BE A RESPONSIBLE CYCLIST?

Everyone! It's important that each cyclist set a good example by following the rules of the road and respecting the communities we ride through. Bike MS provides the necessary tools, but it's up to YOU to ride safely and courteously. Show your passion for City to Shore.



Take the pledge and find out about the benefits of Group Riding Skills courses at nationalMSsociety.org/CTSafety.

HOW CAN I BE A RESPONSIBLE CYCLIST?

DON'T BLOCK
the road

Stay alert

STOP
at red lights
& stop signs

WATCH OUT
for pedestrians

DO NOT
swarm cars at
intersections

AVOID
pacelines

NEVER
cross the yellow line

STAY
to the right

OBEY
traffic laws

NEVER RIDE MORE
than 2 abreast

IT'S AGAINST THE LAW
to use a cell phone
or wear headphones
WHILE RIDING

LOOK
before passing

BE COURTEOUS & RESPECTFUL
to communities
& fellow cyclists

USE VERBAL & HAND SIGNALS

- ▷ **Left turn:** Left arm straight out
- ▷ **Right turn:** Left arm straight out and bent or right arm straight out
- ▷ **"On your left":** Rider approaching your left side. Ride steadily and allow room to pass
- ▷ **"Car back":** Car approaching from the rear
- ▷ **"Gravel/Pothole/Sand/Tracks":** Combined with pointing, alerts other cyclists to hazardous road conditions
- ▷ **"Slowing/Stopping":** Cyclist is slowing or stopping. May be combined with turning palm of hand toward people riding behind