

Ride Rules

- **Every rider** must wear a bicycle helmet that complies with the US Consumer Products Safety Commission Safety Standard.
- All riders must agree to the Waiver Form online or submit a signed waiver to 3750 N McCarty, Houston, TX 77029 to receive a bib number.
- Riders 17 and younger must have the Waiver Form notarized before receiving a rider packet.
- A parent or adult guardian must accompany rider 16 years and younger at all times. The maximum ratio of adult-to-child riders is 1:3.
- Riders younger than 16 must review with their guardian all safety information for this ride.
- All riders must obey all state and local traffic laws.
- All riders must obey all Law Enforcement Personnel, Ride Officials, and Volunteers
- **Headphones, cell phones, ear buds, radios** and similar devices used in, on or around the rider's head or ears are not permitted while riding.
- Riders are not allowed to have any animals while riding.
- Inline skates (rollerblades) and skateboards are prohibited.

Cycling Tips

Cyclists need to have basic bike-handling skills and safety knowledge in order to keep themselves and others around them safe, especially while participating in group cycling activities like Bike to Build. Our focus is to provide a high quality, safe and fun bicycling experience. For this reason, Houston Habitat for Humanity is providing our cyclists with the knowledge and resources to cycle safely.

Important reminder! Always carry the following items:

- Identification
- Emergency contact information
- Insurance card
- Any important health information

ABC Quick Check

All cyclists are responsible for keeping their riding equipment in good working order.

A is for air - Check your wheels for worn tires, loose spokes, warped rims and tires for proper inflation. Check your handlebar for looseness at the headset and stem.

B is for brakes – Check brakes for function, cable tightness, worn pads, frayed cables, and alignment of the pads with rims.

C is for cranks, chain and cassette – Check your pedals and cranks for tightness. Check for chain looseness and bad links, clean regularly. Lubricate with bicycle chain lube. Check the derailleur for worn cogs and adjustment. Check that your gears change smoothly.

Check your helmet for cracks and make sure it fits properly. Check your shoes for tight cleats and straps and buckles in good repair. Make sure your bicycle saddle is the right height and the bolt is tight.

Know the Lingo

Group cycling has its own form of communication. The presence of road hazards, directions, and need-to-know information is relayed through the pack of riders by gestures and words. Remember to pass all communication on to the next cyclist behind you in the group. Speak loudly and clearly. The following are the most common terms you may hear in group-sponsored rides:

Rider left – means there is a rider on a bicycle passing on your left.

Rider right – means there is a rider on a bicycle passing on your right.

Car back – there is a car approaching from the rear.

Gravel – Pothole – Sand – Tracks – Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.

Flat – indicates that a rider has suffered a flat tire. Allow enough room for the rider to slow down and move to the right side of the road or trail for repair.

Slowing – Cyclist in front of you is slowing down.

Stopping – indicates that a rider ahead is stopping.

Basics for Group Rides

Group riding takes practice. Riding with other cyclist all around you may cause you to feel trapped. Simply relax, and have fun. Your responsibility to the pack requires the following:

- Be aware of others around you.
- Be respectful of other riders. Help others when needed.
- Communicate well in advance. Use gestures in combination with verbal commands
- Ride with your head up. Look down the road; not at the person in front of you.
- Maintain control and speed of your bike, even going downhill.
- Know your limits.
- Safety starts with you.
- Adjust your safety zone to fit the conditions of the road, weather and traffic.
- Never overlap your wheels with another cyclist.
- Do not use your aerobars in a pack.

Helpful Tips

SAG vehicles will be available along the ride. Take off your helmet and wave it in the air. It will indicate to the Houston Habitat for Humanity SAG vehicle that you require assistance. You will be taken to the nearest break station or to the starting point.

Ride Marshal Support – A special team of cyclists called Ride Marshals provide support on the ride. They will offer minor mechanical help or facilitate the contact with the SAG vehicles.