



Pedal-with-Pete, Columbus

A fun, active, meaningful day
for people of *all* ages and *all* abilities, *all* for cerebral palsy research

www.pedal-with-pete.org



Safety Notes

Cyclists:

1. Wear a helmet at ALL times when on your bicycle, even in the parking lots. (HELMETS ARE REQUIRED on this ride!)
2. Ride on the rightmost-third of the road at all times. Never get near the center of the road, *especially* in situations with blind curves or blind hills. Expect and respect CARS and TRUCKS on the roads.
3. Ride no more than two abreast, and ride single file in the presence of traffic.
4. Take downhill with caution. Watch out for loose gravel or rocks on corners and slow down if present.
5. Be courteous to motorists, knowing that their impression of bicyclists can be shaped by your actions.
6. Obey all traffic signals and laws.
7. Call out and signal all turns well in advance. Call out "Stopping" when intending to stop, and move to the far right side of the road before stopping.
8. Get off the road and stop when emergency vehicles with lights on or sirens blowing approach.
9. If walking hills, stay single file and as far right as possible.
10. Pass slower riders on their left when car traffic has cleared, and call out, "On Your Left" or even, "Hello" before passing those riders.
11. Wear bright clothing so that you are visible to motorists.
12. Save your earbuds for other activities; you need your hearing for cycling safety.

Walkers (and cyclists):

1. When crossing busy intersections, BE CAREFUL. Take responsibility for your OWN safety, even if a Police Officer or an Event-Organizer waves you through. Don't let someone else's mistake cost you your life.
2. Obey all traffic signals and laws.
3. Establish a meeting place should people in your group become separated, such as the Water Stop, or the Hilliard Heritage Middle School entrance.
4. Take water with you; we have extra water bottles available at registration.
5. Take the map along with you so that you can keep track of where you are. If needed, there are many cut-offs available to you that will get you back to your car in fewer miles. Also, feel free to take breaks! It's not a race!

"WHOEVER HAS THE MOST FUN, WINS!"

We ALL want this to be a safe, accident-free day. Please READ these Safety Notes. Be Safe and Have Fun!