

LEMONADE RIDE RULES/ETIQUETTE

Hosted by Natril Gear, Sponsored by Fort4Fitness

Natril Gear's Lemonade Rides are group bike rides with the purpose of remembering what we're made of (good stuff), what we want to do with our lives (good things), and what lemons are good for (making lemonade!). These rides are a time to re-charge by breathing some fresh air, getting your blood pumping, and being in community with others who want to make lemonade too.

We know the prospect of joining a group ride for the first time can be intimidating, we've got you covered! Just read our tips below:

1. **Don't be late.** Many riders have a limited amount of time to ride, so group rides typically start within minutes of the official starting time. We suggest arriving 10 minutes early.
2. **Helmets are mandatory.**
3. **This is not a race!** We're exploring the trails as a group.
4. **Stay alert.** Each person is responsible for his/her own safety. Don't make the common mistake of focusing on the back wheel in front of you. Instead, look up and out to the road/trail so you can see what's going on and be prepared for sudden changes.
5. **Don't overlap wheels.** Overlapping is putting your front wheel next to someone's rear wheel. If they move, they'll bump your front wheel and knock you down. Leave a space cushion between each bike for safety - think of it as a Safety Bubble.
6. **Hydration is important.** Bring a water bottle or some change for a drink after the ride.
7. **Follow the law.** Bicycles are held accountable to the same rules as vehicles. (Stop at stop signs, yield to pedestrians, etc.) When crossing a street, each person is responsible for making sure the intersection is clear before proceeding. Don't just assume that it's clear because the person in front of you just went through.
8. **Warn others of hazards.** Keep on the lookout for things that could cause problems and shout out a warning or point out the hazard. (Ex: "bump!", "pothole!", "car"!, etc)
9. **Ride and pass properly.** Stay to the right unless passing. If passing, pass on the left, and call out, "On your left" before you pass. Give them time to respond, and pass courteously.
10. **Hold your line.** This means to swerve as little as possible. If you need to move left or right, do so gradually after checking the area and making fellow riders aware of your intentions.
11. **Ride at your own pace.** If you are not comfortable with the pace at the front of the group, slow down. If you are just getting back into cycling and not feeling very confident in your cycling skills, please ride toward the back of the group.
12. **Don't slam on your brakes.** This could cause the rider behind you to crash into you. If you must brake, do so lightly or call out "slowing!".
13. **Be courteous to all.** Say "hello", wave, and stop to help if someone is in need.
14. **Enjoy the ride and look out for one another. Cycling is FUN!**

We would like to thank our sponsor and partner: Fort4Fitness! Together, we are working to bring positive change to our community through a celebration of healthy living and active lifestyles!

