

North County Cycle Club – Road riding Rules and Etiquette

NCCC requires members to obey traffic laws. They apply to cyclists the same as drivers: same roads, same rules, same rights.

- Full stop at red lights, even on right turns
- Do not dodge red lights by taking a right turn and returning to the road
- Do not switch from bike/travel lane to pedestrian crossing, unless you dismount.
- T-intersection stoplights (i.e. no road to the right) must be treated as if you were a motor vehicle. It's the law.

Outlaw behavior gives us a bad reputation, discourages membership. If club members are riding in an unsafe manner, tell them, even if they might be insulted.

Be courteous to residents and other drivers:

- At re-group or rest stops, do not block or crowd a resident's private driveway, leave trash or anything else on the property.
- At red lights, leave space by taking the travel lane and leave the turn lane free for right turning vehicles
- Make clear turn signals to other traffic – it may save your life.

Be courteous to your fellow riders:

- On no drop rides, let the ride leader know if you are leaving the ride or taking an alternate route.
- Carry current emergency contact information, such as a med app or "ICE" number on your phone.
- Follow the ride leader's instructions including deviations from the planned route.

Riding in a pack is dangerous (but fun)

- When drafting, do not let your front wheel overlap the rear wheel of the rider in front of you. If they move sideways and hit your wheel, you *will* crash.
- Hold your line. Look behind you before moving sideways. If you move sideways and someone's front wheel overlaps your rear, you will make them crash.
- Point at upcoming obstacles and call them out: "Glass", "Hole", "Runner Up" etc
- When slowing, call out "Slowing", "Stopping", put your hand down and outspread, or in a fist behind your back.
- Repeat the warnings of other riders to relay them to the other end of the pack.
- Keep a steady pace for the riders behind you. When taking the lead, do not increase speed until the last leader has tucked back into a drafting position.
- Call out traffic overtaking from the rear: "Car back".
- In narrow or "sharrow" lanes, occupy the lane by riding two abreast. If you are holding up a line of vehicles, work out where to pull over to allow them to pass safely.
- Where there is a bike lane and you are slower than normal traffic, avoid riding in the car lane, except to avoid debris, overtake another cyclist, prepare for your destination at an intersection – turning right or left or going straight.
- When a group gets split up by a red light, the group ahead will slow down until the group is whole again. This courtesy discourages running red lights.
- In a pace-line, the leader signals with a slap on their butt when pulling over to drop back.
- The rider in the rear of the group should call out "Clear to move left" for an upcoming left turn. This will allow the group to move safely and stay together.
- Pass other riders on the left. Avoid passing on the right. If necessary, call out prior to doing so.
- Do not draft on aerobars. Use aerobars when riding solo.

Suggested equipment

- Road *or hybrid bike* with freshly pumped tires (if soft, find out why). *Electric Class 1 and 3 e-assist bikes allowed – [see Policy](#).*
- Two water bottles are usually enough to get to the midway rest (25 miles).
- Fuel, about 250 calories is usually enough to get to the midway rest, and fuel for the second half of the ride, or money to buy it. Use energy drink in the water bottles, or an energy bar, or whatever you can easily digest. Eat some breakfast before the ride, or you will bonk.
- For flats, bring two inner tubes, tire levers, a pump, and a tire boot (2" length of old tire).
- Identification: Photocopy or carry your driver's license and medical card. Without ID, a police officer can search you and take you into custody.
- Helmets are required on club rides. Tape emergency information inside your helmet.
- Cell phone; use Ride with GPS to download the route to your cell phone; members can use spoken route directions. Or download route to your bike computer.
- Twenty dollars, and a credit card for emergencies
- Mirror, or eyes in the back of your head

Ride Start

- Rides depart on time, so arrive at least 15 minutes early and be ready to leave on time. Stragglers are not supported.
- Non-members must sign the liability waiver sheet before the ride.
- Read the entire route slip before the ride starts. If you are unfamiliar with the route, tell someone, so we will watch out for you.
- If you are new to NCCC announce yourself to the ride leader.

STAY SMART

Improve your bike handling, knowledge and safety in traffic by attending one of the San Diego County Bike Coalition's Smart Cycling classes. All the NCCC ride leaders are required to have a Smart Cycling certificate and it is good for you, too

Say "Hi" to someone new *and have fun.*