

Member Name	Member Number	Miles	Member Name	Member Number	Miles

Additional Guests Sign in Below:		
Guest's Name (Print)	Guest's Name (Sign)	Miles

Before the ride commences, introduce any new riders and please announce the following to all riders.

For your own safety, please obey the following rules of the road.

- 🚴🚴 All riders must wear a helmet at all times during the ride.
- 🚴🚴 Ride in a straight line as far to the right as possible.
- 🚴🚴 Don't ride more than two abreast and avoid bunching up, especially on hills and at intersections.
- 🚴🚴 Signal your intention to turn, change lanes, slow down, or stop.
- 🚴🚴 Be alert for overtaking cyclists and allow them room to pass.
- 🚴🚴 Advise those that you are about to pass by calling out "On your left" or "On your right".
- 🚴🚴 Get completely off the pavement when you stop for repairs or a rest.