SUBURBAN CYCLISTS UNLIMITED – OFFICIAL RIDE SHEET

www.suburbancyclists.org

Date:	Time:	Miles:	Speed:
Title:		To:	
Leader(s):		From:	

_____ Newsletter Listed Ride
_____ E-list Listed Ride
_____ Posted on www.suburbancyclists.org

IMPORTANT! READ THIS: All responsibility lies solely with the individual rider and not fellow riders, the leader, the club, or any of its officers or members. Ride leaders will not assume responsibility for minors. All traffic laws must be obeyed. **Wearing an approved protective helmet is required!** Please ride safely, responsibly, and courteously. What you do has a direct impact on you as well as the club.

Printed Name *(First = Ride Leader)*	**Emergency Phone** (Not your cell phone number)	**YOUR Cell Phone Number**	**Current SCU Member** (Y/N)
R.L.)			
2)			
3)			
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16)			

- **Wear an approved helmet on every ride**
- **Stop at all stop signs**
- **Obey all traffic signs and signals**
- **Use the correct lane at intersections**
- **Always ride with traffic**
- **Use hand signals for all turns**
- **Move off the road when stopped**
- **Call out "Car Back" and ride single file**
- **Call out "Passing on your left" & road hazards**
- **Scan behind before changing lanes**
- **Don't swerve between parked cars**
- **Keep a safe distance between other rider**

Any questions? Ask the ride leader!

Rev. 8/09