**** By signing this sheet, you certify that you have read the waiver and you understand and agree to its content. ****				
** Event Coordinators: Please notify bendbellacyclists@gmail.com of any untoward events that occur. **				
Event:		Date:	Coordinator:	
Name (please print)	Signature	Cell Phone	Emergency Contact	Emergency Contact Phone

Safe Cycling Best Practices

1. Ride as far to the right on the road as practical
    * Ride on the shoulder when adequately wide and safe
    * Ride single file when roads are narrow or have short sight lines
    * Control the lane when it would be dangerous to be passed by a vehicle
2. Obey traffic laws – honor all rights-of-way
3. Call out approaching vehicles: “Car up”, “Car back”
    * Move to single file when vehicles are present
    * Move right as far as practical to permit vehicles to pass
4. Pass on the left and call out “On your left”
5. Point out road hazards
6. Be predictable – Hold your line and speed
7. Be alert and aware – Anticipate potential problems
8. Leave the road completely when stopping
9. No one left behind – take care of one another

COMMUNICATION, VIGILANCE, TEAMWORK & MUTUAL RESPECT ARE CRUCIAL FOR SAFE CYCLING