

The following guidelines and suggestions are intended to summarize the expected behavior for participants of CSP Express club rides to help ensure a safe and enjoyable ride. We encourage riders to project a good public image and responsible riding.

Riders should exhibit considerate behavior towards other riders, pedestrians and motorists showing respect, courtesy and responsibility.

- Safety is a major consideration for CSP Express club rides.
- All riders must wear a helmet. Riders should also carry personal ID, medical information, medical ID, emergency contacts and a cell phone.
- Make sure your bike is properly maintained and that you carry spare tubes, tube inflators, tire levers, wrenches and tools. Learn how to change/repair a flat.
- Ride at a steady pace, accelerating and decelerating smoothly within the group speed guidelines
- Use hand and verbal signals for slowing, braking, turning or other road, motorist or pedestrian hazards.
- Be aware of your surroundings, cars and riders, have a plan in mind to avoid emergencies. Don't panic in unexpected situations
- Ride assertively anticipating hazards and taking the space you need on the road to avoid them.

- Abide by traffic signals (red and yellow lights) and be very cautious at stop signs and yield signs.
- Slow down prior to intersections, traffic circles and stop signs etc. to allow time for the proper group decisions.
- Pacelines can be single file or double file depending on road conditions and group size
- Do not overlap the front wheel of your bicycle with the rear wheel of another bicycle
- Maintain a safe distance from the rider in front of you
- When you are done pulling at the front of the paceline signal “tap out” , then rotate to the back
- The next paceline leader should maintain a smooth and steady speed to allow the last paceline leader to jump onto the back of the paceline
- In a paceline, conversations should be limited to keep the “yo – yo” effect to a minimum on the paceline. If you need to talk move to the back of the group
- Each paceline should keep with the pre-identified speed parameters
- If you want to “break out” do not do so from the front of the paceline during your pull but instead pull out to the left of the paceline for a sprint. The other paceline riders should close gaps and maintain speed

- Allow ample time for the entire group to negotiate obstacles and intersections
- If the group inadvertently splits, riders in the forward group should find a safe place to stop or slow down considerably to reform the group
- After intersections, be sure the group is reformed before resuming the group paceline speed
- Don't leave the group without notifying other riders or the ride leader
- Rides and routes are set up so that multiple groups follow the same route so that if you are with a forward group and tire, you can slow down or wait for a following group to come along and pick you up, bring you back to the finish

**\*Headphones, Ear Buds and Speakers are strictly PROHIBITED on all CSP Express rides. \*Aero bars are welcome, but **NOT** ALLOWED while in a paceline or rotation.**

**When using aero bars, either ride off to the left side or stay in the rear.**

This is for your safety as well as the safety of others around you.

CSP Express / zMotion requires all event / training ride participants to wear a helmet and obey all traffic laws (i.e. respect signals, stop signs, yield signs, etc.).

Use caution at intersections and respect all other road users (other cyclists, pedestrians and motorists).

As a participant, you recognize that cycling is a potentially hazardous activity and you assume all risks associated therewith.