



READ ME BEFORE YOU RIDE!!!

BICYCLE SAFETY AND COURSE INFORMATION

OUTLAW TRAIL ANNOUNCEMENTS

- 1) **Rest stops** are positioned every 12-15 miles. If you find yourself thinking, yes, I need a drink but I can make it to the next rest stop – stop. It may end up feeling further than you think as you get tired. Don't play with dehydration either – it will win.
- 2) **Sag wagon support** from Round Rock Parks and Recreation will provide road assistance and transport for those unable to complete the tour. **Bicycle Sport Shop will provide emergency bike repair on the course**, but be prepared to handle your own flats and minor repairs.
- 3) **Ride only what you've trained for and a distance you can complete by 5 pm when the course closes.**
- 4) **The entire Outlaw Trail 100 is open to traffic.** Please obey the rules of the road for the safety of yourself and others.

RIDING SAFELY

- 1) Remember that this is a ride and not a race. Exercise extreme caution at the start and for the first few miles. **Do not bunch up at the starting gun.** Keep your hands near your brake levers until the group thins out sufficiently to give you some breathing room.
- 2) **Ride two abreast** = every year we have cyclists complain that other riders are riding 5-6 cyclists across. Not only is this NOT SAFE, it congests the road for other cyclists and car traffic. Do not ride more than two abreast. **Do not ride in oncoming lanes.**
- 3) **BE careful at rest stops**- even if you are not stopping, yield as you pass each rest stop because other cyclists may make a last minute decision to pull over and stop. When you do stop, get your bike 100% off the road so other cyclists can continue by. Stopping in the middle of the road with cyclists behind you is an invitation to disaster.
- 4) **Announce when stopping!** – especially if you are in a pace line. If you're in a pack, NEVER use your brakes without announcing it! It could cause a huge pile up. NEVER SLAM YOUR BRAKES!
- 5) **Pace line** – it's not safe to ride in a pace line with strangers. You don't know their riding habits or if they know the rules of riding. Someone may unexpectedly turn or stop. Keep this in mind when you ride in a pack. If you've never ridden in a pace line, then don't do it now. You risk safety and that of others by doing so.
- 6) **Pedal when going downhill** – people behind you will appreciate that they don't have to brake.
- 7) At intersections without marshals or law enforcement officers, **OBEY ALL TRAFFIC CONTROL DEVICES.** Just because you are on an organized ride does not mean you are immune to stop signs or traffic signals. Let's all get back safely!

TERMS YOU NEED TO KNOW AND USE!

"CAR BACK" – car back is the term to call at cyclists in front of you to let them know that a car is behind the group and coming. When you hear this term, make sure you're to the right side of the road and that you haven't been riding more than two abreast. *Give way to the car!*

“CAR UP” this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you also know about the car.

“HOLD YOUR LINE” When someone yells, "Hold your line", this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, it could cause a crash.

“ON YOUR LEFT” or “PASS LEFT” - this means that someone is passing you on the left. Let them pass as they have the right of way. You should never hear "On your Right". If someone does this, kindly remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left". This indicates you've heard them.

“SLOWING / STOPPING” - this means that there is something that is causing the pack to slow down. This can be anything from a light, a slower pack of bikes, a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell. This is to indicate to others that you've heard them and that you are also slowing or stopping. This will also alert those behind you.

It's VERY important not to slam on your brakes especially if there are others behind you!!

POST RACE PICTURES – FREE DOWNLOADS

We are taking pictures ALL DAY LONG! Check out the post event pictures linked off of www.outlawtrail100.com on the City of Round Rock Flickr page. You can download these pictures for FREE. – pictures will be up by Monday, October 20.

POST RACE SURVEY:

Your feedback is valuable. Take a minute to fill out the post-race survey available after the tour at www.outlawtrail100.com. If you want to talk to us about your experience, please call 512-218-5540. We want to hear from you and welcome your suggestions.

Road Tips Courtesy of Bicycle Sport Shop and Fred Meredith, Austin Cycling Association. For more information on cycling consider a course through Bicycle Sport Shop www.bicyclesportshop.com and/or pick up a copy of Southwest Cycling News for additional tips www.austincycling.org.