

**ARTICLE I
Ten
Commandments
of Cycling**

- I. TC members shall always wear a helmet when riding, no exceptions
- II. TC members shall always obey traffic laws; ride on the right, ride single file when no shoulder exists, never ride more than 3 abreast, never run signals
- III. TC members shall always inspect their equipment before conquering the road
- IV. TC members shall always ride safely and within their ability; be predictable and visible at all times
- V. TC members shall never leave a fellow rider stranded; we ride as a group and we finish as a group
- VI. TC members shall always ride with proper etiquette; communicate, lookout for the safety of self and others, respect traffic and fellow riders
- VII. TC members shall always be prepared for mechanical emergencies with spare tubes, CO2, tools, ID, cell phone, and funds for the cab home if needed
- VIII. TC Members shall hydrate appropriately prior to, during, and after the ride
- IX. TC Members shall consume adequate types and levels of calories prior to, during, and after the ride
- X. TC members shall have fun

**ARTICLE II
Helmet**

Wear a helmet:

- **A helmet is required to ride with TC, no exceptions**
- A helmet is your last line of defense in an accident; never ride without one
- Helmets can reduce serious head injuries by 85% in a crash
- A helmet will not protect your head if it is not properly fit

Helmet Fit

- Make sure that the helmet fits on top of the head, not tipped back
- Always wear a helmet while riding a bike, no matter how short the trip
- After a crash or any impact that affects your helmet, replace it immediately
- The straps should be joined just under each ear at the jawbone
- The buckle should be snug with your mouth completely open
- Periodically check your strap adjustment; improper fit can render helmet useless

Ventilation

- In general, the more vents the better; improper ventilation can cause overheating
- Helmets with good ventilation can actually be cooler than riding with no helmet at all
- More vents usually mean a higher priced helmet; buy one that you are proud to wear

**ARTICLE III
Safety**

Ride on the right

- Always ride with the flow of traffic
- Do not ride on the sidewalk
- Allow yourself room to maneuver around roadway hazards
- Ride single file when there is no shoulder
- Never ride 3 abreast

Traffic

- Abide by all traffic rules and regulations

- Yield to traffic in busier lanes
- Roads with higher traffic volumes should be given right-of-way
- Always use signals to indicate your intentions to switch lanes
- Look behind you to indicate your desire to move and to make sure that you can

Group Riding

- Ride within your ability
- Train, don't race
- Never overlap your front tire with the rear tire of the rider in front of you
- Always pass on the left
- Communicate when passing "On your left"
- Communicate upcoming obstacles or debris to the riders behind you
- Ride your "line" (don't swerve)
-

**ARTICLE IV
Equipment**

(ABC Check)

Bike

- Ensure your bike is in good working condition
- Inflate tires to rated pressure as listed on the sidewall of the tire
- Check for damage to tire tread and sidewall; replace if damaged
- Inspect pads for wear; replace is there is less than 1/4" of pad left
- Check pad adjustment; make sure they do not rub tire or dive into spokes
- Check brake level travel; at least 1" between bar and lever when applied
- Make sure that your crank bolts are tight; lube the threads only, nothing else
- Check your chain for wear; 12 links should measure no more than 12 1/8 inches
- If your chain skips on your cassette, you might need a new one or just an adjustment
- Hubs need to be tight in the frame; your quick release should engage at 90°
- Your hub quick release should point back to insure that nothing catches on it
- Inspect brake quick releases to insure that they have been re-engaged
- Take a quick ride to check if derailleurs and brakes are working properly
- Inspect the bike for loose or broken parts; tighten, replace or fix them
- Pay extra attention to your bike during the first few miles of the ride
- Chain lubed

**ARTICLE V
Etiquette**

Bike

- Never leave a fellow rider stranded
- From a signal, start at a gradual pace and work up to the faster speed.
- Ensure your bike is in good working condition
- Inflate tires to rated pressure as listed on the sidewall of the tire
- Check for damage to tire tread and sidewall; replace if damaged
- Inspect pads for wear; replace is there is less than 1/4" of pad left
- Check pad adjustment; make sure they do not rub tire or dive into spokes
- Check brake level travel; at least 1" between bar and lever when applied
- Make sure that your crank bolts are tight; lube the threads only, nothing else
- Check your chain for wear; 12 links should measure no more than 12 1/8