

Greater Cincinnati Police Historical Society

Memorial Bike Ride Information Sheet

1. Start training now! Although the pace is moderate, riders will spend six to seven hours on their bikes each day.
2. Mountain bike riders should use slick tires in place of knobbies for higher air pressure and easier riding.
3. Inspect bicycles prior to each day of riding.
4. Bring extra inner tubes for your bicycles tire size.
5. Stretch before and after each ride.
6. Wear padded bicycle shorts and gloves.
7. Bring an assortment of all-weather riding gear for various conditions (rain, heat and cold).
8. All riders must wear approved bicycle helmets.
9. Drink plenty of fluids before, during and after the ride.
10. Use energy gels and nutrition bars to replenish your system.
11. Use sunscreen and Chap Stick and reapply often during the ride.
12. Bring along sports creams, aspirin, Band-Aids and other medical supplies.
13. Bring along a camera to record the fun!
14. Read and live tip #6! (Padded shorts)

Rules of the Road

1. Stay to the right side of the road, and ride two abreast.
2. If you need assistance pull off to the right side of the road and wait for assistance by the SAG vehicles.
3. Warn other riders when passing, slowing or stopping.
4. Callout all hazards such as potholes, train tracks and gratings.
5. Stay aware of your surroundings and expect the unexpected.
6. Watch for escorts as they pass and stay out of their lanes.
7. If you tire and start to lag, pull over and wait on SAG vehicle.
8. Do not ride ahead of the designated pace setter.
9. Do not hold onto any of the vehicles while they are in motion.
10. All riders must stay between the front and rear escort vehicles.
11. Adhere to ALL traffic laws and regulations.
12. Obey the escort's orders at all times. Anyone refusing to obey an escort's order will be sent home.
13. Make the ride safe and for everyone by adhering to the rules of the road.