



## **RULES AND REGULATIONS**

The rules and regulations of The Laurel Foundation Ride for AIDS are to be followed at all times while participating in this event, whether a rider or crew. Should you have any questions please contact The Laurel Foundation office at (626) 683-0800.

### **Safety:**

*Please note that anyone can be expelled for The Laurel Foundation Ride for AIDS at any time for violating any of the following during the event.*

- ◆ Our first priority is your safety; please make it your priority too. Please apply this while training and while on the event.
- ◆ As a participant you have the responsibility not only for your own safety but also for other participants in the event.
- ◆ Riding in a group is different than riding alone. Your riding behavior not only affects you; it affects others in the group.
- ◆ Unsafe riding behavior is cause for immediate expulsion from the event.
- ◆ You will be given a safety speech before the ride, please make these safety rules become second nature. If you are unsure what is unsafe riding, please ask a staff member or a fellow rider.
- ◆ Please cooperate with all staff, the highway patrol, local police enforcement, and road monitors at all times.

### **Proper Hand Signaling:**

Please visit this link for a great display on proper hand signaling:  
<http://www.harcourtschool.com/activity/bikesafe/bikesafe3.htm#ACTIVITY01>

### **Helmets:**

#### ***HELMETS ARE MANDATORY***

All participants must wear a properly fitted and adjusted ASTM-,ANSI-,CPSC-,or SNELL certified and State regulated helmet while riding in this event.

Waiver/release must be signed and you must show your helmet at event registration check-in table. All roads will be open to regular vehicle traffic. Cyclists are responsible for obeying all traffic laws.

### **Daily Check-In & Check-Out:**

It is important that you as a rider and crew check in and out with The Laurel Foundation staff at the designated area. This way the staff can ensure your presence for safety and informational reasons.

### **Riding Hours:**

Route opens at 7:00 A.M. and route closes at 3 P.M. You will only be allowed to enter the route at 7 A.M. and remain on the route until closing at which time you will be swept to the end location for the day. Again these hours are mandatory to ensure the safety of all the participants.

**Earphones/Cell phones:**

During the open route hours cell phones and earphones are not allowed to be worn or used, this can be hazardous while riding. Before and after open route hours is considered safe.

**Drafting**

Riders should never draft behind another rider or vehicle, regardless of cycling experience. Pace yourself, as drafting is not allowed.

**Laws:**

All participants must follow the mandated rules and regulations of the state and local law enforcement. Any participant not following these regulations will be in violation of criminal or statutory laws.

**Alcohol/Drugs:**

Crew or riders are not to be in possession or under the influence of alcohol or drugs at any time. Prescription medication is allowed, but is subject to examination by The Laurel Foundation medical staff at any time.

**Inappropriate Behavior:**

Inappropriate behavior would include fighting, use of abusive language, or harassment of others. Again any of this behavior will can be cause for automatic expulsion from the event.

**Vehicles:**

Only official Ride for AIDS vehicles will be allowed to follow or interact with riders during open route hours. Any other vehicle can distract or disturb other riders.

**Children/Minors:**

Children/minors are not allowed along the route during open route hours unless accompanied by an adult.

**Pets:**

Pets are not allowed on the event.

**Guests:**

Guests may visit any participant at Pits and ending location. Visits from guests are prohibited along the route.

**Leaving the Event:**

Should any participant wish to leave the event early before the event has concluded they must inform The Laurel Foundation staff at the check in area immediately. Actual transportation and related costs are the responsibility of the participant.