“Think Safe, Ride Safe”
Safe Cycling
Safety Overview

- Safety is a Frame of Mind
- What to Expect on the Ride
- How to Be Safer on the Ride
- Being Thoughtful of Each Other
- Is Your Bike Safe?
- Are You in Shape?
- Having a Good BP MS 150 Experience
- Riding in Packs and Pace-Lines
- Safety Tools Available to Participants
Safety is a Frame of Mind

- Your mental attitude toward safety is key
- If you think safety, you will be safer
- Think: Accidents are preventable
- Please think safety throughout the ride
Safety is a Frame of Mind

- The ultimate goal is ZERO accidents
- Each of us plays an important role in achieving this goal
- “Think Safe, Ride Safe”
- Together, with your help, we can do it!
What to Expect on the Ride

- Top Medical Issues on BP MS 150
  - 1 – Dehydration
  - 2 – Collisions with other cyclists
  - 3 – Hitting obstacles in the road
  - 4 – Sunburn
  - 5 – Equipment failures

- An ounce of prevention (or water) is worth a pound of cure
What to Expect on the Ride

- 13,000 cyclists riding at the same time
- For the first 50 miles, riders may be all around you
- The road will be congested with riders
  - Faster riders will try to pass you
  - Slower riders may block the road ahead of you
What to Expect on the Ride

- There will be packs of cyclists, riding fast
- There will be pace-lines, riding faster
- There will be slower riders in the road
- Breakpoint entrances and exits will be very crowded, including riders bypassing breakpoints altogether
How to Be Safer on the Ride

- Keep your head up and look ahead for problems
- Stay aware at all times of what is approaching from behind
- Use a rearview mirror to monitor faster riders, packs, pace-lines and vehicles approaching from behind
- Warn other riders around you of any safety problems
How to Be Safer on the Ride

- Keep side-to-side bike movements to a minimum – no swerving!
- Never cross the yellow roadway stripe to ride against oncoming traffic!
- When slowing down for any reason, alert others by loudly calling out “SLOWING!”
How to Be Safer on the Ride

- When stopping, move slowly and safely to the right side of the lane, then get yourself and your bike completely off the road.
- When stopping for any reason, loudly yell out “STOPPING!”
- If someone yells “SLOWING” or “STOPPING,” repeat the warning yourself so nearby riders also hear it.
How to Be Safer on the Ride

- **Never** ride in packs or pace-lines with people you don’t know
- It is safer to stay in the gaps between packs and pace-lines
- For slower riders, it is safer to keep to the right of the lane, allowing faster cyclists to pass safely on the left
How to Be Safer on the Ride

- When bicycles touch, riders go down and bones can be broken
- Never allow handlebars, wheels or any other part of your bike to touch another person’s bike at all costs
- Maintain personal space around you and your bike at all times by slowing or gradually moving over as necessary
How to Be Safer on the Ride

- Attend a BP MS 150 Defensive Riding Safety Skill Clinic
- You will learn to:
  - Feel more comfortable and confident to have a safe BP MS 150 experience
  - Protect your bike from touching anything while riding in proximity to other riders
  - Execute an emergency stop quickly and safely when needed
Another key to a safer ride is thoughtfulness.

Faster riders: Please be patient with slower cyclists – give them a chance to move out of the way.

Faster Riders: Please do not “chop in” on the front wheels of slower riders when passing.
Being Thoughtful of Each Other

- Slower Riders: Please stay to the right side of the lane, giving ample room for faster cyclists to pass on the left.

- Slower Riders: Please ride no more than two abreast (required by Texas law) and ride single file when packs and pace-lines approach from behind.
Is Your Bike Safe?

- Have an Official BP MS 150 Bike Store to inspect your bike
- You will receive a safety sticker once the inspection is completed
- The Official Safety Sticker entitles you to free mechanical labor during the Tour
Is Your Bike Safe?

- Wheels, Tires and Tubes
  - Worn tires or slow leak (replace)
  - Proper inflation (low or high is a problem)
  - Quick releases tight

- Handlebar
  - Headset/stem bolts: tight
Is Your Bike Safe?

- **Brakes**
  - Not rubbing on rim when brakes are open
  - Brakes engage when lever squeezed
  - Pads are not worn and are aligned properly

- **Chain**
  - Clean and lubricate regularly
  - Be sure to use bicycle chain lube
Is Your Bike Safe?

- Derailleur (Front and Rear)
  - Shifts smoothly
  - Does not jump off the large or small cogs
- Saddle
  - Seat post and saddle bolts tight
- Pedals and cranks
  - Tight (remember, these are reverse threaded)
Personal Equipment Safety Check

- **Helmet – Proper Fit**
  - Side straps must be vertical
  - Chin strap must be snug
  - Helmet must stay firm on your head
  - Will not push back over forehead

- **Shoes and Cleats/Toe-Straps**
  - Cleat bolts tight
  - Toe-strap buckles in good repair
Are You in Shape?

- Ride 4 – 5 times per week (indoors and out)
- Ride at a moderate pace during training
- Avoid “hammering” – leads to overtraining
- Build up miles and ride hills
- Ride in the heat to get acclimated
- Participate in Recommended Rides
- Learn to be safe riding in a group
Having a Good MS 150 Experience

- **Sunscreen**
  - Apply all over (before dressing)
  - Use “sport” sunscreen (lasts longer)

- **Pre-Hydration**
  - Start several days before the ride
  - Drink 8 – 12 glasses of water per day
  - Avoid alcohol during the pre-hydration period
  - Do not try new drinks just before the ride
Having a Good MS 150 Experience

- Hydration during the Tour
  - Carry two large water bottles on your bike
  - Don’t wait until you feel thirsty
  - Drink at least one bottle of fluid per hour
  - If skipping breakpoints, use a camel-back
  - Take in some salty foods at breakpoints
- Wear medical ID tags if appropriate
- Turn off cell phones during the Tour
- Do not use headphones during the ride
Having a Good MS 150 Experience

- Start slow and easy
  - Warm up your muscles gradually
  - Be patient and thoughtful of other riders
  - Sort your way gradually through the masses

- Focus on safety
  - Keep your head up: Look down the road
  - Be aware of what is coming from behind

- Maintain personal space
Having a Good MS 150 Experience

- **Breakpoints**
  - Pull your bike completely off the road
  - Obey volunteers’ instructions
  - Replenish
    - Food/drink
    - Sunscreen
    - Safety focus
- Be careful of traffic when returning to the road
- Allow a few minutes to return to your pace
Having a Good MS 150 Experience

- **Ride Marshals**
  - Ride Marshals are volunteers who promote safety
  - Their mission:
    - To help everyone to have a safe and fun ride
    - To assist in the event of an accident
  - Please follow all Ride Marshals’ safety instructions

- **Requesting SAG Support**
  - Pull your bike safely and completely off the road
  - Get off your bike
  - Remove your helmet and wave it to flag down the SAG driver
Having a Good MS 150 Experience

★ Cars
- Ride steady and be predictable
- Move to the right and give them room to pass
- Stay far enough from the edge to avoid obstacles
- Call “CAR BACK” to let other riders know

★ Dogs
- Slow down and be prepared to stop if necessary
- Try to keep the dog on the same side of the group
- You may yell, but don’t try swatting or squirting with water unless you are riding alone
Riding in Packs and Pace-Lines

- **Always** obey all traffic laws
- **Never** ride in packs or pace-lines with people you don’t know
- **Never** ride in a pack or pace-line while using aero bars
- **Never** ride at speeds that are above your comfort level
- **Never** make sudden side-to-side moves
- **Never** overlap wheels in proximity
Riding in Packs and Pace-Lines

- **Always** stay within your limits
- **Always** keep an escape route in mind
- **Communicate** (“Slowing,” “Stopping,” etc.)
- **Always** alert slower riders when approaching from behind
- **Call out** “Passing on your left!”
- **Never** “chop in” on the front wheels of slower riders as you pass
Safety Tools Available to Participants

- Web safety page (www.ms150.org)
- Online safety quiz
- Safety brochure
- Defensive riding skills clinics
- Inspections at Official Bike Stores
- BP MS 150 Recommended Rides
“Think Safe, Ride Safe”

Safety zone