



# Safety Regulations & Rules

*Event Date: April 3, 2010*

**Kaiser Realty, Inc. and the American Cancer Society would like you to enjoy your ride with Cycling' the Coast for a Cure. To ensure that all riders have a safe and enjoyable ride, we ask that all riders obey the following safety regulations:**

1. Helmets must be worn at all times while on your bike
2. Traffic Signs and Signals must be obeyed
3. No infants or toddlers in trailers or bike seats
4. If you must stop for any reason, get completely off the road
5. Ride single-file at all times
6. Point out road hazards and call out to riders behind you, "Gravel," "Hole," "Tracks," etc.
7. No headphones allowed
8. All routes are not closed to traffic. The only time you may ignore signs and traffic lights is when given direction by a police officer.

