

# Prouty Riding Etiquette

The Prouty is not a race so there is no reason to compromise your safety or the safety of other participants or motorists. While you are enjoying your ride please be mindful of the "rules of the road." We want you to enjoy your Prouty experience and come back again and again to help fight cancer!

**ALLOW CARS TO PASS - NO MORE THAN (10) RIDERS PER GROUP:** Limit pace line drafting to (10) riders, this allows motorists the ability to safely pass.



**OBEY ALL POSTED TRAFFIC SIGNS:** The Prouty does not file for a Competitive Race Permit; as a result, riders must obey traffic signs and signals - it's the law!

**RIDE SINGLE FILE TO THE FAR RIGHT:** "Persons riding two or more abreast shall not impede the normal and reasonable flow of automobile traffic." (NH. Law RSA265:144V)



**BE VISABLE & WEAR A HELMET:** NH state law requires a headlight and red reflector when riding before sunrise. Additionally, **helmets are REQUIRED!**

**FOLLOW DESIGNATED PROUTY ROUTES:** Besides not having roadside assistance and signage, riders unknowingly can cause two-way bike traffic on roadways which may not be able to support it safely.



**KEEP BIKE LANE CLEAR:** If stopping roadside is absolutely necessary, quickly move completely off the roadway. Don't force riders into the travel lane of motorists.

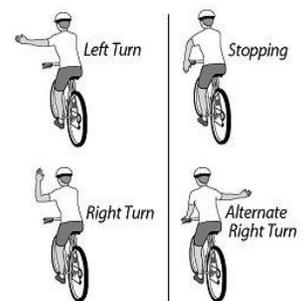
**DRAFTING:** If you're not familiar with proper drafting techniques don't attempt to join a group for the first time at the Prouty. Performed incorrectly, drafting can be dangerous and should be executed by experienced riders in groups of 10 or less.

**PASS CYCLISTS ON THE LEFT:** When passing a rider, call out "ON YOUR LEFT" and ALWAYS pass on the left. Never, attempt to pass on the right!



**BE PREPARED TO COMMUNICATE WITH OTHER CYCLISTS:** Basic riding courtesies apply during the Prouty. Plan to inform other riders of the following:

- Use hand signals and voice commands when turning, slowing or stopping.
- Point at and call out any road hazards: Potholes, glass, rail road crossings, etc.
- When passing a rider, on their left, call out "On your left"; do not pass on the right!
- Give a loud verbal caution to other riders when a car is approaching from the rear by yelling "Car Back" or "Car Up" when a vehicle is ahead.



## KIDS AND BICYCLING SAFETY AT THE PROUTY

- Wear a Helmet: Helmets are a Prouty and state law requirement for kids.
- Be Predictable: Kids should ride in a straight line with no sudden stopping.
- Ride to the Right: Kids should stay to the far right, allowing others to pass.
- Passing Kids: Never assume that kids see or hear you, give them room.
- Tagalong Bike Trailers...
  1. Don't overload the trailer with multiple kids or a dog
  2. Have the bicycle and trailer tuned up with extra attention given to the breaks
  3. Ride slowly and in control at all times, especially on a downhill descent
  4. Cyclist warm up rapidly, kids in trailers - not so much, dress them appropriately!

**REPORTING MEDICAL EMERGENCIES:** Dial 911 directly without delay. Make yourself visible helping to detour bicycles and vehicle traffic as needed. If you choose to render first aid, do so only to the extent of your training. When appropriate, call the Prouty Incident Command Center at (603) 646-1593 with the participant's bib # and nature of incident.

