



INFORMATION FOR CYCLIST

You are required to obey all California Motor Vehicle Laws that apply to cyclists !

Bicycle riders must keep to the side of the road. **Please do not ride two abreast as the road is too narrow.** Note: road will not be closed for ride so expect some traffic. According to California Motor Vehicle laws, your bicycle must be equipped with the following:

1. Brakes that enable the operator to make one braked wheel skid on dry, level, clean pavement.
2. A headlight which is visible from a distance of 300 feet in front. A Cat Eye brand light that uses AAA batteries is adequate.
3. A red reflector on the rear of the bike which is visible from 500 feet when viewed directly in front of the high beams of a car's lights.
4. Reflectors on both pedals visible from the front and rear or reflector tape on your shoes, if you have clipless pedals.
5. A white or red reflector on both wheels which is visible from the side or reflector tape on the wheel rims (best).

****YOUR HELMENT MUST BE WORN AT ALL TIMES WHILE RIDING!**

BICYCLE GEAR LIST

It is suggested that you come prepared for extreme heat, cold and strong winds. The ride temperatures may range from 120°F to 30°F.

Required Bicycle Gear List

headlight with spare batteries and bulb-see above description

helmet(Snell or ANSI approved)

reflectors-see above descriptions

Suggested Bicycle Gear List

tire pump (floor type carried by SAG)

spare tubes and tires

tool kit

sunglasses

water bottles or a CamelBack: 3 or more bottles or an extra CamelBack bladder in an ice cooler

Riding Clothes--Be Prepared for High Winds and Both Extreme Heat and Cold

windbreaker

hat that fits under helmet or a helmet cover

insulated top

tights

gloves

booties