RULES OF THE RAC

- We ride in a way to be a good example to all 5th graders.
- We support everyone, not just our own kids.
- We ride predictably.
- We single file. We never ride next to each other. Tires never overlap.
    - If you need to speak to your child, stay behind her/him and raise your voice.
    - Or pull over.
- We stop at stop signs, individually, at the white line, and put our foot down. Every time.
- We wear vests and name tags. Front and back. Large enough for us to read
- We wear vests over camelbacks. Unless it's neon yellow. Then we don't care.
- We never pass our front volunteer
- We scan left before we pass other riders.
- We say "passing on the left" when we pass other riders.
- We never pass on the right.
- We only pass two people at a time.
- Stay in your seat
    - Please encourage your kids to stay in their seats
    - Standing up and sitting down (and standing up and sitting down) makes for an uneven experience for the riders behind you
    - Encourage your child to **shift** instead of standing and powering through.
    - Our hills are long. This is a marathon and not a sprint, and it's the rare 5th grader who can stand for the entire uphill.
    - If your child stands up for momentum, check the saddle. It might be too low.
    - The occasional standing stretch to rearrange one's shorts is appropriate.
- We stop on uphills only when we have to
    - If we have to stop, we look for a shady and flat-ish spot
    - If we have to stop, we move to the right to let others pass us
- We try to make it to the top of the hill
    - By using smaller gears, smaller numbers
    - By hamstering (spinning)
- We never pass when there is no space ahead of us.
- Kids stay with their parents. Parents stay with their kids.
- We say "slowing" when we slow down and "stopping" when we are about to stop and "going" when we are going again.
- We don't take pics or videos while riding.
- We are friendly to all passing motorists.
- We follow the advice of volunteers and Youth Support.
- We treat everyone with respect.
- We share this list with our kids.
- Don't walk hills
- Yellow means stop

Safety is our 1st priority. (Fun is our 2nd)