



**Safety is priority number one for Chefs Cycle. We want everyone to enjoy the rides each day but also to return each evening with a smile on your face. We have set aside a few helpful recommendations and expectations for you on this journey.**

### **BE CAREFUL**

Many of the roads in Sonoma Co are challenging and technical so be careful. There are places along each days routes where people have injured themselves because they have gone into a turn too fast or had a lapse in their attention. If you do not slow yourself soon enough before turns, you could find yourself descending some sections of road well beyond the speed limit. This is not safe. Turns on these roads can be very sharp, very sudden, and occasionally have a decreasing radius (they get steeper and harder as you enter them). They are also rugged, with potholes and cattle guards that you will have to navigate. Do not underestimate how difficult this ride will be, in terms of both the fitness it will require and the bike handling ability it demands of you.

The extra credit portions signified by the orange and white polka dot course signs are not for all participants of the ride. A select few are looking to inflict as much pain on themselves as possible. Please reach out to the planning team at Chefs Cycle prior to the ride to get clearance for these extra credit portions. The regular routes are plenty challenging, so please do not feel as if you have to take on any additional mileage.

### **RULES OF THE ROAD**

#### **STAY RIGHT**

Many of the roads you will ride are very narrow, with no centerline. **They will be shared with vehicular traffic.** Please ride to the right and single file when on narrow sections of road. While CHP, medical, and official support vehicles will be along for the ride and working at intersections, **none** of the roads are *closed* and there will be occasional non-event vehicles traveling with and against you. While traffic on these roads is usually light and the speed limits are low, cars are still there. It only takes one.

#### **RIDE COURTEOUSLY**

We are conducting this event on some of the most remote roads in Sonoma Co. Nevertheless, these roads pass through working landscapes and those who use these roads require your respect and courtesy. Residents along these routes will be alerted to the event, but this many cyclists using these roads at one time is an anomaly. Please be courteous to drivers and let them pass by moving to the right whenever it is reasonably safe to do so.

## **DO NOT LITTER**

If you are seen throwing garbage or trash, gel packs, inner tubes, or any other disposable items onto the ground, you will be fined for littering. In California, this fine for littering is as much as \$2,000 per occurrence. We will not be cleaning up after you.

## **ENFORCEMENT**

We will enforce all of these rules in order to ensure rider safety. There are always a few people in any large group of cyclists who, for one reason or another, disobey the rules of the road. In a ride this big and challenging, there can be serious consequences to this sort of recklessness; some could even be fatal. On-bicycle event marshals, CHP, and SAG staff will be riding with you to offer the best and safest experience possible. They will also ensure that all of these rules are being followed.

## **CONDUCT**

Please remember you are representing Chefs Cycle, the staff, and the cause while you are wearing our jersey and riding in this group, please act accordingly. Aggressive behavior toward vehicles, pedestrians or other cyclists will not be tolerated and leave a black eye not only for you, but also for the event as a whole. If that should happen we would run the risk of not being able to bring this event back and would then affect our cause.

## **REST STOPS**

Rest stops will be located every 15 – 20 miles and each will have food, water and mixed hydration drink. You should still carry at least two full bottles with you and gels or bars in your jersey pockets just in case. You will want to make sure you are staying hydrated and fed throughout the day to replace what you are burning. If you wait until you feel hungry or thirsty, then you have waited too long to refuel or hydrate yourself.

## **ENJOY YOURSELF**

We want you to leave as ecstatic about the event as we are to produce it. If you follow these rules, keep your head up, and treat others like you would like to be treated, you will leave with one very memorable experience.