










**Girls Ride Out**  
 Thursday Evenings  
 6PM start time  
 St. Patrick Catholic Church  
 Arcola Rd. just past the tracks  
 Arcola, IN

 <p><b>The Ride:</b> This moderately paced ride is to get more women out on bicycles. The plan is to keep the group together, ride at a pace that allows us to do so, help new riders to become familiar with riding with others and to finish with wanting more.</p>	 <p><b>Lights</b> – a tail light would be recommended 'just in case'. Most tail lights are flashing but it would be nice if it had a solid light so the person riding behind doesn't fall into a hypnotic trance.</p>
<p style="text-align: center;"><b>Before you ride</b></p>  <p>Make sure your bike is in GOOD working order. Pump up tires to the pressure specified on the sidewall. Bring essentials: spare tube, a pump, patch kit, water bottles, pocket food, ID and money.</p> <p><i>...eat before the ride...bring water</i></p>  <p>Since sunset is approaching we will not be stopping for a rest break.</p>	<p><b>SHARE THE ROAD</b></p> <ul style="list-style-type: none"> <li>• Ride on the right with traffic. <b>NEVER</b> ride against traffic</li> <li>• Obey traffic signs, lights and road markings .</li> <li>• Give right of way to those moving slower than you.</li> <li>• Use correct hand signals when turning or stopping.</li> <li>• Do not pass on the right.</li> <li>• Ride no more than two abreast.</li> <li>• Bicyclist are entitled to ride 2 feet from the curb or side of road.</li> </ul>   <p><i>Remember the road is shared by both- vehicles and bicycles.</i></p>
<p><b>Top Ten Items You Will Need For The Ride:</b></p> <ol style="list-style-type: none"> <li>1. Road bike – one you will be able to ride about 15 MPH</li> <li>2. Helmet – make sure it fits</li> <li>3. Bike Shorts – Ahhh!</li> <li>4. Brightly colored jersey</li> <li>5. Gloves</li> <li>6. Water Bottles</li> <li>7. Seat Pack w/tube</li> <li>8. Tail Light</li> <li>9. Computer</li> <li>10. Tires aired to max pressure</li> </ol> 	<p><b>ROAD BIKE ETIQUETTE</b></p> <ul style="list-style-type: none"> <li>• Be predictable</li> <li>• Ride in a straight line</li> <li>• Point out pot holes – don't swerve</li> <li>• Use brakes lightly in the group</li> <li>• Call out car back or car up</li> <li>• Let other know your intentions</li> <li>• Right arm out to turn right</li> <li>• Left are out to turn left</li> <li>• Call out if cross roads are clear</li> <li>• Don't use aero bars in the group</li> </ul>
<p><b>Any questions email Kathy at <a href="mailto:Publicity@3rvs.com">Publicity@3rvs.com</a></b></p>	