



Bicycle Safety & Etiquette

Shammies 'N Koozies could not take place without the support and coordination of numerous local communities and agencies. Please obey the rules of the road and respect the local citizens who welcome this event with open arms.

1. WEAR A HELMET AT ALL TIMES.

2. Follow the Rules – Follow all traffic laws an automobile driver would observe which include but not limited to stopping at red lights, stop signs and yielding to pedestrians. In some cases, a police officer patrolling an intersection will give the riders the right away – in this case, it is okay to proceed with caution.

3. Radio Devices – Headphones, cell phones, radios and other similar devices are NOT permitted while riding.

4. Be Predictable – Smooth, consistent riding is the key to ensuring everyone riding feels comfortable and safe.

5. Know Your Limitations – Utilize the Course Support Provided – There will be Rest Stop's with food, hydration and mechanical support roughly every 10-15 miles. There will also be numerous SAG (Support and Gear) vehicles along the course.

6. Call Out Any Change – Call out "Slowing", "On Your Left", "On Your Right", "Car Up", "Car Back", etc.

7. Do NOT Overlap Wheels – Be cognizant of those around you and pay attention to the position of your front wheel vs. their back wheel.

8. Ride Single File or 2 Abreast – Shammies 'N Koozies is by definition a 'rules of the road' ride, which means the roads are open to traffic. Please do not endanger yourself and others by riding more than 2 Abreast, or in some cases single file.

9. Signal – Be sure to signal with your hands or voice so that everyone knows your intentions.

10. Stay to the Right – Ride as far to the right as is practical, unless you're making a left hand turn or avoiding hazards in the road. If you must stop, do your best to move off the road when you stop.

11. Leave No Man/Woman/Child Behind – If you are riding in a group and get separated at an intersection, as a matter of courtesy, you should soft pedal until the rest have rejoined.

12. **Use Caution On Descents** – Watch for signage indicating dangerous descents and be ready to slowly apply the brakes if necessary.

13. **Say “Thank You”** – Shammies ‘N Koozies could not exist without the many volunteers and agency support on-course.

Bicycle Safety – What to look out for

1. **Crossing Fast-Moving Traffic** – There are few points in the course where you will have cross fast moving traffic. These intersections will be controlled by Hays/Comal County police officers, so please make sure you follow their instruction.

2. **Steep Climbs** – Shammies ‘N Koozies has a few significant climbs. Please make sure you read the course descriptions, course logs, study the course profile and train appropriately.

3. **Steep Descents** – With every good climb there is always a fast descent and Shammies ‘N Koozies is no exception to this rule. Please be prepared, watch other riders around you and look out for signage and course marshal’s indicating a steep descent. When descending, it is always a good idea to have your hands on the breaks just in case – when using the breaks, do not press on just one – slowly press on both sides to ensure a safe slow down.

4. **Cattle Guards** – Cattle Guards are a staple on country roads in Texas. The key to going over a cattle guard safely is to take a straight line and do not pedal. If you have any doubts, please do not hesitate to get off your bike and walk across.

5. **Low Water Crossings** – You will encounter a series of low water crossings during your journey through the Texas hill country. Depending on the amount of rain, they have the potential to be moist and slick. Please pay close attention to course signage and volunteers when approaching the low water crossings. Do not hesitate to walk across if you are not confident riding.