


One Love Century – Rules of the Road

It's all about the love of cycling and our cycling family! Let's keep it friendly, watch out for each other, and enjoy the ride.

Here are a few guidelines to help everyone stay safe:

- **On the Road Course markings** - are a #1, heart, and arrow showing direction, and a route# (16, 27, 43, 61, 100-miles). Road signs do not show route direction.
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- **Safety reminders:**
 - **Helmets are required**
 - **Hydrate, hydrate, hydrate** - before, during, and after ride
 - **Obey traffic laws** - stay in the right-hand lane we do not have closed roads. Don't challenge cars or yell at drivers, you will lose. Watch for course markings when approaching intersections and leaving rest stops
 - **Stay focused** - be aware of riders around you esp. if you are stopping, moving to the left/ right, or passing. Be predictable in your movements, hold your line, and pass on the left
 - **Use your voice & signals** - alert others by pointing out road hazards. Yell slowing, stopping, passing left; when doing so.
 - **SAG Support #719-581-2552** - is on maps but store in your phone. Call 911 first if an actual emergency, then alert SAG
 - **Recognize your limits** - don't hesitate to ask/call for help
 - **Police officers** - we have officers assisting at critical intersections and monitoring locations in the various counties we pass through. Give them a loud THANK YOU and ONE LOVE!

Let's Keep Our One Love Family Safe!