

Over Hill and Dale

July 20, 1997

Ride Leaders: Dan Shields and Denise Basch

Decorah Central High School (DCHS) - SW 1 mile from I-465 on SR 67

TOP TEN RIDE TIPS:

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| 10. Is the bike ready (air/brakes/crank/quick releases/shifting)? | 4. Never ride three or more abreast. |
| 9. Is the rider ready (helmet/water bottles/cut sheet)? | 3. Ride two abreast only if it can be done safely, and with no impact to the flow of vehicular traffic. Share the road! |
| 8. Make sure to drink lots of water, before getting thirsty. | 2. Be vocal! Call out (loudly!) Cars Back, Up, Right, & Left, road hazards such as Holes or Debris, and if you are passing another cyclist ("On Your Left!") |
| 7. Ride predictably and be visible at all times. | 1. (drum roll, please) ENJOY THE RIDE!!!! |
| 6. If you must stop for any reason, get well off the road! | |
| 5. OBEY ALL STOP SIGNS, especially in town where visibility may be limited! | |

