

VELOTHON RACE TIPS **CYCLESMART**

Safety is at the heart of a positive road cycling experience. Accidents can be prevented with preparation and practice. That's why we created CycleSmart and developed a set of guidelines for safer racing for everyone.






We provide Cycling Guides in every starting block. These guides are experienced cyclists who cycle along with participants through the whole race.

- They provide orientation
- They alert the participants for possible dangers
- They motivate
- They give instructions
- They support the athletes in dangerous situations

10 TIPS TO CYCLE SMART DURING A VELOTHON EVENT

- 1 Immediately after the start the street is crowded and everyone is nervous. Keep calm and act cool-headed — you have enough time to get into a good position.
- 2 Cycle with care and always hold a straight line.
- 3 Keep in mind that your manner of riding also influences all the other participants in your surroundings. Strong brakes and fast shifting can be dangerous for you and the people behind you.
- 4 Give the people behind you a sign with your hand when you see a curve or possible dangers.
- 5 There will be information and signage along the course. Be sure to pay attention!
- 6 Keep the environment clean. Don't throw any kind of waste or food onto the street.
- 7 Be careful and cautious and treat other participants with respect.
- 8 On your finish sprint, stay in a straight line and be aware of other finishers.
- 9 When finishing, keep both hands on your handlebars.
- 10 Don't stop after you cross the finish line. Keep moving until you reach the service area.

IMPORTANT HAND SIGNALS

STOP	LEFT TURN	RIGHT TURN	OBSTACLES ON ROAD/ROAD SIDE	
				
Raise your hand and clearly indicate that you intend to stop.	Indicate with your full hand your direction well in advance.		Point towards the obstacle with your finger and warn others.	Indicate obstacles along the race course with your hand behind your back.