

Maine Lighthouse Ride

We want your ride to be a safe one!

Be Courteous -- Unsafe riding is dangerous and inconsiderate. Signal turns with your voice and hand signals. Ride straight and stop only after signaling. Pass on your left only and call out "on your left" to those you are passing. The MLR is not a race – practice patience and courtesy.

Group Riding -- Riding in a group is very different from riding by yourself. Your riding behavior affects your life and the lives of others. You are sharing the road with riders of all skills and abilities. Ride single file – let's show motorists that bicyclists know how to follow the rules.

Riding on Multi-use Paths -- Riders will be on a multi-use path (both paved and unpaved) for 5 to 10 miles depending on the ride. Please be aware that you are sharing the trail with pedestrians, joggers, roller-bladers, and other users. Slow down and give plenty of warning when passing. **At the Wainwright athletic complex, please be courteous to people** attending the soccer and football games who might be on the path.

Save the Tunes for After the Ride -- The use of ear buds, radios or cell phones is **strictly prohibited** while on the ride. You need all your senses to safely co-mingle with other cyclists and with motorists.

Drafting -- following right behind other cyclists is best left to the professionals. **Drafting is prohibited on the MLR by anyone.** Drafting endangers yourself and others.

Pull Off the Road when Stopped -- Don't block the road or force other cyclists to swerve out into the roadway unnecessarily. If stopping, pull completely off the road, even if just for a few seconds.

SAG Vehicles -- There are 4 Special Assistance Guys vehicles on the MLR route who can provide a lift to the next rest stop. They carry tire pumps and basic tools. If you need a SAG vehicle, move safely off the road, dismount and call the number below. Stand near your bike and wave your helmet at a SAG vehicle as it approaches (yellow emergency light on roof). Please be patient as you wait for a SAG vehicle to assist you.

Problems on the Ride? Call 207-831-2111