

## PMC KIDS RIDE – EASTON

Before you go!

### SAFETY RULES

Please assist your rider with having the right gear and please review the Ride information, map & safety rules with your child before the ride. Please apply sunscreen and bug spray. Visit <http://www.kids.pmc.org/easton.aspx> and find us on Facebook at Easton PMC Kids Ride for updates.

- ✓ This is not a RACE, it is a RIDE. Riders 2yrs to 15yrs. Un-safe behavior will not be tolerated.
- ✓ Parents/Spectators must stand to side of the bike loops, please do not walk on course. Meet at a "Pit Stop". To cross the street please do so through Creation Station on Spooner Street (see Map provided available at check in).
- ✓ **HELMETS** are mandatory (US CPSC-approved) & **Brakes and Tire Pressure** should be checked before arriving
- ✓ Headphones, iPods or use of cell phones while riding is prohibited
- ✓ Pay attention to course signs. All riders must stay within their loop course, following ride signs, slow down/caution and directions. To pass a slower rider, do so carefully and by calling out loudly "On your left!" or yell "On the outside!"
- ✓ **Listen** to instructions of volunteers **along the route** - signal a volunteer if you need help
- ✓ Ride **SINGLE FILE, STAY ALERT and use verbal alerts for other riders**; One-rider per bike, no piggy-backing
- ✓ Stop at water-stops to **Stay hydrated**
- ✓ If you are hurt, go to First Aid tent for assistance
- ✓ At a STOP SIGN, **STOP COMPLETELY**
- ✓ Do not stop suddenly in the middle of the road. If you need to stop, pull completely off the road and to the right.
- ✓ If you are going to take a break, don't pull off to the side unsafely - go to a "PIT STOP", park your bike in BIKE PARKING [REFER TO MAP]. When you restart, carefully look for an appropriate time to rejoin the ride.

### RIDER CHECKLIST

Know before you go!

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- ✓ I have my **BIKE** & I have my **HELMET** (proper fit checked☺)
- ✓ I am wearing my **SNEAKERS** or closed toed shoes & I am wearing my PMC Kids Ride **T-SHIRT**
- ✓ I have my **BIKE TAGS** & **TWIST TIES**
- My rider number is attached to my handlebars
- ✓ I understand the **SAFETY RULES**
- ✓ I know where to go & what to do when I arrive - Bikes should be parked in Designated Bike Parking Areas
- ✓ I know where I need to be for **START LINE\*** at **10am**
- ✓ (See below for START LINE information.)

Plan to arrive by 9am. Get acquainted with all the activities so you can plan your morning! We never know who may surprise us!

#### AGENDA

**9am** Please park your bike and go to rider check in first.

- Share stories & sign the Pan-Mass Challenge banner with your name and who you ride for.
- Go to Helmet Check with your helmet to be sure it is fitting properly, receive a PMC bracelet and be ready to ride!

**9:45am** Opening ceremony - Meet between WROR tent and the flag pole for. Then, walk your bike to Start Line (see below).

**10-11am** Pedal on!! Enjoy your 1-hour RIDE. Complete as many loops as you can. Pull off safely if you stop at a PIT STOP.

**9am-11:15** Visit Creation Station for crafts, face-painting, bike-decorating, tattoos, card-making for Jimmy Fund patients!

**9am-11:15** Visit Vendors & Raffle Tables! Enjoy Games and Treats provided by our Sponsors.

**11:15am** Closing ceremony – Meet between WROR tent and the flag pole; Raffle Prize Winner's announced.

#### \*START LINE:

**Advanced Loop** Riders go to front of the Start Line and begin first, on Spooner Street heading toward Middle School

**Big-Kid Loop** Riders lineup after Advanced Loop Riders at the Start Line. Line-up around loop in front of Parkview.

**Droukas Wonder Lot** 😊 Riders go to Droukas Wonder Lot.

