

Fryeburg Frolic

Thank you for joining us on the Fryeburg Frolic Century.

1. Be safe.
 - a. Follow vehicle rules of the road.
 - b. Each individual rider is responsible for their own check of traffic at places where a yield is required.
 - c. Indicate road hazards to cyclists behind.
 - d. Make left turns from the left portion of the lane, or in the dedicated left turn lane.
 - e. Look and yield before any lateral shift across the roadway.
 - f. Communicate turns and stops.
2. Share the road.
 - a. When traffic is moderate or heavy and the roadway lane is narrow, cyclists should form platoons with enough space in between to create passing refuges. Overtaking traffic can then pass shorter groups of cyclists in stages. Do not form long, strung out lines of cyclists, even if single file.
 - b. Don't rush singling-up. Take care that when singling up, you do not remove a passing refuge overtaking traffic may have planned to use.
 - c. When traffic is moderate or heavy and the roadway lane is wide enough for motor vehicle overtaking within the lane, cyclists should single-up.
 - d. When stopping or standing, get out of the travel lane if possible (though keep an eye out for some poison ivy along the route.)
3. The cue sheet should be your primary guide. The map and road markings are for confirmation. Do not rush a left turn because the marks start too close to turn, or if you missed an earlier mark for that turn. Typically there will be two marks before a turn and one confirmation mark after turn. Some straight-through cross roads are marked BUT NOT ALL. If you reach a cross road and have seen no marks, assume you pass straight through. Marks are white John Henry style.
4. Please check at the USM Costello Fieldhouse when finished. There is a ride end meal..



