



The 95 Alive York and North Yorkshire Road Safety Partnership is a partnership of local authorities, emergency services and other agencies that have a common interest and duty to reduce the numbers of people who are killed and injured on the roads of York and North Yorkshire. We use various campaigns, promotions and methods of communication to inform all road users about the risks and remind them of their responsibilities to others.

Airedale Olympic Cycling Club supports the aims of the 95 Alive initiative and therefore notifies participants in its Reliability Ride of the following messages from the partnership.

- *Although riding 2 abreast can be more social, Highway Code rule 66 states that you should ride single file on narrow & bendy roads, and also on busy roads. So when it gets twisty, single out to make it easier for traffic to pass slowly & safely*
- *Split large groups up into small groups. This allows faster road users the space to overtake and reduces the risk of collisions*
- *Be aware of other road users, especially in rural areas. The main routes are also used for a lot of agricultural business, so it may be necessary to stop in a safe place and allow traffic to pass, especially tractors & trailers and large milk tankers and aggregate lorries*
- *Your bike is ready and will last the journey, any problems you have will only get worse, pay attention the brakes, you will need them, there are some very long descents in the county*
- *Keep your fuel and water levels topped up to keep you alert, as energy levels drop, fatigue sets in and you will find it harder to concentrate, especially towards the end of a ride*
- *Stay focused on descents*
- *Respect the challenge and know your limits*
- *Leave it as you found it, take your gel wrappers home*

Find out more... [www.roadwise.co.uk/cyclists/beprepared](http://www.roadwise.co.uk/cyclists/beprepared)