

Landry's Women's MTB Ride

Adams Farm, early season route



Ride Information

- This is a social, no-drop ride. If you need to head back for any reason or choose to go ahead of the group, please inform a ride leader so our head counts stay accurate.
- **Helmets must be worn at all times.**
- A waiver must be signed annually: <http://www.landrys.com/about/registration-form-landrys-cycling-club-pg406.htm>
- Please follow good trail etiquette:
- Let other trail users know you're coming with a friendly greeting. When you pass, let them know if there are other riders following you.
- Try to anticipate other trail users as you ride around corners.
- Bicyclists should yield to ALL other non-motorized trail users. When passing horses, use special care and follow directions from the horseback riders.
- Bicyclists traveling downhill should yield to ones headed uphill, unless the trail is clearly signed for one-way or downhill-only traffic.