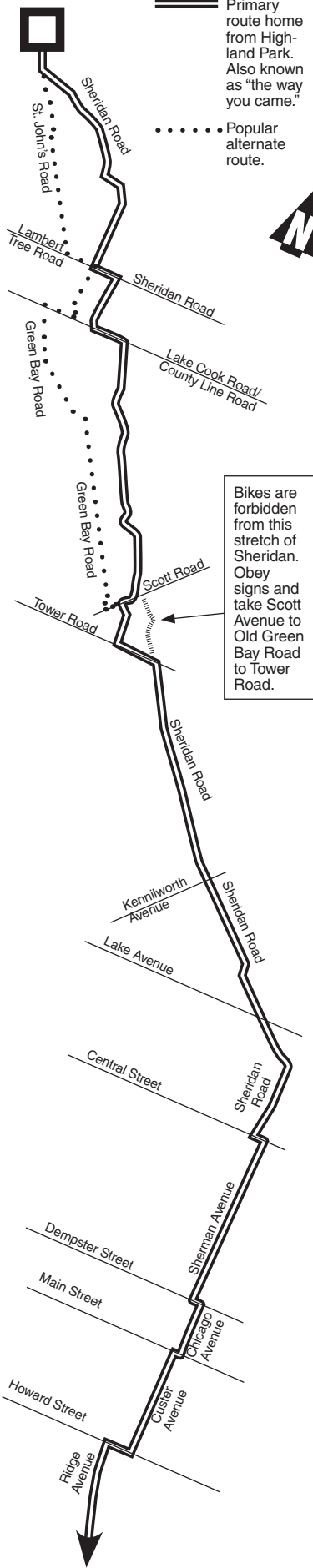




Highland Park to Chicago



==== Primary route home from Highland Park. Also known as "the way you came."
 Popular alternate route.



Welcome to the XXX Racing-AthletiCo team ride. We hope you help us keep our ride safe, enjoyable and productive.

On Saturdays from March through October we leave Wicker Park at 7 a.m. and rendezvous at Warren Park (Pratt and Ridge) at 7:30 a.m. From there we ride north to Highland Park, primarily along Sheridan Road.

After a stop in Highland Park, the group will split up according to ability and ambition. Almost always a group will head straight back to the city, but please keep in mind that at this point the ride is no longer "no drop." You are responsible for your own way home. If you get lost, consult the map on the back of this card.

Please respect our ride by observing the following rules:

- **Helmets are required.** No exceptions.
- **The ride to Highland Park is "no drop."** This means nobody gets left behind. We ride as slow as the slowest rider. If you are unable to keep up and a gap has opened ahead of you, you should yell "gap." If you hear "gap" being called, you must slow down and pass the word forward.
- **We stop for flats.** However, you are expected to have equipment to change a tube and the know-how to do so within 5 minutes.
- **We ride no wider than two abreast.** Not only is this the safest way to ride, but it's the law. Although we proudly assert and defend our rights as cyclists, we try to minimize our impact on motorized traffic.

• **If you are at the front of the group, you are responsible for keeping the ride smooth and safe.** Please point out obstacles and avoid swerving. Please also maintain a steady pace. Do not accelerate or slowdowns.

For more information about our team, please visit www.xxxracing.org.