

BIKE RIDE INFORMATION & SAFETY GUIDELINES



Spirit of Survival 2026 · October 3 · Lawton, OK

The Spirit of Survival Bike Tours are recreational, noncompetitive rides — not bicycle races. Riders of all experience levels are welcome and should choose a route appropriate to their training, ability, and comfort.

RIDER REQUIREMENTS

- 1 Helmets:** A properly fitted bicycle helmet is required for every rider, including adults and children, and must be worn throughout the ride.
- 2 Headphones and Earbuds:** Headphones, earbuds, and other devices that interfere with a rider's ability to hear traffic, volunteers, emergency personnel, or other cyclists are not permitted while riding.
- 3 Rules of the Road:** Riders must obey applicable traffic laws, signs, signals, and instructions from law enforcement, course officials, and volunteers.
- 4 Open Course:** The routes are not closed to normal vehicle traffic. Riders must remain alert, ride predictably, and yield as required.
- 5 Safe Riding:** Maintain a safe distance from other cyclists, communicate before turning or stopping, and ride single file whenever traffic or road conditions require. Riders may not ride more than two abreast where permitted.
- 6 Bicycle Condition:** Each participant is responsible for arriving with a properly maintained bicycle that suits the selected distance.
- 7 Youth Riders:** Youth participants must satisfy all registration, waiver, age, and adult-supervision requirements. Helmets are mandatory.
- 8 Rider Responsibility:** Participants must choose an appropriate distance and carry necessary identification, hydration, nutrition, medication, and basic repair supplies.

We will conduct a **safety briefing before departure**. Failure to follow event safety requirements may result in removal from the ride.