

bike

MS[®]

Texas MS 150

Rest Stops

Breakpoints are points of high cyclist congestion
Use caution when entering and exiting
a rest stop

Entering:

- Stay to the right or left of the lane depending on the placement of the rest stop on the right or left side of the roadway
- Announce you are stopping and then move quickly and completely into the rest stop.
- Communicate with hand signals and callout your intentions
- If stopping, ride **ALL THE WAY INTO THE REST STOP** before stopping
- **DO NOT STOP IN THE ROADWAY!**
- If you are not stopping at a rest stop, slow down then stay on the appropriate side of the lane to avoid those who are entering/exiting the rest stop.

Exiting:

- When exiting a rest stop do so from the down route side of the rest stop.
- Watch for oncoming cyclists or traffic, and slowly and safely merge back into the ride.
- **DO NOT STAGE IN ROADWAY AND THEN PREPARE TO START!**
- Be ready to ride once you move out of the rest stop.

