Training – Riding Safely in Hills

- Riding on roads that have hills presents a Safety Challenge
- Everyone rides hills at different speeds
- Hold a straight line, don’t weave and zig-zag on the hill
- **Be Patient** - Expect speed changes from riders on hills
- Be aware of limited sight by vehicles coming over the top of the hill
- **NEVER cross the center stripe when going up a hill!**
- Communicate and move off the road if you need to stop or walk
- Maintain control, speed and distance from other riders
- Control your speed going down a hill

If a hill is a little intimidating be sure to take it at a slower pace and ride to the right of the lane