

The Rules of the Road

1. Stay to the right of the white line whenever it's safe to ride on the shoulder
2. Ride single file in busy areas and when you hear or see a car
3. State law permits 2 abreast riding provided there is no car present
4. Use hand signals to let others know what you intend to do
5. Obey all traffic laws when turning, stopping or moving into the lane of traffic
6. Ride where people can see you and wear bright clothing
7. Use a front white light, red rear light, and reflectors when visibility is poor

*Training for
IRONMAN
Lake Placid?*

**BEST
PRACTICES**

ROOST
REGIONAL OFFICE OF SUSTAINABLE TOURISM
adirondacks, usa

Powered by the Regional Office of Sustainable Tourism

Welcome to the Adirondacks, please respect our community

Use port-o-johns

Please only use port-o-johns along the bike and run courses which can be found at these locations:

- NYS 73 before the Keene descent
- NYS 9N on left side of road right after the turn onto 9N
- Upper Jay town green NYS 9N
- Wilmington town center in the park
- Several along Route 86 outside of Wilmington towards Lake Placid before “three bears”

Do not litter

Please don't leave any trash along the course or wherever your training takes you.

Parking for SAG vehicles and camp aid station locations

Be respectful of where SAG vehicles park and camp aid stations are set up by not blocking driveways or using private property.

Please support the local economy

Visit and explore the local businesses, we are happy to have you!

Want to mark your training route?



Do:

Camps/groups are encouraged to use temporary directional signs. Please retrieve and remove any signs you post.

Share GPS bike course files with others



Don't:

Physically mark the roads. Even “temporary” spray chalk does NOT come off on its own

Take precautions on this challenging course

Be aware that there are plenty of challenging sections on the bike course that will require your extra attention due to busy and/or narrow roads, and poor road conditions.

Leaving from Lake Placid:

- From town to the River Rd / ski jumps (Main St. and Sentinal Rd)
- Keene descent on 73 – along Cascade Lake

Returning to Lake Placid:

- Mirror Lake Drive to accommodations
- Climbing on Route 86

Other resources

Scan for more information



**New York State
Bike Laws**



**IRONMAN 101:
Ride Safer on the Road**



**USA Cycling
Ride Safe: Rules of the
Road**

Local bike shops

Placid Planet Bicycles

2242 Saranac Ave., Lake Placid | (518) 523-4128

- Triathlon, road and mountain bikes sales and services

High Peaks Cyclery

2733 Main St., Lake Placid | (518) 523-3764

- Bike, outdoor clothing, equipment and services

Human Power Planet Earth Bike Shop

52 Dorsey St., Saranac Lake | (518) 354-8497

- Bike repairs with limited small parts selection

LeepOff Cycles

23 Market St., Keene Valley | (518) 524-0212