October 9th, 2025

October Safety Article

**Why Be in a Rush?**

Rushing often leads to mistakes or lapses in judgment, such as speeding, neglecting traffic signals, or not paying attention to our surroundings. These actions can increase the likelihood of accidents or injuries, impacting not just us but everyone around us. Taking a few extra moments to slow down and prioritize safety can make a significant difference in preventing dangerous situations.

Recently, one of our riders was running late on his way to work and, to quickly pass a truck, ended up colliding with a guardrail. The accident caused significant damage to his bike, and, for a period, there was real concern about whether he would survive. This incident serves as a sobering reminder of the dangers of rushing and why taking time for safety is so important.

It’s crucial to remember that our safety should always come first, no matter how urgent the circumstances feel. Making a habit of allowing yourself extra time and resisting the temptation to cut corners can help ensure that you, and those around you, arrive safely. Prioritizing caution over speed is a simple choice that can prevent life-changing consequences.

Remember, being five minutes late for work, lunch, or an appointment is far better than facing multiple surgeries or spending weeks and months recovering in the hospital and physical therapy. Giving yourself enough time can help you avoid these life-changing circumstances and ensure your safety remains the top priority.

This is especially relevant since soon we will be getting into shorter daylight hours and changes in the weather. Reduced daylight and unpredictable conditions like rain, fog, or wet leaves can make travel more hazardous, requiring even greater attention and caution on the road. By anticipating these seasonal changes and adjusting our routines accordingly, we can further reduce the risk of accidents and keep ourselves and others safe.

As we move through the season, please remember to ride safely and look out for both you and those sharing the road with you. Taking these precautions today can help ensure many safe journeys ahead.

Respectfully submitted,

Andrew Trapani

ALR DOC Safety Officer