

## **Disclaimer:**

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It is your responsibility to follow all relevant laws, regulations, and rules related to cycling. This includes, but is not limited to, traffic laws, speed limits, and safety regulations. You should also be aware of any potential hazards along your cycling route, such as steep inclines, sharp turns, or busy intersections. Always wear a helmet and other protective gear, and make sure your bicycle is in good condition before embarking on your ride.

In addition, you should take appropriate measures to ensure your own safety and well-being while cycling. This includes carrying enough water and food with you to sustain your energy and hydration levels throughout your ride. Be aware of the weather conditions, dress appropriately, and use sunblock to protect your skin from harmful UV rays.

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