Bike = Vehicle

Under North Carolina law, your bicycle is considered a vehicle and you are its driver. You share the rights and the duties of the roadway network with all other drivers.



Ride on the right side of the ad, going with the flow of



stop signs, traffic lights, and

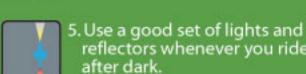
gnal whenever you intend to



 Yield the right-of-way whenever ou enter the road or when you change lanes or road position.

urn, merge to another road

sition, or stop.



reflectors whenever you ride Don't ride your bike on sidewalks

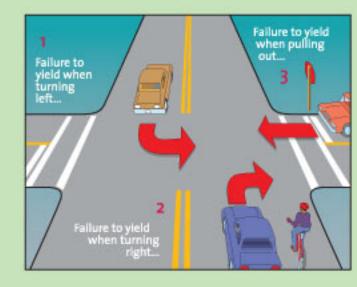


and treat pedestrians with respect.

WATCH FOR MOTORIST ERRORS

Drivers often do things that endanger bicyclists, usually without intending to. Knowing what to look for can help you navigate through traffic more safely. Ride predictably and in a visible location.

Keep your eyes open for the following mistakes and be ready to take evasive action!



- Watch motorists coming towards you who might turn left. Pay particular attention to their road position and, of course, any turn
- Keep an eye on the motorist coming up on your left who might turn right. Listen for hints that the car might be slowing down.
- Watch for movement that could indicate a car is coming out of a driveway or side street.

RIDE DEFENSIVELY Anticipate other people's moves and their likely mistakes. Keep your eyes moving over the traffic scene, use a mirror, and be ready



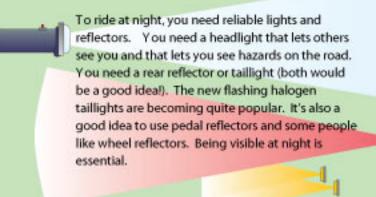
USE GOOD EQUIPMENT

You don't need an expensive bike to get around...just one that works and that can be repaired and adjusted. Nothing on your bike should be loose or rattle. To test if it's "road ready," pick it up a few inches off the ground and drop it to see if it makes any noise. Grease and oil the right spots to keep your bike running smoothly and reduce wear and tear

Your brakes should work smoothly and should stop promptly, even when it's rainy. When you squeeze the lever, it shouldn't "bottom out" against the handlebars. When you let go of the lever, the brake should come away cleanly from the wheel's rim.



Your "drive train" (cranks, pedals, shifters, chain, and gears) shouldn't creak, clunk, or hesitate. The chain shouldn't jump as it goes around. Shifting should be smooth and precise.



IN SHORT, KEEP YOUR BIKE IN GOOD CONDITION!

Basic Riding Skills

STARTING OFF Swing your leg over the frame, bring one pedal up to a 2 o'clock position, check traffic, and ride away.

SCANNING BEHIND

Look back over your shoulder before turning left or moving around a hazard. Even if you have a mirror, learn to look over your shoulder in important situations.

Looking back over your shoulder does more than tell you what's there. It tells motorists that you want to do something (like merge left). Often, this simple act will slow down traffic so you can signal and merge across. It also discourages motorists who want to make a right turn from passing you dangerously close to the place you want to turn.

f you have trouble looking back while riding a straight line, practice riding down the stripes in an empty parking lot.

WATCHING THE ROADWAY

Use BOTH brakes smoothly and

and often as you descend. Brake

before you enter curves and let off as

you go around. Keep your hands on

the levers. In case of an emergency,

evenly. On downhills, use them lightly

Keep your eyes constantly moving over the road surface and traffic scene. When you see a hazard, look back and move around it when safe. The worst hazards go in the direction of travel or close to it. Cross diagonal railroad tracks at right angle Avoid wheel-trapping drain grates. USING THE BRAKES



you'll be ready. RIDING IN THE RAIN In rain, your brakes won't work as well as on dry pavement. Allow more distance for stopping. Watch for slippery surfaces like crosswalks. Don't lean when you cross them or you could lose control. Straighten up until you're past and then turn.



13-Point Quick Check



- Push the tires against a curb. If you can flatten them, inflate to the pressure shown on the tire.
- Make sure valve stems point straight to the hubs to avoid rim cuts. Such cuts can't be patched. Twist and rock the saddle. It
- shouldn't move in any direction. Twist and rock the handlebars.
- They shouldn't move either. Squeeze the brakes. Levers should work smoothly and not hit the handlebars; brake pads should hit
- the rims squarely. Run through the gears while riding. They should shift smoothly onto all sprockets and not throw the
- Rock the fork and handlebars forward and back and turn from side to side to check for loose or tight headset bearing. They shouldn't rock or bind.

- Squeeze pairs of spokes together They should be tight and the wheels straight. Also look for
- broken spokes. Rock the rims from side to side. If there's play, the hub bearings are loose. Next, spin the wheels; they should roll smoothly. Also keep wheel axel nuts or quick-release levers tight.
- Rock the pedals front to back. They shouldn't move and should spin freely.
- Rock the crank arms from side to side. There should be NO play. Look closely at the chain. It shouldn't be either caked with
- grease and dirt or dry and rusty. Look for any loose nuts, bolts, and screws and tighten them up.
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Commuting Tips

HOW TO CHOOSE A ROUTE

- Start on easy streets and hone your skills. As you gain confidence, try
- more demanding roads. The best route to work may (or may not) be the one you take while driving a car. Try different roads until you find a route you feel
- Consider leaving home slightly early or slightly late; it may be possible to miss "rush hour" with a small adjustment in your schedule.

HOW TO RIDE

comfortable riding.

- Ride lawfully. Auto commuters will get to know you over time and will come to respect you if you ride correctly.
- Don't assume that because you tour or race that you have all the skills and knowledge to commute. It takes a while to get comfortable riding in close quarters with heavy volumes of motor-vehicle traffic.

HOW TO DRESS

- In cold weather, dress in relatively thin layers and peel them off one at a time as you warm up. Consider some of the new "high-tech" clothes used by cross-country skiers.
- In hot weather, bring a change of clothes (or keep one at work) so you don't go through the day sticking to everything.
- Carry heavy things on your bike in a rack pack, on a carrier, or in panniers rather than in a backpack, particularly in warm weather. You'll be more comfortable and your load will be more stable.

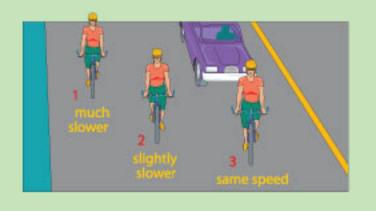
Basic Traffic Riding Techniques

where you're going.

Riding confidently and skillfully in traffic takes practice and an understanding of some basic ideas. One of the most important ideas is road position. Just where you ride on the roadway depends on several important things: your speed, the width and condition of the road, and your destination.

SPEED AND ROAD POSITION The closer you go to the speed of traffic, the closer you should ride to that traffic.

- When everyone else is going a lot faster than you, keep well to
- When they're going a little faster, ride near traffic. This encourages right turners to slow and wait instead of passing at the last moment and cutting you off.
- When they're going the same speed as you, ride in the line of traffic. This is your most visible position and ensures you'll be where drivers look for traffic.



WIDTH AND ROAD POSITION

- On a road with very narrow lanes, ride far enough from the edge to discourage dangerously close passing. Many expert riders ride in the car's right-wheel track.
- On a road with wide traffic lanes, ride just to the right of the traffic stream. This allows easy passing but reduces the danger caused by turning or crossing traffic.
- On a road with gravel, debris, or potholes on the right side, ride on the smooth pavement to the left of them.
- Always ride a good door's width from parked cars.

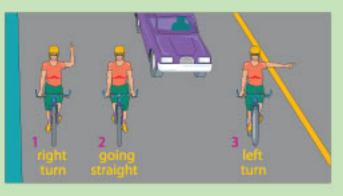








Near intersections, it's a good idea to let your road position tell others



. To turn right, move towards the right edge of the roadway

DESTINATION AND ROAD POSITION

- . To go straight, keep at least three feet from the curb and stay out of right-turn lanes.
- . To turn left, ride about three feet right of the center line or, if there is one, use the left-turn lane.

MAKING LEFT TURNS As you practice, you'll get better and better at merging in traffic until it becomes second nature. Making left turns is tricky but can be learned. Start on quiet streets and work up to busier ones

- As you approach an intersection where you want to turn left, look back for a gap in traffic. If a car is coming, decide whether you can move left across the lane before it
- If you can cross before the car arrives, signal and merge across into a left-turn position near the center line or in a left-turn lane. If you can't cross before the car arrives, signal and watch the approaching driver. If he or she slows and waves you over, move left and wave "thanks." If the driver doesn't slow, let the car pass and try again with the next one.
- Once you've merged to a left-turn position, ride straight and watch what's going on around you.
- As you approach your turn, signal and watch for a break in oncoming traffic. After obeying traffic controls and yielding to crossing and oncoming traffic, make your turn.

bulb, some generators are bright.

LEFT TURNS ON BUSY ROADS

traffic. In this case, it's a good idea to go straight across the intersection, stop at the curb and walk across when safe.

OK: Generator light with halogen bulb. Less expensive than recharge-

able systems and they light the road well. Even without the halogen

Nighttime Riding Tips and Equipment

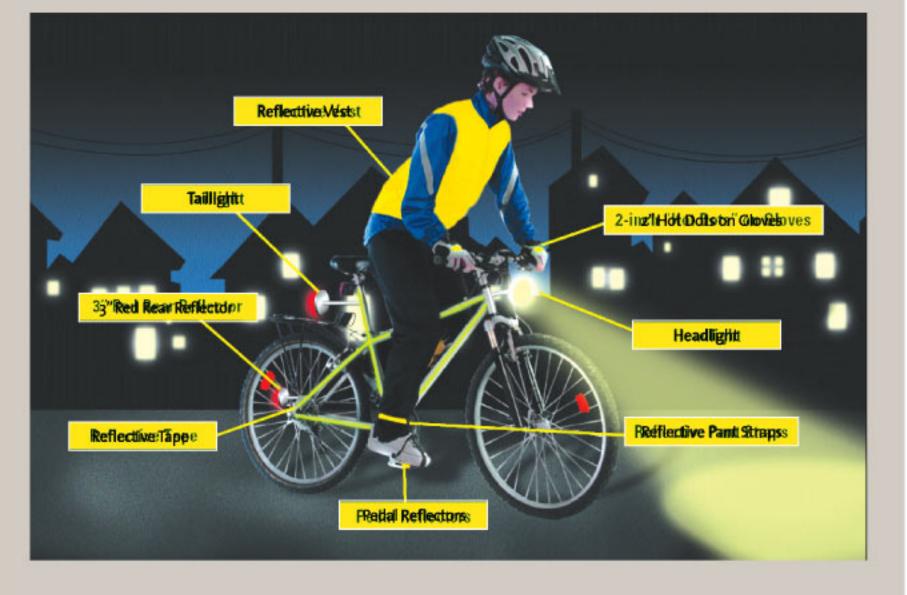
Almost 45% of all cycling deaths happen after dark. It's a risky time to ride... especially if you don't know what you're doing. Get the best lights you can afford. Stick to streets you know from riding during the day and ride slower. You'll know where the potholes and gravel patches are and be able to plan for them. Keep your hands on the brakes, your eyes on everyone and be ready to take evasive action!

TAILIGHT TIPS

The best come with the rechargeable battery/halogen headlamps. Less expensive, battery-powered lights work OK with good rear reflectors. Generator taillights go out when the wheel stops, so be careful.

HEADLIGHTS

- Best: Halogen lamp with rechargeable batteries. There are several models on the market. Ask your favorite bike shop for recommendations.
- Fair: Cheap battery lights meet the law but don't light your way. Get one with D-cells. Tip: If you ride in foul weather, get a battery light. Generators may slide on slick tires.



REMEMBER: REFLECTORS ONLY WORK WHEN CLEAN AND POINTED IN THE RIGHT DIRECTION! CLEAN AND CHECK REFLECTORS REGULARLY AND REPLACE BROKEN ONES IMMEDIATELY.

Greenway Information

The Town of Cary has historically supported and developed opportunities for pedestrian use of its parks and **Greenway Name** surroundings. Within its parks, there are numerous miles of natural walking trails. Complimenting these trails Location within the parks is a system of greenways that the Town continues to develop. Amberly Lake Greenway* A greenway is a linear parcel of land set aside to preserve open space. Greenways are generally located in

Greenways enhance our lives in many ways by:

Adding value to our property by merit of proximity.

In a word: protection. A good bike helmet can protect your

Get one that fits snugly but is not tight. Make sure

it has CPSC stickers, which prove that it has passed

brain. That's important if your head hits a hard surface...like a

road, a curb, or a car. Children under 16 years old are required

recharging our groundwater;

by law in Cary to wear a helmet.

add interior pads to fine tune a fit.

WHY

WHAT

specific tests.

Preserving pristine open space to enhance Cary's quality of life;

Linking our neighborhoods with parks, schools, community centers, and other

Improving Cary's water quality by buffering streams, filtering pollutants, and

floodplain areas, along wooded stream corridors unsuitable for development. Often these corridors that

harbor Cary's greenway trails provide access to these pristine areas that otherwise would have been lost.

Since 1980, the Town of Cary has been building greenways to bring open spaces within easy walking

distance of our homes. Greenways are an environmental, economic, and recreational resource for all to

Town of Cary greenways and trails are open from sunrise to sunset. The standard greenway trail is 10 foot

wide asphalt. For some of those greenways located outside of parks, the Town of Cary does not provide

always provided and parking on streets is required to access many trails. Please be considerate of private

Providing a recreational amenity for walking, jogging, and bicycling in a natural setting remote from

Helping control stormwater runoff, curb erosion, and minimize flooding which can damage our property;

Wear a Helmet

If you don't already have one, get a bicycle helmet today! If you have one, wear it every time you ride.

Today's helmets look good, are very light, and let in those cooling breezes, all while protecting your

head and brain! Helmets cost as little as \$15 and could be your most important piece of equipment.

property nearby when parking. For additional information, see the rules and regulations section.

off-street parking for all of its trails. Keep in mind when trying to locate a greenway trail that parking is not

ry Park Lake Greenway en Level to Durhem Rd., Within Ca med Development thbridge Greenway kreen Hope School Greenway eas Fern Roed Park, Highordt Elemen tchelor Branch Greenway IC Hwy 55 Multi-Use Trail White Oak Creek Greenway White Oak Creek Greenway nerwood Greens Greenway erwood Forest Place to Park Village lavis Drive Multi-Use Trail

ouis Staphens Dr Multi-Use T ay Tenis Park to Carpenter Villege shops Gate Greenway

rates Cove Greenway

n Village Greenway Roed to Mecedonia Villace F

peight Branch Greenway

mphony Lake Greenwa a Booth Amphitmente, Wittin Re

Regency Park Greenway

hurchill Estates Greenway Ten Road, Churchill Estates

Jordan Hall Arts Center 906 North Hartson Avenue, (219) 469-4066

Facility Name

wift Creek Greenway

Black Creek Greenway * lack Creek Greenway orthwoods Greenway iggins Greenway linshaw Greenway ids Together Park to MacDonalds V





On busy high-speed roads, it's very difficult to negotiate your way across

Rules & Etiquette Greenways are for use during daylight hours. Absolutely no motorized vehicles on the trail.

You should be able to see the front edge of your helmet when you

your neck strap should be snug but not too tight. Make sure your

helmet is the right size and doesn't rock from side to side. You can

look up. If your helmet tips back, it won't protect your forehead. Also,

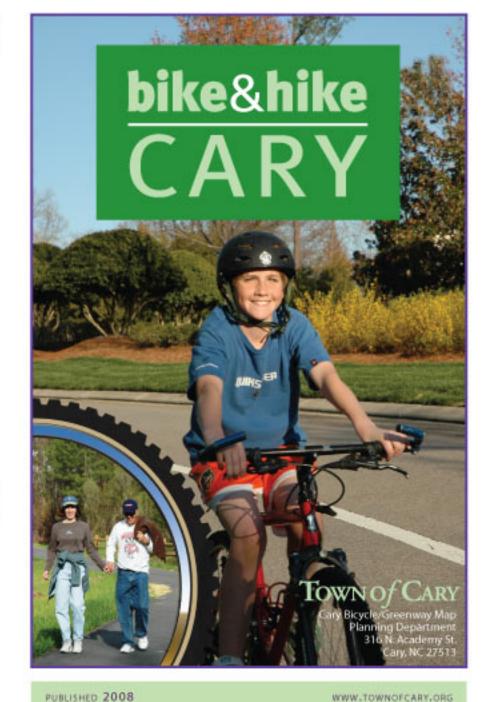
- Location Frayel at a safe speed. Maximum speed on trails is 15 mph. Yield to pedestrians. Walkers and runners always have right of way. Keep right and pass on left. Announce yourself before passing. Politely warn trail users as you approach from behind: "Passing On The Left" Bond Park Boathouse 190 Bond Park Drive, (919) 469-4100
 - If you stop, please leave the trail. Always allow other trail users room pass on the left. Keep pets on a short leash. Use 6' maximum leash length. Walk pets
 - on the right-hand shoulder if possible. Clean your pet's waste from trail area. The possession or consumption of alcoholic beverages on greenways is prohibited.

Please help keep the trails clean. Report any suspicious incidents to 911.

lighted facility reservations available Park/Facility Name

Location

- 1		Green Level to Durham Road, Mills Park Drive																			
	64	Thomas Brooks Park 111 Brooks Park Avenue	4*	2*				2		x	2*	X	x	x		10				х	X
	69	Sears Farm Road Park 5077 Sears Farm Road		1		1				х	1	х	х								X
1	•	Green Hope High School Park 2500 Carpenter Upchurch Road	2*	1									x								
ı	9	Green Hope Elementary School/Park 2750 Louis Stephens Drive		1			4	3		x	1^	x	x							х	
Ì	9	White Oak Park 1216 Jenks Carpenter Road		1	1	1				x	14	x	x							х	x
ı	1	Davis Drive School/Park 2101 Davis Drive	2*										х								x
İ		Davis Drive Park 1610 Davis Drive		1				4		x	14	х	x								x
	6	Preston Soccer Fields 801 High House Road						2													
	무	Fred G. Bond Metro Park 801 High House Road	7*			1	2			x	3*	x	x	х	x		х	x		х	x
ı	F	North Cary Park 1100 Norwell Boulevard		2			4	1		X	14	X	х			х				х	x
İ	72	Robert V. Godbold Park 2050 NW Maynard Road		2*					6*	х		х	х							х	x
	43	Lexie Lane Park 301 N Dixon Street	1*	1						х		X	x								
ı	2	Urban Park 414 E Chetham Street		1		\vdash				x		x									
ı	2	Heater Park (natural area) 400 S West Street																	- 1		
ı	9	Dorothy Park (natural area) 720 Griffis Street																			
I	±	Rose Street Park 110 Rose Street		1						х		х									
	:	R.S. Dunham Park 519 Wainut Street		2					5*	x		х	x								
	9	Lions Park 815 Tanglewood Drive	2*									x	x								
ı	8	Cary High School/Park 638 Walnut Street	1*																		
I	≂	Walnut Street Park (opening in 2009) 1420 Walnut Street				1				х	2		х							х	
ı	22	Annie L. Jones Park 1414 Tarbert Drive	1*	2					6*	X		X	X								х
ı	23	MacDonald Woods Park 1601 Saabrook Avenue		1		1				х		х									x
I	24	Kilds Together Park 111 Thurston Drive		1	1	1				x	14	X	X						7		x
	52	Harold D. Ritter Park 301 Lochmere Drive West	2*	1		1				X	14	X	X								X
	38	Hemlock Bluffs Nature Preserve 2616 Kildaire Farm Road											х						1	х	x
I	23	Bartley Park (opening in 2009) 9701 Penny Road				1				х	1*		х			х				х	X
I	28	Middle Creek School/Park 151 Middle Creek Park Avenue	4*	2	1	1		2*	8*	x	14		х	х						х	
1	-	SK8-Cary (at Godbold Park) 2040 NW Maynard Road (919) 380-2970										x	X	X					Х		х
	eu	Godbold Dog Park 2036 NW Maynard Road				1															х
	m	Koka Booth Amphitheatre 8003 Regency Parkway (919) 462-2025										x	X	X	X					X	x
	•	Bartley Dog Park (opening in 2009) 9701 Penny Road				1															х
1		IIGA Baseball National Training Complex												1000							



WWW.TOWNOFCARY.ORG

Cary's Bicycle Plan

Bike Cary

Among the goals of Cary's Comprehensive Transportation Plan are to create a safe, invenient, and efficient multi-modal transportation system and provide safe and convenient facilities and services for people who choose not to use an automobile. Bicycles are an essential component of a balanced, multi-modal transportation

Bicycle-Friendly Community

efforts to provide safe accommodation and facilities for bicyclists and to encourage esidents to bike for transportation and recreation. Go to http://www.bicyclefriendlycommunity.org/ for more information.

he League of American Bicyclists named Cary, North Carolina a Bicycle-Friendly

Community at the bronze level in May of 2003, following a detailed audit of the Town's

Why it's a Good Idea to Register Your Bicycle The serial number and description help Cary police identify the owners of bikes they retrieve that have been lost or stolen. To register your bicycle, please fill out the registration form at www.townofcary.org and return it to the Police Department.

Environmentally Friendly Bicycles are enormously popular: bicycling is the 3rd most common recreational activity in America, behind walking and swimming. They're also earth-friendly: the human-powered, non-polluting bicycle can be an efficient means of transport in an

A bicycle facility is a structure that enhances accessibility, use, and convenience of

urban environment. Every trip made on a bicycle means one less car. Bicycle Facilities in Cary

Noted bicycle transportation engineer Richard Moeur describes these

principles of good design' for bicycle facilities: Treat bicyclists as operators of vehicles

Encourage operation in accordance with traffic flow and traffic law Connect destinations in a continuous network Accommodate cyclists without inconvenience or extra travel distance/time

consist of other infrastructure improvements such as bicycle parking, bicyclesensitive traffic signals, and compatible road markings.

Wide Outside Lane (WOL)

triped Bike Lanes A bike lane is defined as "a portion of the roadway that has been designated by striping, signage, and pavement marking for the preferential or exclusive use of bicyclists." Bike lanes are typically 4 feet wide.

The NCDOT standard for a wide outside lane as a bicycle facility is 14 feet. The Town

of Cary will apply this standard to all new thoroughfares. For existing thoroughfares,

While they most often refer to roads and road modifications, bicycle facilities can

the Town will begin restriping outside lanes of multi-lane roads (at least two lanes in each direction) to create a 13-foot outside lane and an 11-foot inside line. This will create additional width for bicycles.

If I have guestions or comments, whom do I contact? You can visit the Bicycle Plan or Greenway Plan webpages at http://www.townofcary.org, or call:

Cary Bicycle Plan Cary Greenway Plan Planning Department Parks, Recreation & Cultural Resources (919) 469-4082 (919) 469-4061

Bike/Greenway Resources

More Copies and Other Maps

For additional copies of this map or to report problems, please contact the Town of Cary Planning Department at 316 N. Academy St., Cary, NC 27513 or call (919) 469-4082. For a detailed greenway map, please contact the Town of Cary Parks, Recreation and Cultural Resources Department at 316 N. Academy St., Cary, NC 27513 or call (919) 469-4061. For detailed maps of North Carolina State Bicycle Routes or information on local and regional bike maps, contact the Bicycle Program, NC Dept. of Transportation, P.O. Box 25201, Raleigh, NC 27611 or call (919) 807-0777.

Organizations and Programs Carolina Tarwheels Bicycle Club

P.O. Box 111, Durham, NC 27702

P.O. Box 25201, Raleigh, NC 27611

North Carolina Bicycling Club P.O. Box 32031, Raleigh, NC 27622http://www.ncbikeclub.org Capital City Cycling Club president@capcycling.org .(919) 363-5348 N.C. DOT Bicycle Program

....http://www.tarwheels.org

..(919) 807-0777

The descriptions given on this map reflect the subjective opinions of the Bike Map Project Team, a group of cycling professionals. By publishing this map, neither Bikecentennial, nor the NC Department of Transportation, nor the Federal Highway Administration, nor the Cary Planning Department warrants, expressly or by implication, the conditions that may be

The bicyclist assumes the risks encountered and is advised to use good judgment and obey traffic laws on all routes, regardless of their designation on this map.