

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.

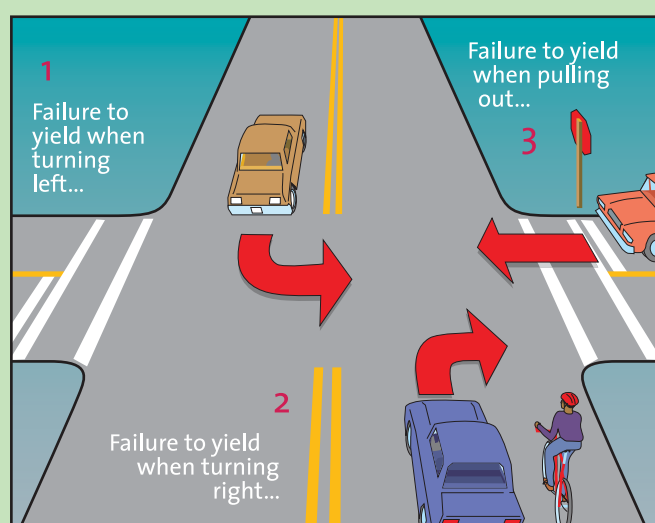
FOLLOW THE ROAD RULES

- 1. Ride on the right side of the road, going with the flow of traffic.**
- 2. Obey all traffic controls — like stop signs, traffic lights, and one-way signs.**
- 3. Signal whenever you intend to turn, merge to another road position, or stop.**
- 4. Yield the right-of-way whenever you enter the road or when you change lanes or road position.**
- 5. Use a good set of lights and reflectors whenever you ride after dark.**
- 6. 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 signals.
- 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 driveway or side street.

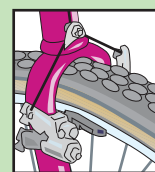
RIDE DEFENSIVELY

Anticipate other people's moves and their likely mistakes. Keep your eyes moving over the traffic scene, use a mirror, and be ready to take evasive action. Establish eye contact with drivers around you to let them know you are there. Shout if necessary.

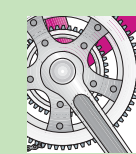


USE GOOD EQUIPMENT

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.

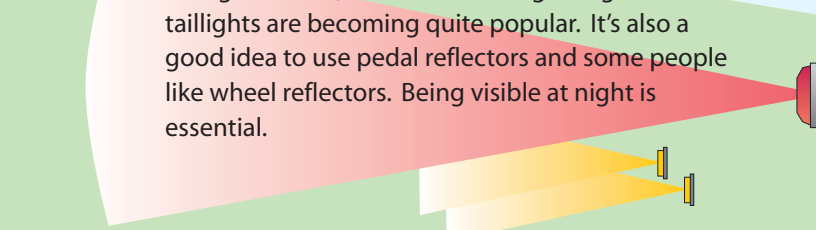


Your brakes should work smoothly and should stop promptly, even when it's rainy. When you squeeze the lever, it shouldn't "bottom out" against the handlebars. When you let go of the lever, the brake should come away cleanly from the wheel's rim.



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.

To ride at night, you need reliable lights and reflectors. You need a headlight that lets others see you and that lets you see hazards on the road. You need a rear reflector or taillight (both would be a good idea). The new flashing halogen taillights are becoming quite popular. It's also a good idea to use pedal reflectors and some people like wheel reflectors. Being visible at night is essential.



IN SHORT, KEEP YOUR BIKE IN GOOD CONDITION!

Basic Riding Skills

STARTING OFF

Starting 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.

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

WATCHING THE ROADWAY

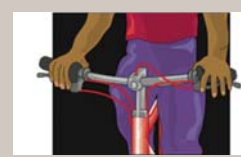
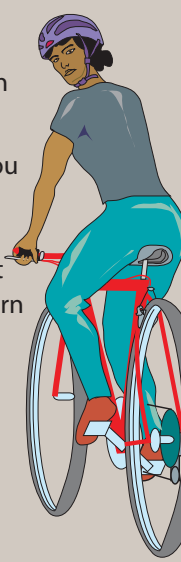
Keep your eyes constantly moving over the road surface and traffic scene. When you see a hazard, look back and move around it when safe. The worst hazards go in the direction of travel or close to it. Cross diagonal railroad tracks at right angle. Avoid wheel-trapping drain gales.

USING THE BRAKES

Use BOTH brakes smoothly and evenly. On downhill, use them lightly and often as you descent. Brake before you enter curves and let off as you go around. Keep your hands on the levers. In case of an emergency, 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.



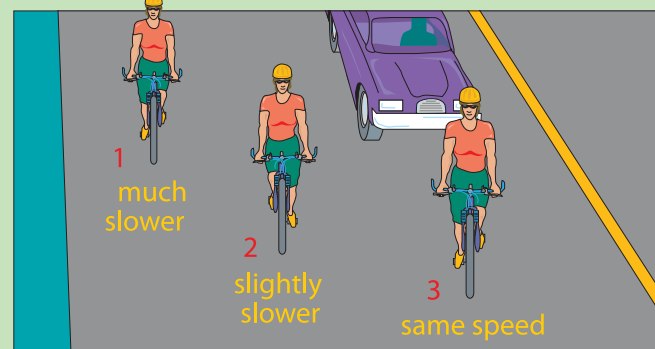
Basic Traffic Riding Techniques

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

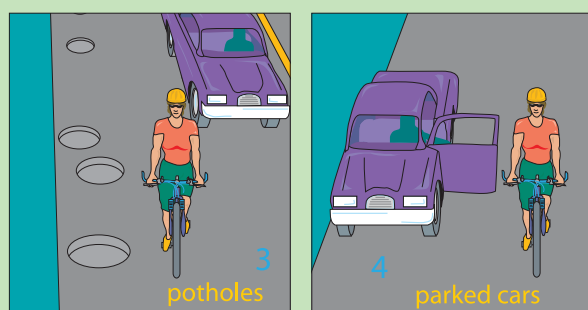
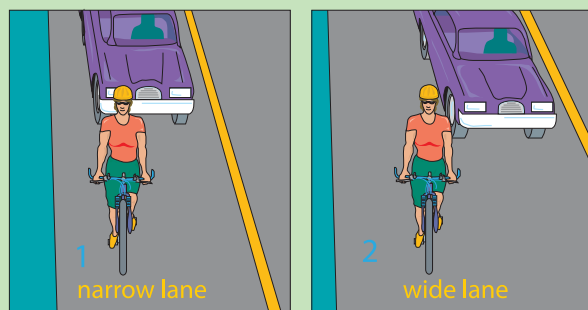
The closer you go to the speed of traffic, the closer you should ride to that traffic.

- When everyone else is going a lot faster than you, keep well to the right.
- 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.



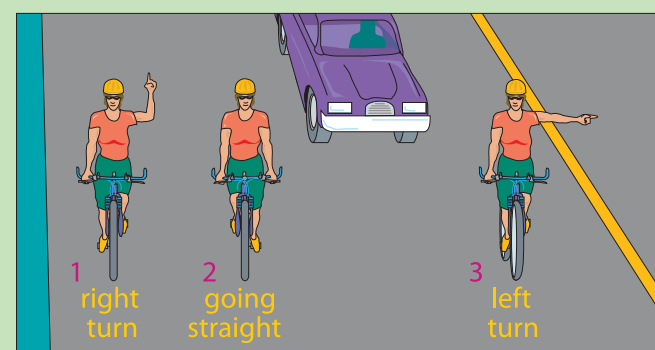
WIDTH AND ROAD POSITION

- 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.



DESTINATION AND ROAD POSITION

Near intersections, it's a good idea to let your road position tell others where you're going.

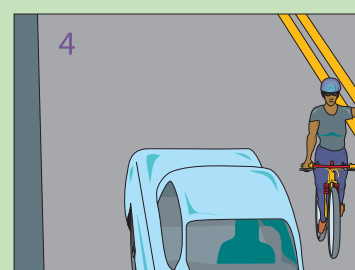
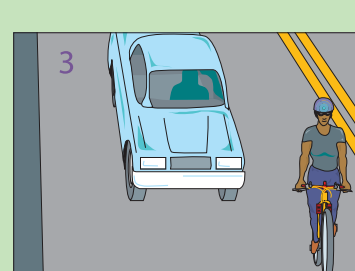
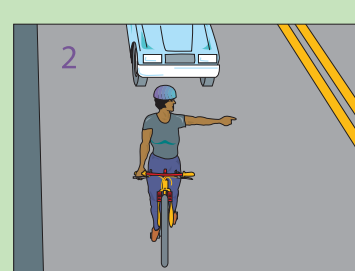
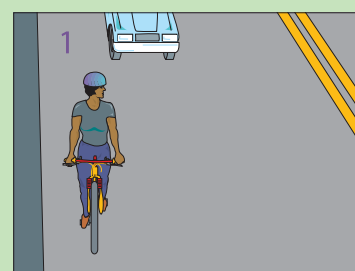


- To turn right, move towards the right edge of the roadway.
- To go straight, keep at least three feet from the curb and stay out of right-turn lanes.
- To turn left, ride about three feet right of the center line or, if there is one, use the left-turn lane.

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 arrives.
- If you can cross before the car arrives, signal and merge across into the 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.



LEFT TURNS ON BUSY ROADS

On busy high-speed roads, it's very difficult to negotiate your way across traffic. In this case, it's a good idea to go straight across the intersection, stop at the curb and walk across when safe.

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!

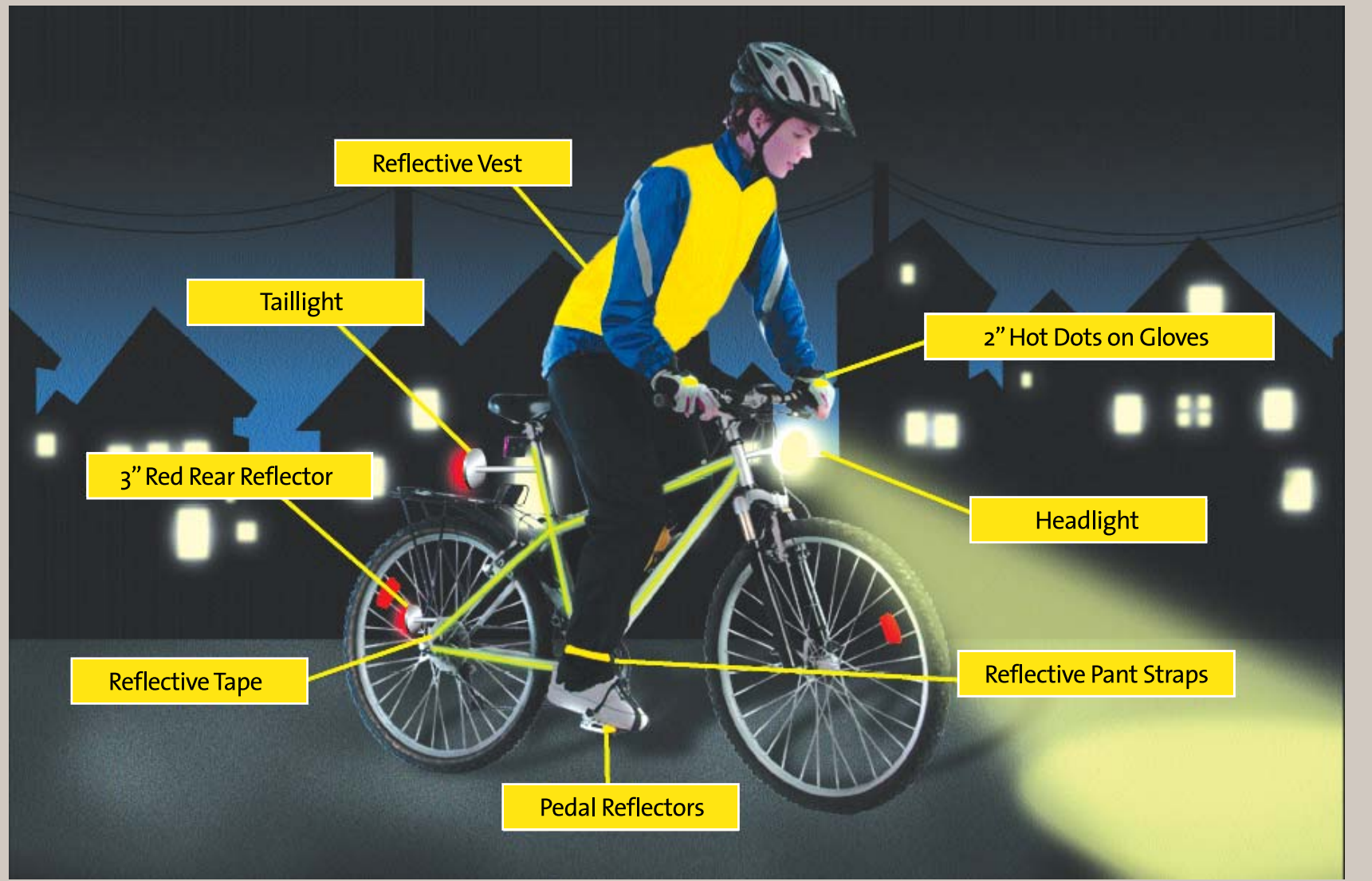
TAILLIGHT TIPS

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.

OK: Generator light with halogen bulb. Less expensive than rechargeable systems and they light the road well. Even without the halogen bulb, some generators are bright. 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

Greenway Name

Location	Distance (miles)	Surface
American Tobacco Trail	4.67	paved & unpaved
Amherly Lake Greenway	0.98	paved & unpaved
Cary Park Lake Greenway	1.87	paved
Southbridge Greenway	0.28	paved
Green Hope School Greenway	1.04	paved
Batchelor Branch Greenway	0.78	paved
NC Hwy 55 Multi-Use Trail	1.21	paved
White Oak Creek Greenway	3.86	paved
White Oak Creek Greenway	1.56	paved
Park Village Greenway	0.69	paved
Sherwood Greens Greenway	0.26	paved
Indian Creek Greenway	0.31	paved
Davis Drive Multi-Use Trail	3.29	paved
Stonescreek Greenway	0.60	paved
Louis Stephens Multi-Use Trail	1.36	paved
Bishops Gate Greenway	0.87	paved
Annie Jones Greenway	1.11	paved
Oxford Hunt Greenway	1.21	paved & unpaved
Black Creek Greenway	1.80	paved
Black Creek Greenway	3.80	paved
Glenkirk Greenway	0.23	paved
Northwoods Greenway	0.55	paved
Higgins Greenway	0.87	unpaved
Hendraw Greenway	1.66	paved
Pirates Cove Greenway	0.78	paved
Trayon Village Greenway	0.42	paved
Speight Branch Greenway	0.72	paved
Swift Creek Greenway	0.88	paved
Symphony Lake Greenway	1.33	paved
Northwoods Greenway	0.58	paved
Kildaire Farm Multi-Use Trail	1.30	paved
Camp Branch Greenway	0.62	paved
Churchill Estates Greenway	0.50	paved

The Town of Cary has historically supported and developed opportunities for pedestrian use of its parks and surroundings. Within its parks, there are numerous miles of natural walking trails. Complimenting these trails within the parks is a system of greenways that the Town continues to develop.

A greenway is a linear parcel of land set aside to preserve open space. Greenways are generally located in 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 enjoy.

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 off-street parking for all of its trails. Keep in mind when trying to locate a greenway trail that parking is not always provided and parking on streets is required to access many trails. Please be considerate of private property nearby on parking. For additional information, see the rules and regulations section.

Greenways enhance our lives in many ways by:

- Providing a recreational amenity for walking, jogging, and bicycling in a natural setting remote from traffic;
- Preserving pristine open space to enhance Cary's quality of life;
- Linking our neighborhoods with parks, schools, community centers, and other neighborhoods;
- Helping to control stormwater runoff, curb erosion, and minimize flooding which can damage our property;
- Improving Cary's water quality by buffering streams, filtering pollutants, and recharging our groundwater;
- Adding value to our property by merit of proximity.

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.

WHY

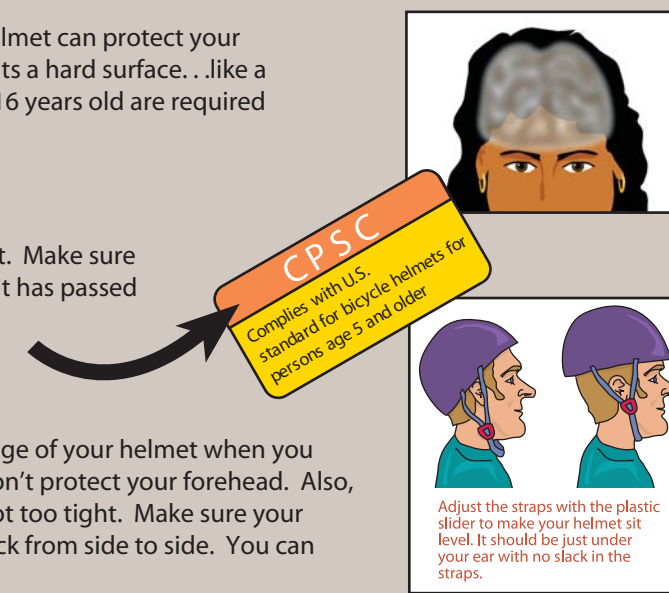
In a word: protection. A good bike helmet can protect your brain. That's important if your head hits a hard surface...like a road, a curb, or a car. Children under 16 years old are required by law in Cary to wear a helmet.

WHAT

Get one that fits snugly but is not tight. Make sure it has CPSC stickers, which prove that it has passed specific tests.

HOW

You should be able to see the front edge of your helmet when you look up. If your helmet tips back, it won't protect your forehead. Also, 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 add interior pads to fine tune a fit.



Rules & Etiquette

- Greenways are for use during daylight hours.
- Absolutely no motorized vehicles on the trail.
- Travel 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"
- If you stop, please leave the trail. Always allow other trail users room to 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.

Facility Name

Location

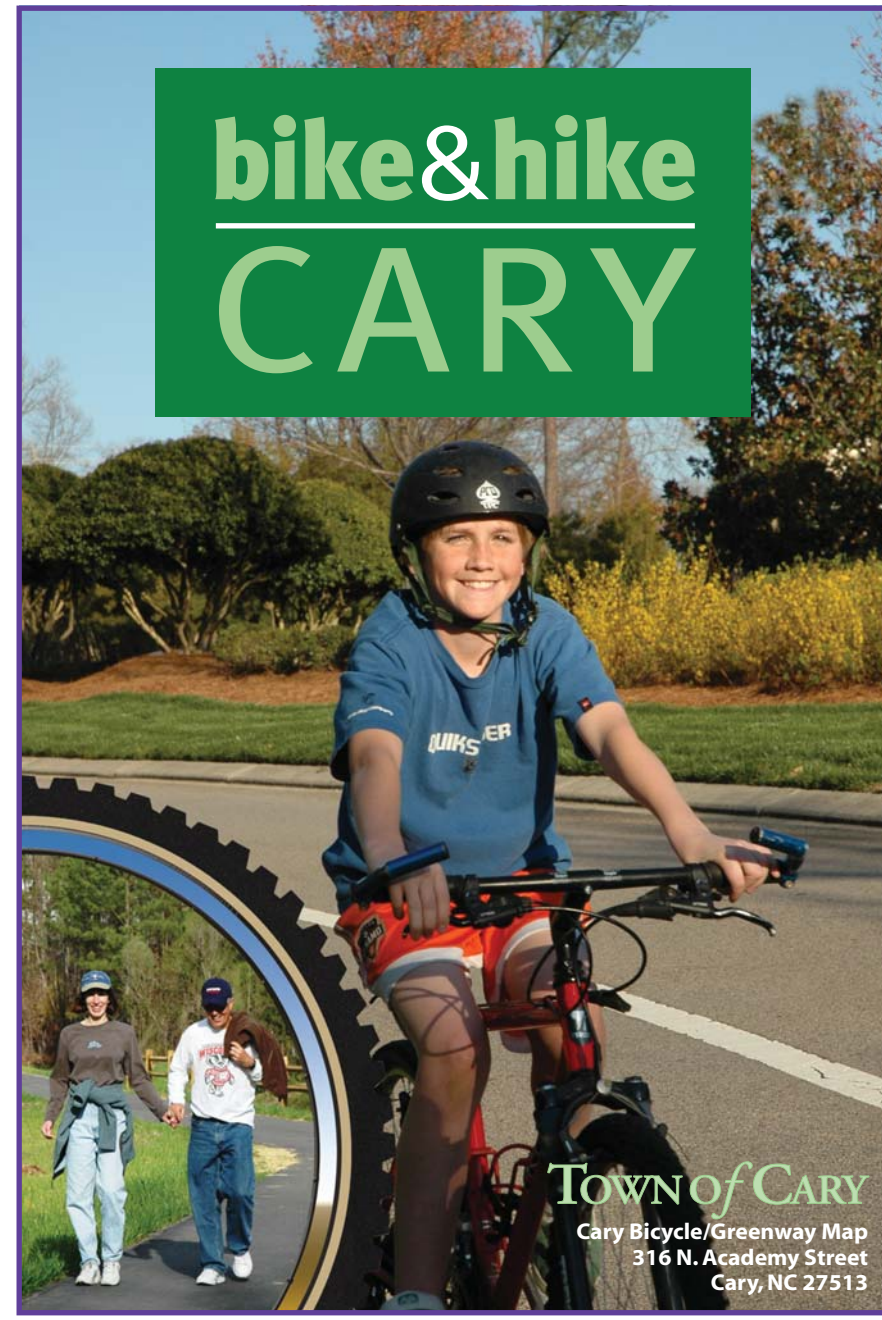
STAFFED FACILITIES	Melting Rooms	Club Rooms	Restrooms for Men/Women	Restrooms for Children	Library/Media Room	Community Studio	Giftware Shop	Greenway Shop
1 Cary Senior Center	X	X	X	X	X	X	X	X
2 Bond Park Community Center	X	X	X	X	X	X	X	X
3 Bond Park Boathouse	X	X	X	X	X	X	X	X
4 Jordan Hall Arts Center	X	X	X	X	X	X	X	X
5 Herbert C. Young Community Center	X	X	X	X	X	X	X	X
6 Page-Walker Arts & History Center	X	X	X	X	X	X	X	X
7 Stevens Nature Center at Hemlock Bluffs Nature Preserve	X	X	X	X	X	X	X	X
8 Middle Creek Community Center	X	X	X	X	X	X	X	X

*lighted facility
▲reservations available

Park/Facility Name

Location

BARBERSHOP	Baseball/Softball Fields	Baseball/Softball Courts	Multi-Use Court	Sand Volleyball Courts	Soccer/Multipurpose Fields	Tennis Courts	Picnic Grounds	Picnic Tables	Compressive/Vegeting Machines	Lake Eco Boating and Fishing	Comble Buildings	Rocket Course	State Relays	Track/Walking Paths	Access To Greenway
1 Mills Park (opening in 2010)															
2 Thomas Brooks Park															
3 Sears Farm Road Park															
4 Green Hope High School/Park															
5 Green Hope Elementary School/Park															
6 White Oak Park															
7 Davis Drive School/Park															
8 Davis Drive Park															
9 Preston Soccer Fields															
10 Fred O. Bond Men's Park															
11 North Cary Park															
12 Robert V. Godbold Park															
13 Leno Lane Park															
14 Urban Park															
15 Heater Park (natural area)															
16 Dorothy Park (natural area)															
17 Rose Street Park															
18 R.S. Dunham Park															
19 Lions Park															
20 Cary High School															
21 Walnut Street Park															
22 Annis L. Jones Park															
23 MacDonald Woods Park															
24 Maria Dorrel Park (Kids Together Playground)															
25 Harold D. Ritter Park															
26 Future Park															
27 R.S. Dunham Park															
28 Middle Creek School/Park															
29 SK-8 Cary (at Godbold Park)															
30 Godbold Dog Park															
31 Koka Booth Amphitheatre															
32 USA Baseball National Training Complex															
33 Cary Tennis Park															
34 WakeMed Soccer Park															



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Cary's Bicycle Plan

Bike Cary
Among the goals of Cary's Comprehensive Transportation Plan are to create a safe, convenient, 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 system.

Bicycle-Friendly Community
The 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 efforts to provide safe accommodation and facilities for bicyclists and to encourage residents to bike for transportation and recreation. Go to <http://www.bicyclingfriendlycommunity.org/> for more information.

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 urban environment. Every trip made on a bicycle means one less car.

Bicycle Facilities in Cary
A bicycle facility is a structure that enhances accessibility, use, and convenience of bicycle transportation.

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

While they most often refer to roads and road modifications, bicycle facilities can consist of other infrastructure improvements such as bicycle parking, bicycle-sensitive traffic signals, and compatible road markings.

Striped 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.

Wide Outside Lane (WOL)
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, the Town will begin restructuring 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