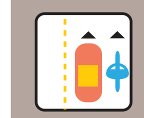
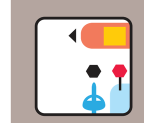
Bike = Vehicle

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.

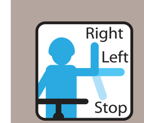
FOLLOW THE ROAD RULES



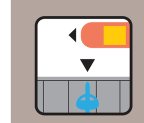
1. Ride on the right side of the road, going with the flow of traffic.



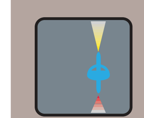
2. Obey all traffic controls — like stop signs, traffic lights, and one-way signs.



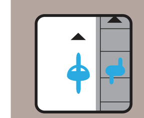
3. Signal whenever you intend to turn, merge to another road position, or stop.



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.

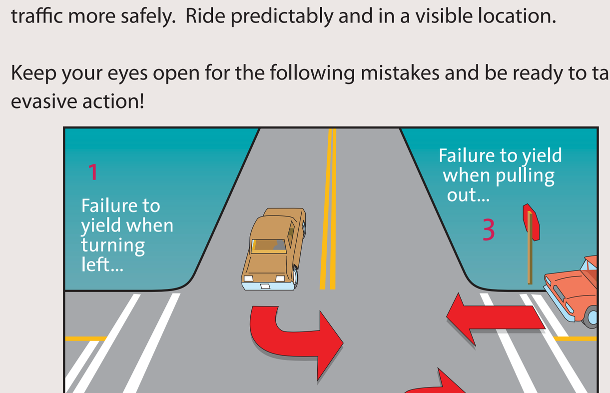


6. Don't ride your bike on sidewalks and treat pedestrians with respect.

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!



1. Watch motorists coming towards you who might turn left. Pay particular attention to their road position and, of course, any turn signals.
2. 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.
3. Watch for movement that could indicate a car is coming out of driveway or side street.

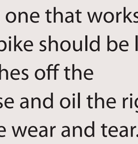
RIDE DEFENSIVELY

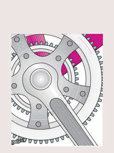
Anticipate other people's moves- and their likely mistakes. Keep your eyes moving over the traffic scene, use a mirror, and be ready to take evasive action. Establish eye contact with drivers around you to let them know you are there. Shout if necessary.

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.

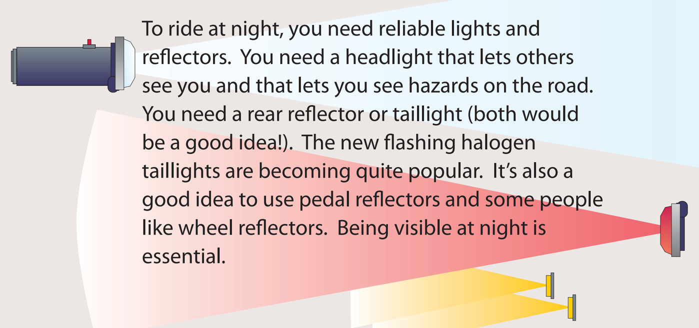
Your brakes should work smoothly and should stop promptly, even when it's rainy. When you squeeze the lever, it shouldn't "bottom out" against the handlebars. When you let go of the lever, the brake should come away cleanly from the wheel's rim.





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

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.

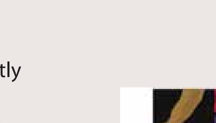
If you have trouble looking back while riding a straight line, practice riding down the stripes in an empty parking lot.

WATCHING THE ROADWAY

Keep your eyes contantly 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 gates.

USING THE BRAKES

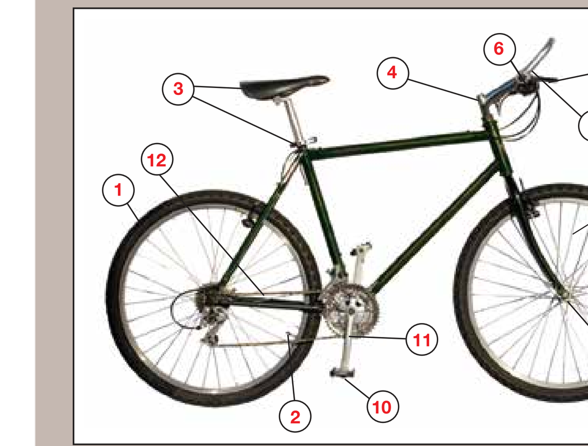
Use BOTH brakes smoothly and evenly. On downhills, use them lightly and often as you descent. Brake before you enter curves and let off as you go around. Keep your hands on the levers. In case of an emergency, you'll be ready.



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.

13-Point Quick Check



1. Push the tires against a curb. If you can flatten them, inflate to the pressure shown on the tire.
2. Make sure valve stems point straight to the hubs to avoid rim cuts. Such cuts can't be patched.
3. Twist and rock the saddle. It shouldn't move in any direction.
4. Twist and rock the handlebars. They shouldn't move either.
5. Squeeze the brakes. Levers should work smoothly and not hit the handlebars; brake pads should hit the rims squarely.
6. Run through the gears while riding. They should shift smoothly onto all sprockets and not throw the chain.
7. Rock the fork and handlbars forward and back and turn from side to side to check for loose or tight headset bearing. They shouldn't rock or bind.
8. Squeeze pairs of spokes together.They should be tight and the wheels straight. Also look for broken spokes.
9. 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
10. tight.
Rock the pedals front to back. They shouldn't move and
11. should spin freely.
Rock the crank arms from side to side. There should be NO
12. play.
Look closely at the chain. It shouldn't be either caked with
13. 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

1. Start on easy streets and hone your skills. As you gain confidence, try more demanding roads.
2. 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 comfortable riding.
3. 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

4. Ride lawfully. Auto commuters will get to know you over time and will come to respect you if you ride correctly.
5. 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

6. 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.
7. In hot weather, bring a change of clothes (or keep one at work) so you don't go through the day sticking to everything.
8. Carry heavy things on your bike in a rack pack, or 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.

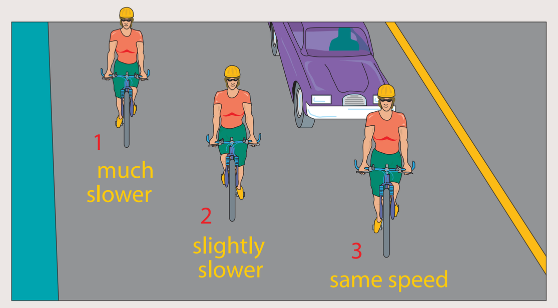
Basic Traffic Riding Techniques

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

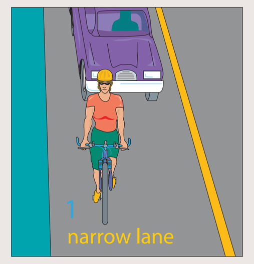
The closer you go to the speed of traffic, the closer you should ride to that traffic.

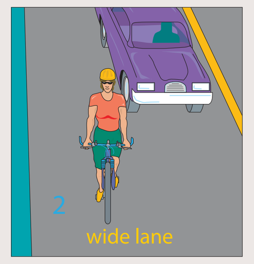
1. When everyone else is going a lot faster than you, keep well to the right.
2. When they're going a little faster, ride near traffic. This encourages right turners to slow and wait instead of passing at the last moment and cutting you off.
3. When they're going the same speed as you, ride in the line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

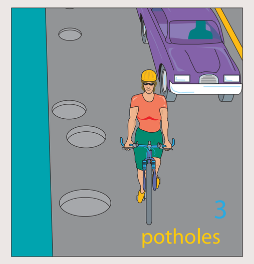


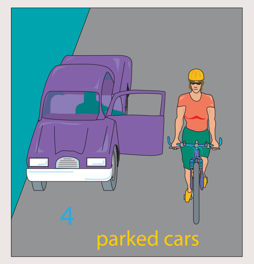
WIDTH AND ROAD POSITION

1. 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.
2. 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.
3. On a road with gravel, debris, or potholes on the right side, ride on the smooth pavement to the left of them.
4. Always ride a good door's width from parked cars.



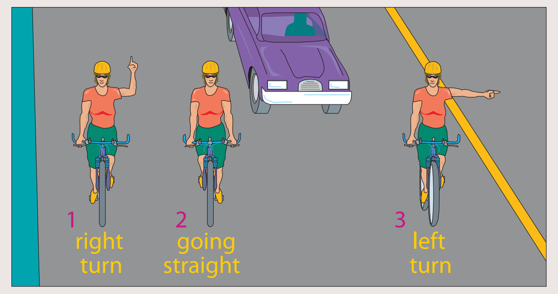






DESTINATION AND ROAD POSITION

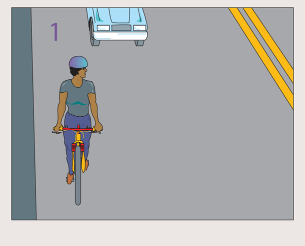
Near intersections, it's a good idea to let your road position tell others where you're going.



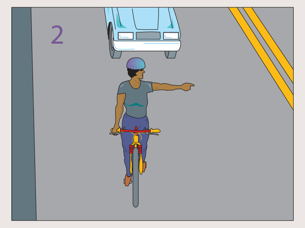
1. To turn right, move towards the right edge of the roadway.
2. To go straight, keep at least three feet from the curb and stay out of right-turn lanes.
3. To turn left, ride about three feet right of the center line or, if there is one, use the left-turn lane.

MAKING LEFT TURNS

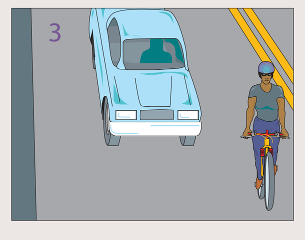
As you practice, you'll get better and better at merging in traffic until it becomes second nature. Making left turns is tricky but can be learned. Start on quiet streets and work up to busier ones.



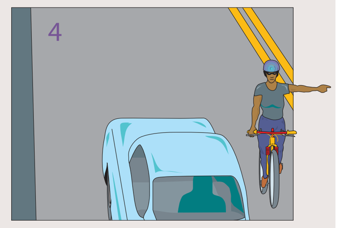
1. As you approach an intersection where you want to turn left, look back for a gap in traffic. If a car is coming, decide whether you can move left across the lane before it arrives.



2. 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.



3. Once you've merged to a left-turn position, ride straight and watch what's going on around you.



4. 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!

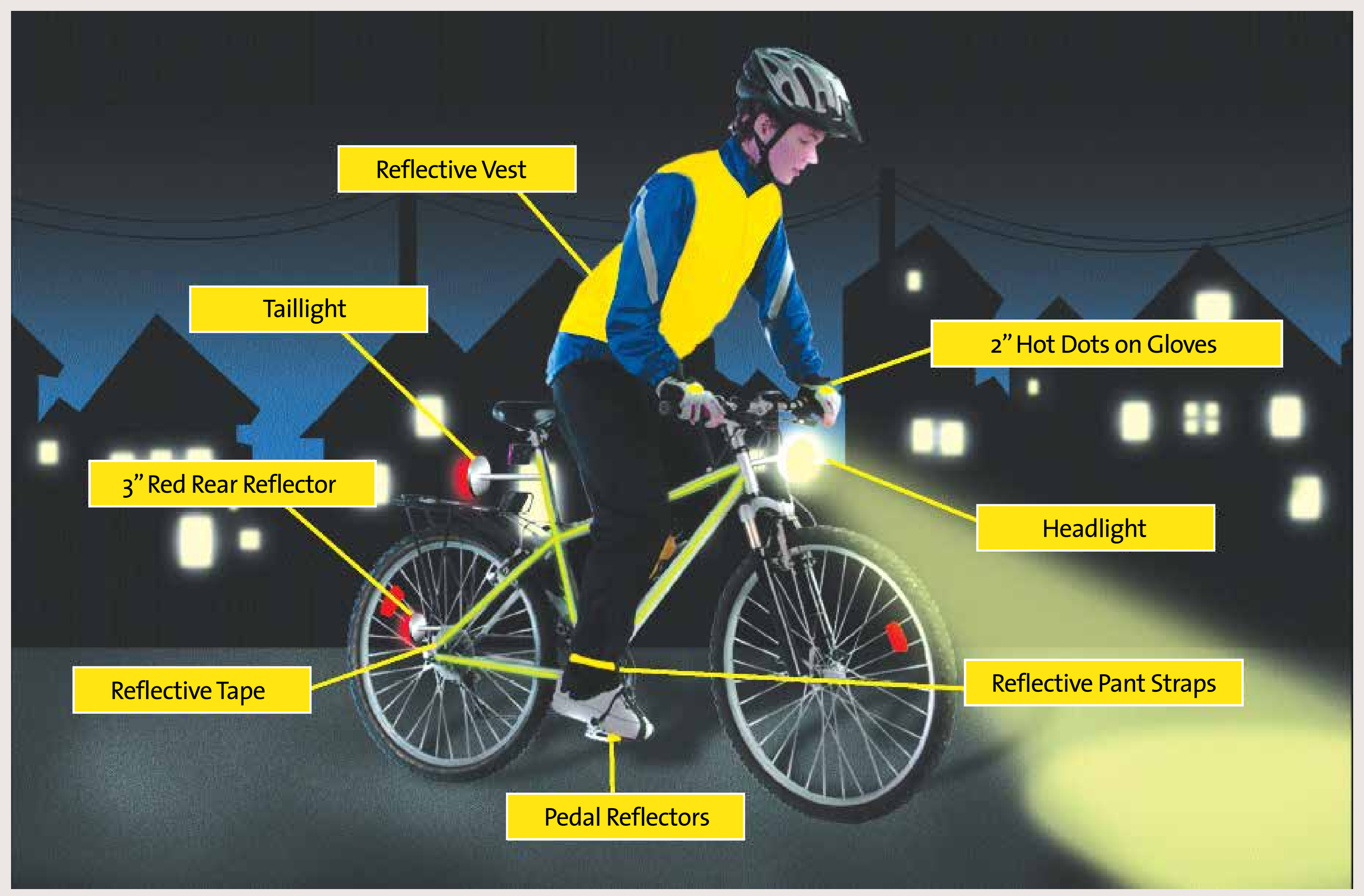
TAILIGHT TIPS

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.

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, Parks and Facilities Information

Loop Trails AROUND CARY

1. **Amberly Lake Loop Trail** (0.5 miles - paved)
2. **Cary Park Lake Loop Trail** (1.9 miles - paved)
3. **Thomas Brooks Park Loop Trail** (0.5 miles -paved)
4. **Green Hope Elementary Park Loop Trail** (0.5 miles - paved)
5. **Davis Drive Park Loop Trail** (0.5 miles - paved)
6. **Bond Park Lake Loop Trail** (2.0 miles - paved and natural surface)
7. **Bond Park Paw Paw Loop Trail** (1.0 miles - paved and natural surface)
8. **Bond Park Pine Cone Loop Trail** (1.2 miles - paved and natural surface)
9. **Godbold Park Loop Trail** (0.5 miles - paved)
10. **North Cary Park Loop Trail** (0.5 miles - paved)
11. **WakeMed Soccer Park Cross-Country Trail** (1.6 miles - natural surface)
12. **Walnut Street Park Loop Trail** (0.4 miles - paved)
13. **Macedonia Lake Loop Trail** (0.8 miles - paved)
14. **Symphony Lake Loop Trail** (1.3 miles - paved)
15. **Hemlock Bluffs Chestnut Oak Loop Trail** (0.9 miles - natural surface)
16. **Hemlock Bluffs Swift Creek Loop Trail** (0.4 miles - natural surface)
17. **Middle Creek Park Loop Trail** (0.5 miles - paved)

Bike Hike Cary Mobile App

NEW

Bike Hike Cary Mobile App is now available. It allows users to search and select bicycle and hiking routes as well as recreation opportunities in Cary. Download it for free on the Apple and Android App Stores. Search for "bike hike cary".

Staffed Facility Name / Location		Meeting Rooms	Class Rooms	Ball Room	Rooms For Reservation	Catering Prep Area	Gymnasium	Library/Media Room	Ceramics Studio	Gallery/Exhibits	Gift/Supply Shop	Performance Area	Movies	Concessions/Vending
STAFFED FACILITIES 1	**Cary Senior Center** 120 Maury Odell Place 919-469-4081	X		X	X	X		X	X	X				X
2	**Bond Park Community Center** 150 Metro Park Drive 919-462-3970	X			X	X	X			X				X
3	**Bond Park Boathouse** 190 Bond Park Drive 919-469-4100									X	X			X
4	**Herbert C. Young Community Center** 101 Wilkinson Avenue 919-460-4965	X			X	X	X			X				X
5	**Page-Walker Arts & History Center** 119 Ambassador Loop 919-460-4963	X	X		X	X				X	X	X		
6	**The Cary Theater** 122 East Chatham Street 919-462-2054											X	X	X
7	**Cary Arts Center** 101 Dry Avenue 919-469-4069	X	X		X	X		X	X	X	X	X	X	X
8	**Stevens Nature Center at Hemlock Bluffs Nature Preserve** 2616 Kildaire Farm Road 919-387-5980		X							X				
9	**Middle Creek Community Center** 151 Middle Creek Park Avenue 919-771-1295	X			X		X							X

* lighted facility
▲ reservations available

Park/Facility Name / Location		Baseball/Softball Fields	Basketball Court	Multi-Use Court	Open Play Field	Sand Volleyball Courts	Soccer/Multipurpose Fields	Tennis Courts	Playground	Picnic Shelters	Picnic Tables	Rest Rooms	Concessions/Vending Machines	Amphitheatre	Climbing Boulders	Lake For Boating And Fishing	Ropes Course	Skate Ramps	Disc Golf	Trails/Walking Paths	Access To Greenway
PARKS/NATURAL AREAS 1	**New Hope Church Road Trailhead Park** 2575 New Hope Church Road (Opening in 2015)				1							X									X
2	**Mills School/Park** 425 Mills Park Drive	1*	1*				3*				X	X									X
3	**Carpenter Park** 4420 Louis Stephens Drive (Opening in 2016)		1	1	1				X	1	X	X								X	
4	**Thomas E. Brooks Park** 9008 Green Level Church Road	4*	2*				2		X	2▲	X	X	X							X	X
5	**Sears Farm Road Park** 5077 Sears Farm Road		1		1				X	1	X	X								X	X
6	**Green Hope High School Park** (Fields Only) 2500 Carpenter Upchurch Road	2*	1									X									
7	**Green Hope Elementary School/Park** 2750 Louis Stephens Drive		1*			4*	3		X	1	X	X								X	X
8	**White Oak Park** 1216 Jenks Carpenter Road		1	1	1				X	1▲	X	X								X	X
9	**Davis Drive School Park** (Fields Only) 2101 Davis Drive	2*										X									X
10	**Davis Drive Park** 1610 Davis Drive		1				4		X	1▲	X	X								X	X
11	**Preston Soccer Fields** 1111 High House Road						2														
12	**Fred G. Bond Metro Park** 801 High House Road	7*			1				X	3▲	X	X	X	X		X	X			X	X
13	**North Cary Park** 1100 Norwell Boulevard		2*		1	4*	1		X	1▲	X	X			X					X	X
14	**Black Creek Greenway Trailhead Park** 2055 NW Maynard Road																				
15	**Robert V. Godbold Park** 2151 NW Maynard Road		2*					6*	X		X	X						X*		X	X
16	**Lexie Lane Park** 301 N Dixon Street	1*	1	1					X			X									
17	**Urban Park** 414 E Chatham Street		1						X		X										
18	**Heater Park** (Open Space) 400 S West Street																				
19	**Dorothy Park** (Open Space) 720 Griffis Street																				
20	**Meeting Place Park** 601 Kildaire Farm Road																				
21	**Rose Street Park** 110 Rose Street		1						X												
22	**R.S. Dunham Park** 519 Walnut Street		2					5*	X		X	X									
23	**Lions Park** 815 Tanglewood Drive	2*								1	X	X									
24	**Cary High School** (Field Only) 638 Walnut Street	1*																			
25	**Walnut Street Park** 1420 Walnut Street				1				X	1		X								X	
26	**Annie L. Jones Park** 1414 Tarbert Street	1*	2					6*	X		X	X								X	X
27	**MacDonald Woods Park** 1601 Seabrook Avenue		1		1				X		X										X
28	**Marla Dorrel Park** (Kids Together Playground) 111 Thurston Drive		1	1	1				X	1▲	X	X									X
29	**Harold D. Ritter Park** 301 Lochmere Drive West	2*	1		1				X	1▲	X	X									X
30	**Hemlock Bluffs Nature Preserve** 2616 Kildaire Farm Road											X								X	
31	**Jack Smith Park** 9725 Penny Road (Opening in 2016)				1				X	1▲	X	X			X					X	
32	**Middle Creek School/Park** 151 Middle Creek Park Avenue	4*	2	1	1		2*	8*	X	1	X	X	X						X	X	
SPECIAL USE FACILITIES 1	**Veterans Freedom Park** 1513 North Harrison Avenue																				
2	**Godbold Dog Park** 2036 NW Maynard Road				1*																X
3	**Historic Hillcrest Cemetery** 608 Page Street																				
4	**Sertoma Amphiteater** 801 High House Road											X		X						X	X
5	**Historic White Plains Cemetery** 100 Tolliver Court																				
6	**Koka Booth Amphitheatre** 8003 Regency Parkway 919-462-2025										X	X	X	X						X	X
7	**Jack Smith Dog Park** 9725 Penny Road (Opening in 2016)				1*																
SPORTS VENUES 1	**USA Baseball National Training Complex** 7445 Green Hope School Road 919-387-5844	4*										X	X								X
2	**Cary Tennis Park** 2727 Louis Stephens Drive 919-462-2061							33*				X	X								
3	**SK-8 Cary** (at Godbold Park) 2040 NW Maynard Road 919-380-2970											X	X					X*			X
4	**WakeMed Soccer Park** 940 E Chatham Street 919-858-0464						8*					X	X							X	

GREENWAY INFORMATION

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. Complementing 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 the corridors that harbor Cary's greenway trails provide access to 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 . 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 when parking. For additional information, see the rules and regulations section.

Greenways enhance our lives in many ways by:

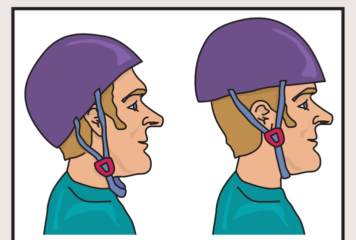
- Providing a recreational amenity for walking, jogging, and bicycling in a natural setting remote from traffic;
- Preserving pristine open space to enhance Cary's quality of life;
- Linking our neighborhoods with parks, schools, community centers, and other neighborhoods;
- Helping to control stormwater 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 15 years old are required by law in Cary to wear a helmet.



Adjust the straps with the plastic slider to make your helmet sit level. It should be just under your ear with no slack in the straps.

WHAT

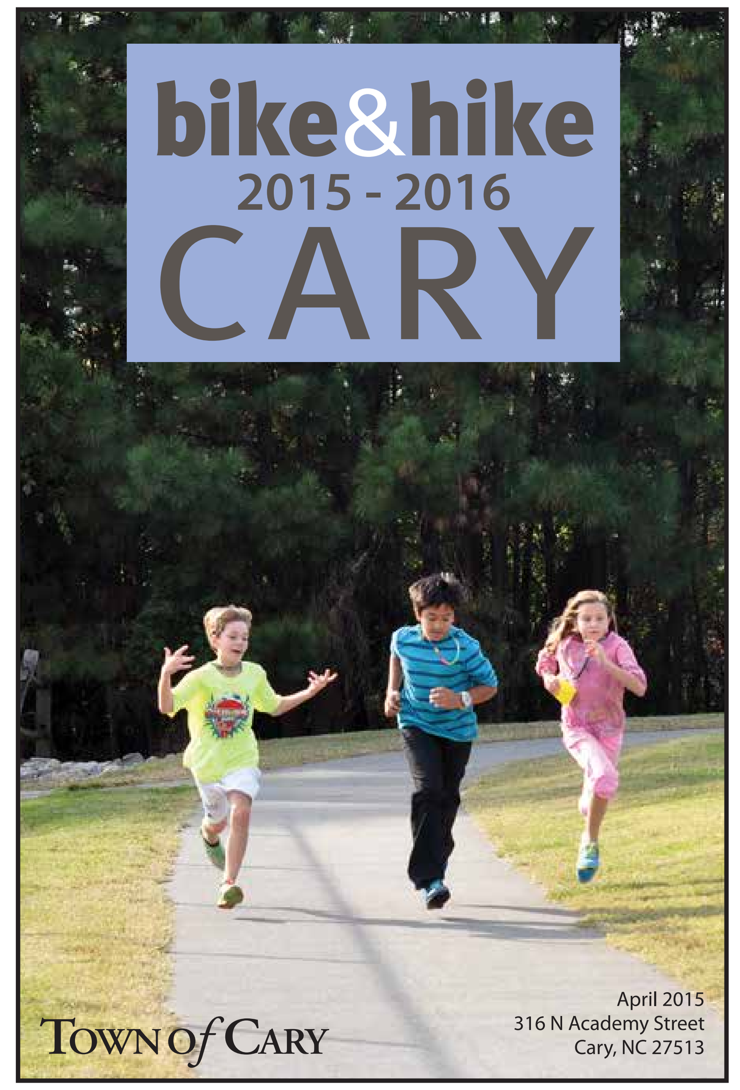
Get one that fits snugly but is not tight. Make sure it has CPSC stickers, which prove that it has passed specific tests.

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.



CARY BICYCLE/GREENWAY MAP www.townofcary.org

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.bicyclefriendlycommunity.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.

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.

Sharrows

Sharrows are pavement marking symbols that serve to alert all road users of a shared facility, encourage the safe passing of bicyclists by motorists and reduce the incidence of wrong-way cycling. Sharrows are used to assist bicyclists with lateral positioning in a shared travel lane or in lanes that are too narrow for a motor vehicle and a bicycle to safely travel side by side within the same lane.

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 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 questions or comments, whom do I contact?

You can visit the Bicycle Plan or Greenway webpages at www.townofcary.org, or call:

Facilities Planning	Facilities Design
Juliet Andes, Manager	Paul Kuhn, Manager
(919) 469-4030	(919) 469-4030
Town of Cary	Town of Cary

Bike/Greenway Resources

More Copies and Other Maps

For additional copies of this map or to report problems, please contact the Town of Cary Facilities Planning Department at 316 N. Academy St., Cary, NC 27513 (phone 919-469-4030) or the Town of Cary Parks, Recreation and Cultural Resources Department (phone 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..........www.tarwheels.org
North Carolina Bicycling Club
P.O. Box 32031, Raleigh, NC 27622..........www.ncbikeclub.net
Capital City Cycling Club
president@capcycling.org..........(919) 363-5348
NCDOT Bicycle Program
P.O.Box 25201, Raleigh, NC 27611..........(919) 807-0777

Disclaimer

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 Town of Cary warrants, expressly or by implication, the conditions that may be encountered by the bicyclist.

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.