

Bike WAKE FOREST



Is your bike ready to ride?

You don't need an expensive bike to get around—just one that works and that can be repaired and adjusted. Do a basic bike check before you head out for a ride.



Remember A-B-C.

Air: Tires should be firm and filled to the recommended pressure that is stamped on the outer edge.

Brakes: Squeeze the brake lever and check that it's not "bottoming out" against the handlebars. When you let go of the lever, the brake pad should come away cleanly from the wheel's rim.

Chain: The chain should be well-oiled and shouldn't jump as it goes around.

Riding at Night To ride at night, you must have reliable lights and reflectors. You need a headlight that lets others see you and that lets you see hazards on the road. A rear reflector or tail light is also essential and will help you be visible at night.

Are you ready to ride?

Whether you're a beginning rider or a skilled cyclist, this map shows you a variety of routes to help you plan an outing on your bicycle. Before you leave home, check that you are properly prepared.

Be Prepared

- Take identification when you go for a ride.
- Leave valuables at home or locked in your trunk.
- Let someone know your itinerary.
- Be aware of weather conditions and wear appropriate clothing if needed.
- Carry water, tools and supplies that are appropriate for your ride.

Protect Your Brain—Wear a Helmet

If you don't already have one, get a bicycle helmet today! Why? A good helmet can protect your brain. That's important if your head hits a hard surface like a road, a curb or a car.



- Your helmet should fit snugly but not too tight.** The helmet should not rock from side to side. You can add interior pads to fine tune the fit.
- The front of the helmet should be level** and two finger-widths above your eyebrows. If your helmet rests on the back of your head, it won't protect your forehead during a fall.
- Your neck strap should be snug.** Adjust the straps so there's no slack in the straps.

It's the Law. North Carolina state law requires anyone under the age of 16 years to wear a helmet while riding on public roads, paths or greenways.

Know the Rules

In North Carolina, a bike is considered a vehicle and you are its driver. You share the rights and the duties with all other drivers as you use the state's roadway network.

Road Rules

- Ride on the right side of the road, going with the flow of traffic.
- Obey all traffic rules like stop signs, traffic lights and one-way signs.
- Signal whenever you intend to turn, merge or stop.
- Yield when you enter the road or when you change lanes or position.
- Use a good set of lights and reflectors whenever you ride after dark.

Hand Signals

- RIGHT
- LEFT
- STOP

Road Position

- Narrow Lanes:** Ride far enough from the edge to discourage dangerously close passing. Many expert riders ride in the car's right wheel track.
- Wide Lanes:** Ride just to the right of the traffic stream. This allows easy passing but reduces the danger caused by turning cars.
- Potholes:** Ride on the smooth pavement away from obstacles such as gravel, debris or potholes.
- Parked Cars:** Ride at least a door's width from parked cars.

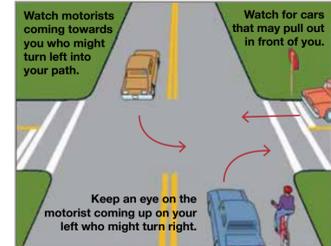
- Share the Road:** Cars and bicycles frequently must share the road. Bicyclists, however, must also be aware of sharing the road with motorists. If someone comes up behind you, move to the right when safe to allow them to pass. In groups, bicyclists should ride cooperatively and help motorists pass safely.
- Riding on Greenways:** Share the path with other users. Ride on the right hand side and pass on the left. Make sure that others know you're approaching by ringing your bell or calling out.

How to Make a Left Turn

- Look back:** As you approach an intersection where you want to turn left, look back. If someone is coming, decide whether you can move left across the lane before they arrive.
- Signal:** Signal your intention to cross the lane and wait until it's clear to merge or until a car allows you to cross the lane.
- Cross lane:** Once you've merged to a left turn position, ride straight and watch what's going on around you.
- Signal turn:** 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.

Dealing with Hills

Speed control is very important when going downhill. Rather than ride your brakes all the way down, tap them gently to control your speed. Slow down before you get to curves. Give other cyclists plenty of room in case someone makes a mistake.



COMMON HAZARDS A majority of accidents involving cyclists happen at intersections. Keep your eyes open for these motorist mistakes.

Ride Defensively

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.

- 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.

Stopping Your Bike in an Emergency

If a quick stop is needed, slide back on the saddle and get low, then squeeze both brakes equally, gradually squeezing harder on the front brake. Too much front brake and you will tumble.

- Additional Bicycle Resources**
- Town of Wake Forest: wakeforestnc.gov/bicycles.aspx
 - NC Department of Transportation: ncdot.gov/bikeped/
 - League of American Bicyclists: bikeleague.org

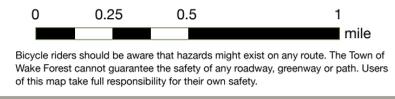
How to Use this Map

- Select your skill level below
- Find the color coded roads on the map that meet or exceed your skill level

- Level 1 Cyclist (BEGINNER)**
Has basic riding skills and feels most comfortable riding on a greenway or where there are very few vehicles.
- Level 2 Cyclist (INTERMEDIATE)**
Will venture out onto some roads as long as there is a designated area for bicycles and traffic is not too heavy or fast.
- Level 3 Cyclist (EXPERIENCED)**
Will ride on roads with heavy traffic or high speeds and feel comfortable navigating through busy intersections.

Legend

- Bike Racks
- Parking Lot
- Level 1 Cyclist
- Greenways Under Construction
- Level 2 Cyclist
- Level 3 Cyclist
- Major Roads
- Streets
- Railroads
- Major Streams
- Water Bodies
- Library
- Private School
- Public School
- University
- Downtown
- Historic Districts
- Parks
- Town Jurisdiction
- Other Jurisdictions



Bicycle riders should be aware that hazards might exist on any route. The Town of Wake Forest cannot guarantee the safety of any roadway, greenway or path. Users of this map take full responsibility for their own safety.

Bike Walk Run WAKE FOREST

MAP

Published by the Town of Wake Forest

