

building a network of cyclists in the greater Carrboro region

EVENT CALENDAR

CBC MONTHLY MEETINGS

The Carrboro Bicycle Coalition meets the **2nd Wednesday of the month at 8 pm** in the back training room of the Open Eye Cafe. (Thank you Open Eye!) The meetings are open to everyone. Come a little early to grab a drink and to socialize. Join us and be a part of something big!

Mayor's Ride

THURS, Nov. 12, 9:00 a.m.

The CBC will lead a ride of NC's Metropolitan Mayors through the streets of Carrboro.

OPEN STREETS 2016 Planning Mtg.

MON., Nov. 16, 7:15 p.m., Century Center
First meeting for next spring's Open Streets event. Volunteers or interested parties welcome.

UNC Transportation Fair

TUE., Nov. 17, 11:00 a.m.–2:00 p.m.

FPG Student Union, Great Hall, UNC Campus. Chance for UNC students, faculty, and staff to learn more about transportation options.

CBC Monthly Meeting

WED., Dec. 9, 8:00 pm, Open Eye Cafe
Carrboro Bicycle Coalition monthly meeting.

Holiday Parade

SAT., Dec. 12, 10 a.m.

Look for the cyclists, or join us in the parade!

New to the Area?

Check out our tips for newcomers along with other great resources on our website, bikecarrboro.com, under the RESOURCES tab. You'll find links to bike stores, bike clubs, bike laws and all sorts of other things. And if you'd like to get more involved with what we do, come to one of our meetings to learn more!

Trying to decide what to get that special cyclist for the holidays? We'll have 10 days of ideas on our website beginning December 1. Check it each day Dec. 1–10 for one of our members' favorite gifts.

OPEN STREETS, APRIL 2016

For the past three years, Carrboro has put on an impressive Open Streets event. We have had everything from bike blender smoothies to a climbing wall to yoga in the streets. The event is now part of the Town of Carrboro's Recreation and Parks program. Though it is the Town's program, it relies on the involvement of many volunteers. Would you be interested in being part of the planning process for this year's Open Streets? The first meeting for the 2016 Open Streets event will be on Monday, November 16, at 7:15 p.m. at the Carrboro Century Center. If you want to be involved, but can't make the meeting, send a note to Galen Poythress at JPoythress@townofcarrboro.org.



FRIDAY NIGHT LIGHTS

On Friday, Oct. 30, the Carrboro Bicycle Coalition once again held Friday Night Lights, an event that promotes safe cycling at night. We gave out lights to those who needed them, and then took off on a bike ride through Carrboro and Chapel Hill. If you ride at night, PLEASE ride with lights. It's not just a really good idea, it's the law!



Christina Darguzas

CBC and Safe Routes to School by Eric Allman

In the fall of 2014 the CBC received a grant from Strowd Roses to help improve safe routes to school in Carrboro and Chapel Hill. This funding has gone toward helping to establish curriculum of safe walking and biking into elementary schools, get more bike racks at Carrboro Elementary, provide incentives to children at Carrboro Elementary for walking and biking to school, and to help reinvigorate a trailer full of bikes that the school system once used to help provide bikes to physical education teachers around the area help do teaching for biking skills.

The CBC has collaborated with the ReCYCLery and Bicycle Alliance of Chapel Hill (BACH) as well as Carrboro Chapel Hill Community Schools to get the trailer up and running with a couple new bikes from Clean Machine (now 18 total), new tubes and a tuning from the ReCYCLery crew, and pumps and tools from Active Routes to School support. It was used throughout the spring by PE teachers with on site assistance from CBC and BACH, and we hope to reach out to hundreds more kids over the coming years.

Carrboro Elementary also started a car-free Fridays program over the last year in an effort to decrease car drop off traffic and increase walkers and bike riders to school. This program was headed up by the CBC and involved incentives and a bike give-away at the end of the year. This incredibly successful program will continue in the future due to new and more sustainable funding from the Carrboro Elementary PTA.

Many of us grew up riding a bike or walking to and from school and we all know how cool it can be. Showing kids in the area how to do it safely and encouraging kids and parents to make it a regular part of the day is one of the many ways CBC is working to help this community. The benefits of kids walking and biking to school are extensive and what a great way to get someone riding a bike for life.

Want to help with the efforts at Carrboro Elementary or start a program at your school?? Contact Eric Allman at ecallman@hotmail.com

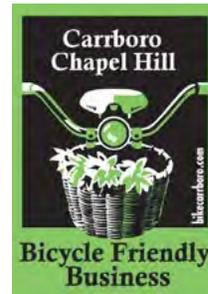
Artists and Photographers—We want YOU!

The Carrboro Bicycle Coalition will be curating a bicycle-themed art show at the Carrboro Branch of the Orange County Library in the spring. If you are interested in participating, please send an email to bikecarrboro@gmail.com.



Our newest Bicycle Friendly Businesses

The following businesses have been recognized by the Carrboro Bicycle Coalition as our new 2015 Bicycle Friendly Businesses. These businesses have been picked for their bicycle friendliness to cyclists and to their cycling employees. We hope you will give them your business! For a full list of our Bicycle Friendly Businesses, go to bikecarrboro.com (or look for the logo above on the doors of local businesses).



- Carrboro Family Vision
- Carolina Car Wash and Detail
- Fitzgerald's Irish Pub
- Honeysuckle Teahouse
- New Media Campaigns
- Underground Printing

The 2015 Statewide Bike Summit

The 2015 Bike Summit was held in Charlotte this year, and CBC members Eric Allman and Heidi Perry presented a session: "How Elected Officials and Other Town Employees can Become Advocates for Cycling." The session was very well attended, and there was good discussion after our presentation.

One of the highlights of the meeting was a keynote by Toronto urban planner Gil Peñalosa on making our cities safer for walking and cycling, and opening up public spaces (such as streets) to use as urban parks with Open Streets events. Peñalosa is the founder of "8 80 Cities"—the premise being that if we make our streets safe for the youngest and the oldest, we will make them safe for everyone.

Other sessions covered bike share programs, the statewide "Watch For Me NC" program, and a Slow Roll Chicago program that was based on a program that began in Detroit and has spread across the globe, a program that promotes community through weekly bike rides.

SPOT funding for Old 86?

For those of you who often ride on Old 86, there have been a few things happening. Last year, we asked NCDOT to consider a few changes to make the road safer for the many cyclists who head out that road to ride in Orange County. We asked that the speed limit between the Carrboro city limits and the intersection at Dairyland be lowered to 35 mph, that the bike lane on the northbound side of the road be merged into traffic (rather than abruptly ending), and that a "bikes may use full lane" sign be installed. Well, we didn't get everything we asked for—the speed limit was only lowered to 40 mph, a sign was put up to announce the bike lane's end, and a "share the road" sign was put up instead of the "bikes may use full lane" sign. Efforts to improve this stretch have not been abandoned. The Town of Carrboro recently submitted proposals to NCDOT for SPOT funding grants that would extend the bike lane on Old 86 to Dairyland, and from Dairyland to Eubanks. We'll keep you posted on this as we find out more.

How I Ended up a Cyclist (or: To Fifteen Years on the Bike) Benjamin P. August

(Ed. note: Sometimes people assume that the cyclists in town have always been cyclists, or at least since heading off to college. But there are many who discover or rediscover cycling well into adulthood, and find a lot of unexpected benefits when they do. If you know someone who might benefit from having cycling in his or her life, leave this article on the coffee table to serve as inspiration.)

It was the summer of 2000 and I was 23, one of the hordes going into IT with the figure to prove it. I had a great job but the infamous Silicon Valley rent didn't leave me with the money to replace the beat-up car that brought me there.

Then one day it happened. I sat down and realized my 190+lb of chub was pointing up instead of out. I looked at my father's knee and back pain and how inactivity was affecting him, and I needed something to spare the car until I could replace it. So I went to a bike shop and walked out with a mountain bike. So exciting was the prospect of cycling to work that I tried it on a Saturday night, a part-light rail, part-cycling route. And the next Monday, I did it for real. An experiment became a habit and a habit became a way of life.

The light rail leg of the trip was dropped for more riding time. The car did get replaced, but it often sat idle. I started riding to places other than work. Driving started to seem boring, passive, and wasteful. So did the TV and the company gym. Through home and office moves and new roommates and into my marriage (to a very understanding lady), I stuck with it.

One morning in 2007, I was going to drive to a doctor's appointment and found the car's battery had died. This was the last straw for my last car. Shortly thereafter we committed to sharing one car as long as it was feasible. This decision has saved thousands a year in maintenance, gas, and insurance.

After a while I had a better handle on the local geography than most delivery drivers. I covered the same 11-mile com-

mute in the same 45 minutes as my driving neighbors. And on a bicycle, I did not just pass by neighborhoods, I became a participant in them.

No one I know now believes I ever weighed 190lb. For a while, even my extended family didn't recognize me. I bottomed out just above 140lb, and have stabilized at about 150. My resting pulse became low enough to confuse the machines at the drugstore, in spite of a serious sweet tooth and a still-improving relationship with food (cycling can't change EVERYTHING).

Fifteen years later, it is no exaggeration to say that cycling has changed my life in many ways. I have two little cyclists in the house to ride with now, and I have joined with a group of like-minded individuals to advocate for safer cycling for everyone—regardless of the reasons.



One can sometimes see Ben out and about with his two children in tow in his Bakfiets. Here he is arriving at Kidalid Mass transporting both the kids and their bikes.

New Bike Law cards and Crash Report cards

Do you know the current laws for riding a bike in our state? We now have bike laws on our website in English, Spanish, Burmese, and Karen. Feel free to download them for your use. We also have crash report cards—cards that will help you remember to get the right information should you or someone you are riding with be involved in a crash.



Smith Level Road and Jones Ferry Road updates

Smith Level Road improvements are scheduled to be completed by January. Cyclists have pointed out that the manhole covers, which are in the bike lanes, sink below the surface of the road and are unsafe for cyclists. The Town's planner has been notified of this and is in contact with the project engineer to resolve the problem. The Jones Ferry "road diet" is underway and scheduled to be completed by June 2016.



The **Carrboro Bicycle Coalition (CBC)** is a 501(c)3 nonprofit advocacy group that seeks to create a bicycle friendly community through cycling awareness, education, safety advocacy and promotion of bicycling for transportation, recreation, fitness, and a livable future. The CBC is a member of 1% for the Planet.



The Bike Fairy Experiment

By Ginger Guidry

In an effort to promote positive bicycling culture, members of the CBC have started handing out small rewards to cyclists obeying the rules of the road. We call ourselves “bike fairies” as we appear out of nowhere, asking unsuspecting cyclists to stop for a prize.

This tactic has proven challenging on occasion, in part because the observant cyclists are on two wheels and can be hard to catch in traffic. Admittedly it is quite unusual to be stopped by a stranger and given a \$5 gift card! The gift cards encourage visits to local bike friendly businesses, like Open Eye Café, Bread and Butter, and Looking Glass Café.

Those approached by the bike fairies have been pleasantly surprised. Many say they normally try to follow the rules of the road. They are pleased to learn that someone is paying attention to how they ride.

One hope is that by rewarding people who are following the rules, the percentage of time they do so might increase. Another goal is to spread the word about the Carrboro Bicycle Coalition in a creative way. We hope that people receiving gifts from bike fairies tell their friends about us, so more people know about our efforts and support local bicycling.

“Many people new to town don’t realize that they’re in a place with a strong cycling culture. There are so many cyclists here that what we do matters. We want people to be aware that there are expectations to follow the law, so that we can build a positive, safe bicycling community,” said Charlie Hileman, CBC board member.

So obey traffic signs and signals, equip your bike with lights if you’re riding at night, and use hand signals when turning. These things will keep you safer, make you more predictable, and elevate your respect from others on the road. And, you may just reap rewards from a bike fairy.



Please show your thanks to our advertisers and our sponsors by supporting their businesses! If your business would like to place an ad in our next newsletter, contact us through our website at bikecarrboro.com and let us know of your interest.

House Bill 232

You may recall that we mentioned HB 232 in our spring newsletter. This is a bill that directed NCDOT to form a working group to study laws that pertain to cyclists. The group was formed, and the final report is due by the end of the year. You can stay informed about its progress by checking the BikeWalkNC.org website.

Cyclocross and Mountain Biking for Youth

Triangle Bikeworks (TBW) is working with youth interested in learning **cyclocross**. It is also looking for coaches and teams as it works to build North Carolina’s first Interscholastic **Mountain Biking Association league** (NICA). This will be open to high school students interested in learning about and competing in mountain bike races. If you would like to learn more about either of these programs, contact Triangle Bikeworks at ride@trianglebikeworks.org.

Bike Rodeo!

Back in early July, members of the Carrboro Bicycle Coalition, BACH (Bicycle Alliance of Chapel Hill), Triangle Bikeworks, Active Routes to School, and local law enforcement agencies all worked together to put on a Bicycle Rodeo at the Rogers Road Community Summer Camp. We did bike checks, handed out helmets, taught bike skills, had a short cruiser ride, and made smoothies in the bike blender. One lucky camper won a bicycle. We all had a fantastic time, and hope to have more events like this in the future.

