

EVENT CALENDAR

MONTHLY MEETINGS BikeCarrboro (the Carrboro Bicycle Coalition) meets regularly the 2nd Wednesday of the month in the back training room of the Open Eye Cafe. In the months of **May–September we meet at 8 pm**, and **October–April we meet at 7 pm**. 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!

UNC CYCLICIOUS EVENT

THU, AUG 24 10 am–2 pm, The Pit

Lots of info on biking in the town, plus bike registration, giveaways, and more!

SUMMER STREETS

SUN, AUG 27 12:30–7:30 pm, W. Weaver St. between N. Greensboro and Lindsay

The Town of Carrboro will close the street to celebrate El Centro Hispano's Latin American Festival. For more info, go to elcentronc.org

UNVEILING OF BIKE FIX-IT & PUMP AND BUS RACK TRY-IT STATION

WED, AUG 30, 3 pm, 142 E. Franklin St.

Now you can practice putting your bike on a bus rack without any intimidation. Come to the "ribbon cutting" and check it out.

CBC MONTHLY MEETING

WED, SEP 13 8 pm–9:30 pm, Open Eye Cafe

Come meet your local bicycle advocates, and find out how you can be a part of improving and increasing cycling in our community.

CONFIDENT CYCLING FOR WOMEN

FRI, SEP 15, and SAT, SEP 16, Carrboro

You know how to ride a bike, you love to ride, but you aren't confident or comfortable riding in traffic? This class is for you. Taught through the Carrboro Rec and Parks Dept. For more information or to register, go to <http://www.carrbororec.org>

carrbororec.org/395/Adult-Classes-Events or call Carrboro Rec & Parks at 919-918-7364

BACH MONTHLY MEETING

WED, SEP 27 6:30 pm, Vimala's Curryblossom Cafe

Chapel Hill's Bike Advocacy group regular monthly meeting.

CYCLE NC ROLLS THROUGH CHAPEL HILL

TUE, OCT. 3, Homestead Park

The group Cycle NC does a ride each year that goes from the mountains to the coast. This year, the route will bring the riders through Chapel Hill. If you'd like to be part of the volunteer/welcoming committee, let us know by sending an email to bikecarrboro@gmail.com

KIDICAL MASS

SUN, OCT 8 2:30–4 pm, Carrboro Elementary

An annual favorite! Introduce your children (and re-introduce yourself) to the joys of riding in large numbers and in a very visible and safe way. Fun and prizes. We'll do a short ride (with assistance from the Carrboro PD) to let your kids experience riding on the road. Come see what all of the fun is about!

CBC MONTHLY MEETING

WED, OCT 11 7 pm, Open Eye Cafe

Monthly meeting of the Carrboro Bicycle Coalition, back to our Fall/Winter hours in the

back room of Open Eye Cafe

MAYOR'S FALL RIDE

FRI, OCT 13, 8:15 a.m. at Town Hall

We did this ride in the Spring and it was so much fun we are going to do another one in the fall. Meet at Town Hall, Ride will start at 8:30, refreshments following.

2017 STATEWIDE BIKE/PED SUMMIT

FRI & SAT, Nov. 3–4, Wilmington

A gathering of planners, advocates, and experts in the field of bicycling and bicycle and pedestrian infrastructure. Special rates for students. Register at BikeWalkNC.org

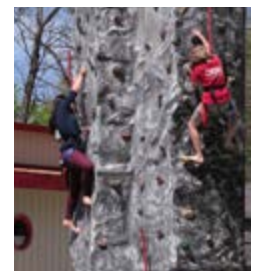
HOLIDAY PARADE

SAT, DEC 9, 9 am–noon. Morehead Planetarium

A tradition for the last several years—all groups from our cycling community join in the celebration as we cycle, dance, and even serve coffee through Chapel Hill and Carrboro. More details will be sent out later in the fall.

This is just a small sampling of the things we have coming up. Sign up for our emails to keep up with events and announcements by going to bikecarrboro.com

AS DAYS GET SHORTER, REMEMBER: NC STATE LAW SAYS IF YOU RIDE AT NIGHT YOU MUST HAVE A FRONT LIGHT AND A REAR REFLECTOR PLUS A REAR LIGHT OR REFLECTIVE CLOTHING. BE VISIBLE!



A few shots from Carrboro's Open Streets in April of 2017. Weaver Street was closed to cars and opened to a very different use of this public space. Would your business like to come and be a part of this huge street event in 2018? Find out more at <http://www.townofcarrboro.org/745/Carrboro-Open-Streets>, or look at past events at https://www.facebook.com/pg/CarrboroOpenStreets/photos/?ref=page_internal. Start planning now! (photo credit: Colleen Barclay)

SPOTLIGHT ON: SPECIAL OLYMPICS CYCLING

COACHES WANTED FOR NC'S SPECIAL OLYMPICS CYCLING TEAM

We were approached by a volunteer about spreading the word about the Special Olympics program. We asked them to give us some information about the program and are spotlighting them here. Would you like to help others develop a love of cycling while also being part of a special coaching team? If so, read on!

Special Olympics Orange County has one of the largest and most diverse cycling programs in the state. They train 30 athletes weekly, ranging from youth on training wheels to adults on recumbent trikes and road racers. A lead staff of 5 head coaches utilizes many more cycling enthusiasts as assistant coaches and technical support staff.

Volunteering with Special Olympics is a tremendously rewarding experience. The athletes are amazing and unpretentious, they are out to enjoy themselves and have fun. Our mission is to create a love of cycling for recreation and increased independence. For many of the adult athletes, bikes and buses will be their best bet for negotiating independent transportation to allow them to get to jobs and home. For all of the athletes, the focus is on family involvement as well, so that bicycling is something the entire family can enjoy and participate in.

The Special Olympics group is always seeking additional coaching staff, as either lead coaches or assistant coaches. No experience is necessary, as long as you have basic cycling skills. We also can use some coaches who have tech-

nical skills and can help with mechanical issues—occasionally we need to fix a flat or replace a shifter cable before hitting the road in the morning.

It is not a long commitment period. The fall season runs for 8 Sunday mornings from September 10th till October 29th. We meet for our practice rides at 9:45 a.m. at The Exchange at Meadowmont parking lot in Chapel Hill. There are 4-5 teams composed of around 30 athletes and 15 coaches who spread out along the Friday Center and Meadowmont trails and roads. The training is over by 11:30 a.m. The season ends with a very popular ride on the American Tobacco Trail (ATT), and there may be a few more trail rides.

This year the teams are scaling back on competing in North Carolina's state games which were moved to a Hot Summer season two years ago. We have opted to return to cool Fall mornings instead. We will participate in local public rides when we can, and run those events in lieu of that week's practice, so we will have a chance to ride more with the community. (We may hold our own competition Fall games at the end of the season.)

This program started with 11 athletes in 2004 and has grown steadily. The team now owns a tandem (that none of us know how to ride yet), and 7 recumbent trikes (thanks to generous grants from the Carolina TarWheels and CarolinaFlyers in Greensboro.

The addition of the recumbent bikes for the lower skilled cyclists has enabled

a level of freedom and speed we could never have imagined previously. One of the athletes, Suzette Snyder, came home from the 2014 Special Olympics North Carolina Fall Games with a Silver medal in the 5k. A video clip from those games gives you an idea of how much energy and fun there is at competitions: <https://www.youtube.com/watch?v=Aal7Dqr9izc&feature=youtu.be>

Colleen Lanigan is Special Olympics Orange County Coordinator at the Chapel Hill Parks & Recreation Dept. We have 5 primary coaches this year, and are hoping to recruit an additional 15 assistant coaches, ranging from high school and college students to parents and other volunteers.

We'd love to introduce you to some of our Special Olympics Orange County Cycling Team. Please contact Colleen Lanigan at 919-968-2810 or at clanigan@townofchapelhill.org to volunteer or find out more about this amazing program in our midst. (You can also contact Head Coach Jim Fink at 919-423-4363 or jim@ncdm.tv)



ORANGE COUNTY BICYCLE SAFETY GETS FUNDING

In mid-2016, the Orange County Board of County Commissioners (BoCC) formed a Bicycle Safety Task Force, charged to provide recommendations to improve road safety for cyclists and motorists in the unincorporated areas of Orange County. The task force consisted of cyclists, community advocates, public safety and transportation officials, school leaders, and county staff. (Two of the members were from BikeCarrboro.) This is an update on where this effort now stands.

On May 2, 2017, after six months of research and deliberation, the Bicycle Safety Task Force presented its report to the BoCC, recommending a public education and awareness campaign targeting all rural road users. The campaign, "Drive Safely, Ride Safely" intentionally shifts from hostile motorist/cyclist conflict toward the premise that most motorists and cyclists want to share the road safely.

Why this approach? During its study, the task force dis-

covered that many motorists and cyclists do not know the laws that pertain to cycling, including new state laws designed to allow safe passing. The group felt that education on laws and best practices was paramount, especially those relevant to motorists passing cyclists and to large groups of riders, two key areas identified by the task force.

Anecdotally, the group also learned that the reports available through NC DOT and Orange County EMS likely under-report crashes and other incidents involving cyclists.

The task force outlined a series of actions centered on a public education and awareness campaign, improved data collection and measurements, and traffic safety improvements. The recommendations include:

- Motorist and cyclist education focusing on common-sense safety and mutual respect.

HOW DO I USE THE FIX-IT STATION?

Imagine this: you are cycling around Carrboro and notice there is too much cush in your tires or your gears are a clickin' in a way they shouldn't, or maybe you notice that something on your bike is loose and needs tightening. If it happens during business hours, you can head to one of your great local bike shops and have them take a look. But if it happens after hours, or if all you need is a turn of the wrench or a bit of air in your tubes, well then just head for a Fix-it Station! There are now four bike repair stations dotted around Carrboro (plus a few at UNC and in Chapel Hill), conveniently located in places where you just might be riding your bike. Keep an eye out for these facilities as you take the bike path through Wilson Park, ride past Open Eye on Roberson Street, cruise down the Libba Cotten Bikeway, or head over to Town Hall or the Farmers Market.

A Fix-it Station includes all the tools necessary for a quick repair. You can fill your tires up if they are low on air, take the wheel off to fix a flat, tighten loose pedals, or adjust the brakes and gears. Tools are securely attached to the stand and there is also a pump for your tires. To make it even easier, they have provided a workstand to get your bike off the ground while you work on it—putting your seat post between the hanger arms of the Fix-it stand will allow you to freely spin the pedals and wheels while making the needed adjustments. And if you are not sure how to make those adjustments, use your smartphone on the handy QR code (you'll need to download a QR reader app) and it will take you to a helpful website to show you how to fix things.

To get you started, let me give you a rundown on how easy it is to top up your tire pressure, but first, let's make sure we know what all the parts are.

Valves: Your bike will have one of two types of valves: a fat one that looks like the valves on a car (Schrader) or a skinny metal one with a lock nut on the top (Presta).

Pump Heads: Bicycle pumps at Fix-it Stations need to be able to do both types of valves, and they solve that in a

couple of ways: a dual pump head with two holes—one for Schrader valves and one for Presta valves (this is the kind of pump you'll find at Open Eye), or a single pump head with only one hole that can handle either type of valve. This is what you will find at the other Fix-it stations.

To put air in your tire:

1. Put one wheel in the wheel holder channel on the ground if there is one.

2. Remove the valve cap, if you have one (sometimes these are missing), from the wheel that needs air. If you have the Schrader valve, you are good to go. If you have the Presta valve, then you also need to unscrew the lock nut until it stops unscrewing. If you press that lock nut when it is properly unscrewed you will feel the air come out of the tire.

3. Put the pump head on the valve. Sounds easy, but it can be tricky. There is a lever on the pump head that locks the pump head onto the valve stem. Before you can put the pump head on the valve stem that lever needs to be unlocked – pointing in the same direction as the hose bringing the air. When you get the valve into the hole (and it needs to really be on there) you will need to lift the lever 90 degrees to lock the pump head onto the valve.

4. Grab the pump handles and start pumping. Remember that the tires are carrying the weight of you and your bicycle, shared between them, and their job is to keep the hard metal rim from hitting the hard ground. If there is no gauge on the pump, you will want to pump your tire up until it is firm, but not so hard that you can't deflect it with a finger if you really push on it.

5. Release the lever back to the unlocked position and remove it from your valve. If you have a Presta valve, tighten the knurled knob back down. Don't forget to put the valve cap back on.

6. Repeat the process for the other wheel, if you need to.
7. Go ride :)



(Left and Center) Check out the information on the stations and on the pumps. QR codes will take you to "how-tos" on line. (Right) Open Eye pump with pressure gauge and dual head—one hole fits Schrader valves and one fits Presta Valves. The right one will fit tightly on your valve stem.



(Left) The wider valve is a Schrader valve, like the ones on car tires. The narrow valve is a Presta valve (yours may have a valve cap). (Center) If you have a Presta valve, you need to unscrew the top lock nut before you can add air. Press on the lock nut after it is unscrewed. You should hear air escaping if you have done it right. (Right) Once the bike pump is on the valve, you need to lock it on by pulling the lever up as shown here.

Bicycle Safety, continued from p. 2

- Instituting improved data collection and measurement about road incidents involving cyclists.
- Improving traffic signals to be triggered by bicycles as well as cars, and recommendations that align with the County's adopted Safe Routes to Schools.

A budget of \$15,000 was requested to launch the campaign, and the BoCC approved the request. A subcommittee of the OUTBoard (Orange Unified Transportation Board)

and interested members of the Bicycle Safety Task Force will be meeting to plan marketing materials and a public launch of the campaign.

If you have any ideas that you would like to see incorporated, or some ideas for a fun way to approach the launch, let us know.

A link to the complete report can be found here: <http://server3.co.orange.nc.us:8088/weblink8/0/doc/46405/Page1.aspx>

BIKE PARKING

We are sometimes asked by various cyclists, “Why isn’t there a bike rack at this business?” or “Why is the bike rack at that restaurant so bad?” Doesn’t Carrboro have any bike parking requirements?

The Town does have bicycle parking requirements, but many of them were put into place after the Town’s approval of the 2009 Comprehensive Bicycle Transportation Plan, so several of the businesses did not have these requirements when their permits were approved. There are minimum bike parking requirements for various types of developments, and the Town allows developers to reduce the required number of car parking spaces by one for every additional bike rack that holds at least five bikes. There are also requirements for covered or “sheltered” bike parking in some situations.

We have discussed before the reasons businesses should include bike parking. Studies have shown that cyclists and pedestrians spend more locally than do those who travel by car. This is especially true in a dense downtown area like Carrboro, where it is easier to get places by bike than it is by car. While the cyclist might not buy as many groceries at one time, over the course of a month he/she ends up spending more.

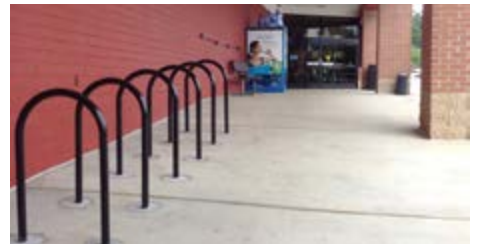
In addition, a business can accommodate ten cycling customers in a space that would only hold one automobile.

[An aside: Utrecht, the Netherlands, recently completed phase 1 of a bike-parking garage that will ultimately hold 12,500 bikes. In addition, nearby businesses are expected to add thousands of additional bike parking spaces. The press release said, “It is the ultimate wish to have as many bicycle racks as there are bicycles, so that all cyclists can park their bicycle in a rack.” It is coupled with a downtown area that restricts cars and charges heavily for car parking. One wonders—if Chapel Hill and Carrboro built convenient, covered bike-parking areas, would more people think about riding bikes?]

All bike parking is not created equal. “Straight bar” or “comb” bike parking racks (including a custom rack recently installed in front of a new restaurant) are so poorly designed that the rack’s bars not only are insufficient in supporting the bikes, they can actually damage the bike’s wheels by bending spokes or rims. Poor designs also mean that the racks cannot accommodate the intended number of bikes. (One often sees three bikes—one on each end, and one across the entire length of the rack—on an 8- or 10-bike rack.) Not only

is this inefficient, but it means that the rack isn’t meeting the bike parking requirements.

There are many good racks around town. Some were installed by the Town, others by private businesses. BikeCarrboro received a grant some years ago and since then we have installed over 115 bike parking spaces in Carrboro and Chapel Hill. We have installed inverted U-racks, two bike corrals, a custom rack, and several Peak Racks, made by a company in California. We like the Peak Racks (which are installed in many locations, including Carr Mill Mall, O2 Fitness, Looking Glass Cafe) because they are compact, affordable, easy to secure with a U-lock, and domestically made, but there are lots of different racks out there for different situations. Do you have a rack you like or dislike? We’d love to hear from you.



Food Lion at Carrboro Plaza installed many covered bike racks after a customer requested a place to park a bike. It would be great if others followed their example.



BIKES ON BUS 101

Are you intimidated by the bike racks on the buses around town? Want to use them but you aren’t sure how?

Well, thanks to the work of the Chapel Hill Downtown Partnership, you can try it out first on a “practice rack” located at 142 E. Franklin St. (near the Carolina Coffee Shop) before you do it “for real” on the bus. (photo from Town of Chapel Hill website)

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.

EVENTS FOR KIDS

We had a great time working with BACH and the Carolina Tarwheels and others on the Bike Rodeo at the RENO center, and also at the National Night out on August 1 at the Town of Carrboro. These events teach children the right way to ride and also help them improve their bike handling skills in a fun way. We especially love having elected officials and members of our local law enforcement there to engage with the young riders and to help build a strong community. Next up is Kidical Mass at Carrboro Elementary School on Sunday, October 8th. Join us if you can.

