

building a network of cyclists in the greater Carrboro region

**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 **October–April we meet at 7 pm**, and **May–September we meet at 8 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!

A few of the

## BENEFITS OF CYCLING

### Help Save the Planet



According to a British study, bike trips produce a tenth of the carbon emissions of car trips, and contribute nothing to noise pollution.

### Create a Little Space



Biking reduces traffic congestion & frees up car parking spaces. Six to ten bikes can travel or park in the space of one car.

### Get Rich Quick



Car ownership is estimated at \$5–9,000 per year. \$1500 spent on gas, insurance, parking, maintenance, etc., not to mention time in traffic. The average 10 mile round trip car commute costs an average of \$10.

### Be More Neighborly



On a bike it's easy to stop and say hello to a friend or neighbor. You can smell the flowers, too.

### Get a Stronger Heart



Regular biking reduces the risk of heart attack by up to 50%, and can lower blood pressure. It even protects against some kinds of cancer.

### Boost Your Local Businesses



Studies show cyclists spend more locally than do residents who shop by car. Local businesses rejoice!

### Drop the Extra Pounds



The average new bike commuter loses 13 pounds in the 1st year. It's a gym on wheels!

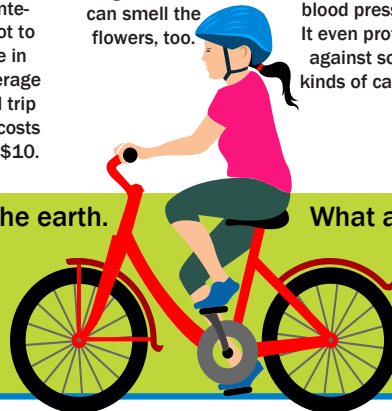
### Be Happier and Smarter



Studies show biking improves mental health & concentration, and can alleviate depression. Students who bike to school are more attentive than those who are driven to school or ride the bus.

It's good for you, and for the earth. And, it's great fun.

What are you waiting for? Go for a ride today!



Since it is almost May, the month nationally dubbed "Bike Month," it seems like a good time to mention some of the many benefits of bicycling. Bicycling can be a part of the solution for almost all that ails us and a lot of what ails our society. Even if you are unable or have no desire to ride, you, your family, and even your local business can benefit from a community that promotes bicycling.

### New Library Coming to Carrboro

Orange County and the Town of Carrboro are building a free-standing Orange County library branch to replace the current shared space at McDougle Middle School and the Cybrary. We think it would be pretty cool to have bikes that could be checked out, much the way one checks out books. What do you think? The Town has spent a lot of time discussing car parking for this area. We wonder, what would you need to get there using alternative transportation? Better bus service? More weekend hours or later hours during the week? Better bike infrastructure? Let the town know what it needs to do to allow you to travel downtown without getting in a car!



### Tactical urbanism—What is it?

In a recent series of four sessions, Carrboro and Chapel Hill residents and UNC students dreamed up and articulated their visions for safer, more inviting streets for cyclists and walkers in our towns. This Tactical Urbanism workshop, led by Mary Elbech and John Hykes, was co-sponsored by the Chapel Hill Downtown Partnership, the Bicycle Alliance of Chapel Hill, and NEXT Chapel Hill-Carrboro. Tactical Urbanism is a city, organizational, or citizen-led approach to neighborhood building using short-term, low-cost, scalable interventions to catalyze long-term change. During the sessions, participants learned how short-term temporary installations on or near our streets can motivate long-term change to increase safety and promote active living. Tactical Urbanism can lead the way toward unique, attractive, and user-friendly communities by looking

at purpose and approaches, street hierarchy in design (neighborhood streets, collectors, arterials), and intersections. From parklets to tightened intersections to pop-up protected bike lanes, participants sketched out their ideas for streets in our community. The final projects will be on display in Carrboro in April and May. Watch for the notice with April's announcement of the 2nd Friday Artwalk. MD



"Neckdowns", or tightened intersections (drawing and photo by Katy Lang)

**Just a few upcoming events** (check calendar at [bikecarrboro.com](http://bikecarrboro.com) for updates, or sign up for emails)



DATE	EVENT	TIME	LOCATION	SPONSOR/MORE INFO
April 7	Jamis Bicycles Demo	10 am	Carolina North Forest	The Clean Machine
April 8	Renegade Gravel Ride	9 am	Carolina North Forest	The Clean Machine
April 8	Open Streets, Carrboro	12–4 pm	Weaver Street	Town of Carrboro
April 9	Mellow Monday Cycling Skills Clinic	6 pm	The Clean Machine	The Clean Machine
April 14	UNC Science Expo	11 am–4 pm	UNC Campus	UNC & Town of Chapel Hill
April 22	Triangle Off-Road Cyclists (All skills)	5:30 pm	The Clean Machine	The Clean Machine
May	Weekly Bicycle Photo Contest	ongoing/prizes	online, watch for details	BikeCarrboro, BACH
May	Free Inspections and Special Discounts	ongoing	All CH-C Bicycle Stores	
May 4	Cycling & Coffee		Rosemary & Church	BACH & Go Chapel Hill
May 5	Carrboro Elementary Fair	9 am	Carrboro Elementary	Carrboro Elementary School
May 6	I ♥ MyBikeCarrboro Ride	1 pm	Clean Machine, Carrboro	The Clean Machine
May 9	International Bike to School Day	7 am	Various Schools	Carrboro, Chapel Hill, CHCCS
May 10	Carrboro's Ride With the Mayor	8:30 am	Carrboro Town Hall	Town of Carrboro, BikeCarrboro
May 12	Chapel Hill Bike On Bus Workshop	9 am–Noon	University Place	Town of Chapel Hill, CHT
May 12	Carrboro Bike On Bus Workshop	9 am–Noon	Carrboro Farmers Mkt	Town of Carrboro, CHT
May 15	Bike to Work Breakfast	7–10 am	Libba Cotten Trail	Town of Carrboro, BikeCarrboro
May 17	Spring Roll Cruiser Ride	6 pm	Back Alley Bikes	Back Alley Bikes, BACH
May 17	Gearing Up for Biking	11 am–1 pm	Berryhill Hall	UNC at Chapel Hill
May 18	Bike to Work Day Fix-It Station Launch	All Morning 11 am	143 East Franklin Street 143 East Franklin Street	Town of Chapel Hill
May 19	Bikes, Bells & Blueberry Days	1–3 pm	CH Community Center, 120 S Estes Drive	Town of Chapel Hill
May 20	Triangle Off-Road Clinic (All skills)	5:30 pm	The Clean Machine	The Clean Machine
May 25	Burn Carbs, Not Carbon!	1–3 pm	Hillsborough Bicycle	Orange County Government
June	Drive Safely, Ride Safely Campaign		launch dates TBD	locations TBD Orange County
June 2	Ribbon Cutting - National Trails Day	Morning	Tanyard Branch Trail	Town of Chapel Hill
June 2-3	National Bike Travel Weekend	Time TBD	The Clean Machine	

**ongoing**

Refresher "Beginning Cycling" Rides	Weekly	Performance Bikes	Performance Bikes
Road and Greenway Rides	various	check Tarwheels meetup	Carolina Tarwheels
Mellow Monday leisure-paced road ride	Mondays 6 p.m. (starting April 16)	The Clean Machine	

**meetings/ workdays**

BikeCarrboro (Carrboro Bicycle Coalition) meets the 2nd Weds. of the month, 7 pm (Sept. –Apr.), 8 pm (May–Aug.) at Open Eye Café  
 Bicycle Alliance Chapel Hill (BACH) meets the 4th Weds. of the month, 6:30 pm at Vimala's Cafe  
 Bicycle Workdays occur on the 1st & 3rd weekends of the month, from 10 a.m.–2 p.m. at The ReCYCLERY

## Freedom from the Training Wheels

With the onset of balance bikes, lots of wee ones are skipping training wheels altogether. But if your child has a bike set up with training wheels, at some point they likely will need to ceremoniously graduate from them.

These steps are separated out to bolster confidence as each individual skill (steering, balance, pedaling) is mastered. This is largely a hands-off approach to teaching. Try to avoid holding the bike seat, as this will reinforce their physical (and emotional) reliance on you. The process generally takes 1–1.5 hours and may require multiple sessions for cautious riders. Don't forget to include plenty of "Awesome!"/"Great job!" and hugs!

**1.** Mentally and emotionally prep for the process. Gloves are good emotional padding. Tip-overs are rare, but they do happen and it's good to be ready. Don't forget the helmet and closed-toe shoes.

**2.** Find a gently sloped area. Wilson Park in Carrboro is a great spot for this. You have paved greenway and grassy options. Grass

is a good emotional padding.

**3.** Remove the training wheels AND pedals. Lower the seat to where your rider's feet can be completely level on the ground. The bike is now a balance bike.

**4.** Have your rider go to the top of the gentle hill.

**5.** Have them hop on the bike and roll down the hill, with feet dragging along the way.

**6.** Next, have them pick up their feet for small time counts. Feet can either go out, jumping jack style, or up, like a frog.

**7.** Repeat 6, with increased time counts.

**8.** Follow 7, but, once lifted, now place feet together close to where the pedals will be.

**9.** Put the pedals back on.

**10.** Roll down the hill a few more times, now lifting feet to place on the pedals. (Yup, the pedals are a bit in the way now.)

**11.** Now find a flatter/less sloped area where your rider will have to push off with the feet to gain momentum. Get the bike moving like this a few times.

**12.** Refer back to steps 6-8 and incorporate them with step 11.

**13.** Once comfortable with pushing off and touching the pedals, readjust the seat so your child can only touch the ground with the balls of their feet. This will make it easier to pedal.

**14.** At this point, your child knows what to do. Now it is just practice, practice.

**15.** Great job to both of you! Freedom from Training Wheels! High fives all around! TS



"Freedom for Training Wheels" is one of many events at Open Streets (photo by Colleen Barclay)

## Beyond Carrboro's Borders

**ON CAMPUS** Bikeshare on has come to UNC. Tar Heel Bikes, UNC's bikeshare program, launched in October to provide affordable, eco-friendly transportation across campus. One hundred bikes are available to be checked out by students, faculty and staff.

Customers may reserve bikes by downloading app.socialbicycles.com or paying online at the Tar Heel Bikes website. Bikes may be parked at bike racks or Tar Heel Bikes hub stations. Plans allow you to ride one or two hours for free every day.

**CHAPEL HILL** Our friends at BACH (Bicycle Alliance of Chapel Hill) recently attended a series of workshops on Tactical Urbanism. One of the projects discussed will be implemented on Rosemary St. later this spring. Other events are also planned (see calendar on p. 2).

**ORANGE COUNTY'S** Road Safety campaign. We mentioned last fall that Orange County was working on a road safety program. The Campaign is progressing, and one of the most exciting parts of it is working with students at Cedar Ridge High School to create a series of PSA videos that demonstrate safe passing and other road safety issues. The group working on this will be presenting the project to the Board of County Commissioners on June 5, and is aiming for a launch of the campaign later in June. Stay tuned.

Also, for those who have been following the NC 54 West Corridor Study, a second round of Public Workshops will occur in May, including one tentatively scheduled for May 2 at 6:30 p.m. at Carrboro Town Hall. For more information, go to [www.nc54west.com](http://www.nc54west.com).

**STATEWIDE** Johanna Cockburn has been named Director of NCDOT's Bicycle and Pedestrian Division. Ms. Cockburn was formerly a long-range planner for the city of Greensboro. As one position fills, another is vacated. Lisa Riegel is leaving her position as Executive Director of BikeWalk NC for another opportunity, so BWNC is currently looking for a new Executive Director. If interested in this position, check the [bikewalknc.org](http://bikewalknc.org) website, where the position will soon be posted. Also, save the dates October 19–20, when the Statewide Bike/Walk Summit will be held in Raleigh. There are already several excellent speakers lined up.

**DURHAM** recently launched a dockless bikeshare program that has received a lot of attention. Unlike the UNC program, dockless bikes can be left anywhere. The bikes have GPS units on them that allow the companies to track them. This is a relatively new type of bikeshare, one that costs less to implement and operate than some others. There have been some growing pains, but we look forward to seeing how this project evolves as Carrboro and Chapel Hill start looking at possible bike share programs for their towns. Early counts show that the bikes are being well used by residents and visitors to the town.

**NATIONAL** Ever wonder what happens at the League of American Bicyclists' National Bike Summit? As two of BikeCarrboro's members can tell you, there was plenty to choose from. Not surprisingly, several rides around Washington, D.C., were offered, with participation made easy by the many bikeshare options now available in the city. The original docking bikeshare program is still there, and the capacity of that program has been increased by dockless bikes as well as hybrid "light-docking" bikes. The Summit even offered e-bike bikeshare bikes. We heard from transportation leaders, government officials, and advocacy leaders. Sessions covered everything from implicit bias in our daily interactions to the huge payback from tourism dollars for investments in bicycle infrastructure. CBC board member Alyson West presented at the poster session with results from a women's cycling survey.

Attendees also lobbied on Capitol Hill on transportation issues/bills. Happy hours sponsored by New Belgium provided a good background for sharing ideas and connecting to other advocates. Washington, D.C., is a prime example of a city that has, with support from its elected officials, transformed itself with new infrastructure and expanded bikeshare options. There were hundreds of people (spanning many ages, races, and ethnicities) riding everywhere, even in the cold, gray March weather.

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.

## Dusting the Winter Blues Off You and Your Bike

The weather's beautiful, or will be soon! Time to dust that bike off and get out to enjoy it. Oh no. Flat tires, rust on the chain . . . I guess I won't be riding after all. Hold on just a minute. You can just turn that frown upside down!

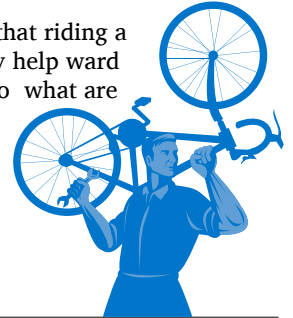
First, those tires are likely just "tired" from sitting all winter. If your tires are flat and it's been a while since they've been aired up, they may need nothing more than a little air. Go grab a pump and breathe some life back into them. If you don't have a pump at home, use one of the many public pumps around town—you'll find them at the Farmer's Market, the Libba Cotten Bikeway, Open Eye, and Wilson Park. Air is also available outside the Clean Machine and Back Alley Bikes bicycle shops. Next, get out your chain lube (can be purchased at your local bike shop) and show that chain some love. For a quick, on the spot lube, brush off the links with a firm brush

or an old toothbrush. Re-lubricate the links generously. Let it sit for a bit, then wipe off excess lubricant with a clean, dry rag. That way, the lubricant will sink into the links, and the excess will be removed from the outside where it can collect dirt and grit. (Lots of online videos that give guidance on this.) If you have any frozen links (where two links are rusted together and will no longer move), then it may be time for a new chain, but again, that is an easy and relatively inexpensive fix. You can ride your bike with your squeaky mouse chain down to your local bike shop and they'll get you set up. While you're there, they can go over your bike and alert you to any other issues; estimates for service are always free. Then, unless you have bigger issues going on, you can head out for your beautiful weather bike ride and plan your more extensive service or yearly tune-up later.

If it's been more than a few seasons since

you've ridden, but you are aching to get back on a bike, there are several ways to do that. Some of our local streets are quiet enough for even the nervous and new riders. If you prefer to begin riding again with a group, we have a few community rides that might interest you (see the list of rides and other events on page 2). If you feel like you need to brush up on best practices, send us an email to [bikecarrboro@gmail.com](mailto:bikecarrboro@gmail.com). We'll find a way to get you what you need.

Studies show that riding a bike can actually help ward off depression, so what are you waiting for? Dust off that bike today! TS



## All Aboard—Bikes, Too!

One of the best ways to travel is to combine cycling and train travel, even if that means riding to the train station by bike from Chapel Hill to Durham! Visiting family just across the South Carolina border, I booked the train to Charlotte. It was easy to look up the train times on [Amtrak.com](http://Amtrak.com) and even to book my ticket for not only myself but my bicycle as well. Assured that we were both guaranteed a space on the train, I set out on a cold dark Saturday morning at 5:45 am with a few things in my backpack that I would need for my short trip. The world was silent and dark around me, which lent a special peacefulness as I pedaled my way towards Durham. Using Google Maps and selecting travel by bicycle, I was able to plan a safe route in advance and had an approximate idea of how long

the ride would take. As I rode, I was thankful for the bright lights that I had, as well as the warm layers of clothing that I wore, both of which enabled me to safely enjoy this opportunity to have a mini adventure. When I reached the station, I was given a ticket for my bike at the ticket booth and placed it onto my handlebars. As the train arrived, passengers were ushered to the platform. I was guided to where the luggage car would be positioned so that as the train pulled in I could simply hand my bicycle over for loading and would then join the rest of the passengers and board myself. When I did finally relax into a spacious seat in a most comfortable train compartment, I reflected on how much of an adventure I had already experienced. It was, however, just the start because as I

watched the Piedmont pass by I also realized how unique it was to view the world from a train window rather than a car window along a strip of highway; but that is a whole other story. . . AH



## How Can We Help You?

Are you an adult who never learned to ride and would like to learn now? Or, you know how to ride a bike, but maybe you are rusty, or new to the area and need to become familiar with the laws. Send an email to [bikecarrboro@gmail.com](mailto:bikecarrboro@gmail.com) and let us know what you would like to see us working on, or better still, come to our meetings and help us make it happen.

## Transportation Planner

The Town of Carrboro has a new Transportation Planner! Zachary Hallock was hired in February to fill the position, which had been vacant for a year. Zachary has been running at full speed since he arrived. Welcome, Zach! We look forward to working with you in any way possible to make our town safer for all road users.

## Greenway Updates

Greenways are one of the most popular additions to communities in our state. Wake County has hundreds of miles of greenways and they have plans to double their current number. The American Tobacco Trail brings people on bikes and on foot to its location in Durham daily. Greenways are popular with families and people who want a place to walk or ride that is separated from traffic and busy, polluted roads. They also make areas more accessible to those with mobility issues.

There are four ongoing greenway projects in Carrboro and Chapel Hill. In Chapel Hill, the Tanyard Branch extension will be finished soon. There is a ribbon-cutting and trail ride scheduled for June 2. Unfortunately, the tunnel under MLK that will connect it to the Bolin Creek Greenway has been significantly delayed due to the discovery of coal ash under the bridge. Hopefully that issue can be resolved soon, and the connection, which will provide a much-needed safe passage across MLK, will be completed.

In Carrboro, Jones Creek and the Homestead Multi-Use Path are under way. The first section of Morgan Creek trail should be started soon, near the intersection of the 54 bypass and Smith Level Road. The Jones Creek trail may be completed in the next two years, and will finally connect residents from Lake Hogan to the existing greenway that leads to Morris Grove Elementary. The Homestead Multi-Use Path will be completed this summer, allowing students to get to nearby schools while avoiding the heavy car traffic on Homestead Road. (Watch for a celebratory ride once the project is completed!)