

building a network of cyclists in the greater Carrboro region

Just a few of the upcoming events. Check our online calendar for more.


SUN APR 9 Noon–4 pm, Weaver Street
Open Streets
 Come join us for OPEN STREETS We'll be closing Weaver St to cars and opening it to people! Activities for young and old alike. www.facebook.com/CarrboroOpenStreets.




WED APR 12 6:00 pm Open Eye Cafe
CBC Monthly Meeting AND Ribbon Cutting Event, plus Fix-a-Flat demos
 Help us cut the ribbon on the Bike Pump and fix-it station recently installed at Open Eye Cafe. We will also be having a fix-a-flat demonstration. Refreshments and giveaways, followed by the Carrboro Bicycle Coalition monthly meeting.




SAT APR 22 8:30 am–4 pm, Century Center
Confident Cycling for Women
 Are you someone who enjoys riding a bike but don't feel comfortable riding in traffic? Become a better and more confident rider. Details on p. 2.




WED APR 26 6:30 pm Vimala's Curryblossom Cafe
BACH Monthly meeting
 Our friends to the east—Bicycle Alliance of Chapel Hill (BACH)—will hold their monthly meeting. Check out what's happening in Chapel Hill.




SUN APR 30 **Application deadline to become a local Bicycle Friendly Business**
 Why should you want to become a Bicycle Friendly Business? See page 2. For more info, go to bikecarrboro.com and look under "What We Do."




WED MAY 3 11 am–1 pm Berryhill Hall (facing Columbia)
UNC Gearing Up For Bike Month
 Faculty, Staff and Students, Get your bike in gear for Bike Month! Stop by for free bike lights and other swag. Bring your bike to register it for 50% off a U-Lock or to get a free bike check from the ReCYCLery.





FRI MAY 5 6 pm – 9pm, Wallace Parking Deck
Cycle De Mayo & Fiesta
 Leave from Wallace Deck at 6 p.m. for a Cycle De Mayo Procession to 140 Plaza. Fiesta Bike Night full of games, information and perhaps a piñata or two! Music by Ellis Dyson and The Shambles.




SAT MAY 6 10 am–2 pm., Carrboro Elementary School
Carrboro Elementary School Fair
 Come see the CBC folks at the Carrboro School Fair. Whip up a smoothie on our bike blender!




WED MAY 10 Before School, Various school locations
International Bike to School Day
 Ask your local school to observe this event, or just ride to school with friends.




WED MAY 10 8:00 pm, Open Eye Cafe
CBC Monthly Meeting
 Carrboro Bicycle Coalition monthly meeting. Come hang out with us, and see what new ideas are being developed.




SAT MAY 13 11:00 am Back Alley Bikes, 100 Boyd St.
Bike Bonanza
 Bicycle safety and awareness tips and techniques from Carrboro PD, registration, refreshments.



TUE MAY 16 7–10 am, Libba Cotten Bikeway
Bike to Work Breakfast
 Our FAMOUS Bike to Work Breakfast. Featuring biscuits and coffee from the nationally acclaimed Neal's Deli and Open Eye Cafe. Free bike checks. Bike blender smoothies. Stop by on your way to work!



SUN MAY 28 Noon–5 pm, Back alley Bikes
Gnarrboro BMX Jump Jam
 An encore performance. If you missed last year's event, don't miss this one. It is as much fun for the spectators as it is for the participants.



Check the calendar on our website for more information on these and other events as they are added: www.bikecarrboro.com

Spring into Cycling!

Bicycling Advocates among Us

There are so many people working mostly behind the scenes to advocate for our rights as cyclists. Locally, groups like Bicycle Alliance of Chapel Hill (BACH) and your own Carrboro Bicycle Coalition (CBC) are working on improvements around town, but on the state and national level, there are additional groups that are real champions for all of cycling, asking for laws that protect cyclists, and policies that include funding for safer roadways for all users. If you want to add your voice to some of them, BikeWalkNC, the League of American Bicyclists, and People for Bikes are three to consider. Your membership can help their voices grow.



National Bike Summit

The National Bike Summit, held in Washington, D.C. by the League of American Bicyclists, is always a good place to reconnect with old friends and to meet new advocates. The Carrboro Bicycle Coalition (CBC) had two board members attend the annual event this year. The summit offers several sessions that can aid and inspire others in their own local advocacy. The last day of the summit is reserved for lobbying our elected officials and asking them to support legislation that will work toward the goal of Vision Zero (zero deaths and fatalities on our roads), and to make sure our roads are safe for all users. There was a very good session about a Bicycle Friendly Driver Program in Ft. Collins, Col., and another one that described the National Bike Challenge (watch for more info about this in the near future). Congressman Earl Blumenauer from Oregon spoke with a passion for cyclists and cycling.

Meetings like these give the CBC the chance to see both problems and solutions that have been implemented in other communities, and to bring those ideas back to our own region. We look forward to discussing some of them in the months ahead.

Education: an Important “E”

It's no secret that Carrboro is working hard to reach the gold level of bicycle friendly status recognized by the League of American Bicyclists. In working toward that goal, communities are evaluated on how well they meet set standards and criteria for the five “E” pillars—Engineering, Enforcement, Education, Encouragement and Evaluation/Planning.

One of those Es we are working on is the “Education” component. The CBC has already held educational forums, bike rodeos, adult workshops, and instructor training courses. We will soon be offering a Confident Cycling Class through the Town mentioned elsewhere on this page.

Do you have thoughts about what would be helpful for you, or for others getting into cycling, to know, be it for sport, recreation or transportation? What would make your ride and experience more enjoyable? Are you familiar with the laws, do you know where the best routes are, do you know where to find bike parking?

When you buy a bike through a local bike shop, either for yourself or your kids, do you feel ready to ride? Would a short class or ride help you feel more prepared? Let us know!



Why should I care if my business is bike friendly?

There is still time to submit an application to see if your business has what it takes to become part of the local Bicycle Friendly Business program (go to bikecarrboro.com, under “what we do”). Applications are due April 30. If you are looking for a reason to do so, consider these:

- Studies show cyclists tend to spend more locally
- 10 cycling customers can park in the space of one car customer.
- Studies show employees who bike to work tend to be more satisfied with their jobs AND have fewer sick days.
- Every bike commuter means one fewer car on the road which means less congestion AND one fewer car parking space that needs to be provided.
- Bicycles are a sustainable form of transportation, much better for the environment than cars.
- Bicycles create less road maintenance, which means fewer tax dollars necessary for repairs.
- Bicycle parking is less costly to create and to maintain than car parking.
- Encouraging customers to bike or to take transit is easy, simply by making the suggestion and providing necessary information (e.g., bus routes) on your website.
- Bicycle Friendly Businesses are easily spotted by BFB decals on their door. In addition, the businesses are recognized on the Carrboro Bicycle Coalition website, in their newsletter, and in other advertising opportunities.
- By applying to become a Bicycle Friendly Business, you could win a bike rack! Every business that applies has a chance to win. We will be giving away at least one rack this year.

Class

CONFIDENT CYCLING FOR WOMEN

SATURDAY, APRIL 22, 2017
8:30 a.m. to 4 p.m.



You love to ride bikes, but you aren't comfortable riding in traffic? This class is for you.

This program gives you the tools and techniques to ride safely and confidently on the roads. It covers bike safety checks, laws, on-bike skills and crash avoidance techniques. The Smart Cycling curriculum is being taught by certified League Cycling Instructor (LCI) Heidi Perry. Open to women 18 and older. This class is being offered through the Town of Carrboro Recreation and Parks Department. Participants will need a bicycle in good working order and a helmet. The cost of the class is \$39, which includes a manual

To register for the class, visit www.CarrboroRec.org or Century Center Mon.–Fri., 8:30 am–5:00 pm. Questions? Call 919-918-7364

What's this about E-bikes?

If you go into the Clean Machine bike shop these days, you are likely to see something you may not have noticed before. They have started carrying a Cannondale model of an e-bike, a bike with an electric assist. E-bikes, available in Europe for years, have been slow to catch on in the U.S. market. Now, most major brands are introducing e-bike models into their lineups, and there are several lesser known brands of e-bikes as well. I know there are purists out there who will cringe and say an e-assist is cheating. But is it really? How many times do you suppose a would-be cycling trip is passed up in favor of a car because the rider is intimidated by the thought of hills or the time involved, or because the idea of the return trip at the end of a long hot summer day is daunting?

If one is using a bike as a substitute for a car, adding a little assist makes it a much more viable option, especially in areas as hilly as parts of Chapel Hill. As someone who has used a bike as my main form of transportation for many decades, I see situations where having a little assist would not only make a ride faster and easier, but also more appealing. If you are at all curious about this new option for bikes, I would suggest you take one for a test ride, but also read up on the various kinds available.

And, if you are interested in purchasing an e-bike, there are a few things to keep in mind.

- (1) There are some greenways and some other paths that may not allow bikes with motors (e-assists).
- (2) Laws governing e-bikes vary from state to state. North Carolina recently defined e-bikes in its laws as a bike with “fully operable pedals,” an electric motor of no more than 750 watts, and a maximum *assisted* speed of no more than 20 mph.
- (3) Think about where the bike will be serviced (a good reason to buy locally). Not all mechanics are trained to work on ebike motors.
- (4) Study the various options. Look for online reviews. There are many choices in assists for bikes. There are, as already mentioned, integrated mid-drive systems, such as the Cannondale, that have the battery and motor built into the design of the bike. There are also forms of assist that can be retrofitted to an existing bike. One of these is the Copenhagen wheel—introduced three years ago with a kickstarter campaign and finally starting to ship—which replaces your rear wheel and works with a smartphone app. In addition to the Copenhagen wheel, there are other rear and front hub motors that can be retrofitted. There are lots of variables, including price, distance per charge, weight, types of batteries, etc. Many are predicting that these bikes will be a game changer in the next several years as more people realize the advantages and the fun that comes from a little extra help on the pedals. Try one out and see what you think.

That Glorious Bike!

If you were watching the holiday parade in December, you couldn't miss this wonderful giant bicycle as it rolled (and spun) down the parade route. This outstanding addition to the event was the creation of core members of the Carrboro Art Group: Tim Peck, Michael Brown, Brother Peacemaker, and Damian Hoffman. This group has contributed fantastic floats to the local parade for decades, and we loved walking behind the show-stopping bike this year.



Cables—don't neglect them!

You have read our tips about the importance of good tires (and keeping air in them) and keeping your chain lubed. Cables are another part of your bike that need attention. Don't neglect your cables if you want a great ride. Remember how responsive your bike felt when it was new? Light, crisp shifting coupled with smooth, powerful braking; it was sublime. In fact, it's a big part of what makes a new bike feel like a new bike . . . but you don't need a new bike to enjoy that again.

Over time your cables become stretched, contaminated, or even corroded, while your cable housing lining wears thin, and loses its factory lubrication. Shifting slows down and becomes less accurate, and the friction in your brake cables and housing actually reduces your available braking power. You can restore a fair bit of newness with liquid lubricant, but why settle for that, when replacing your cables and housing outright will restore more of that new bike feel for a tiny fraction of that new bike price.

If your bike has handlebar tape, the tape will have to be removed for brake housings (and most derailleur housings) to be replaced. So, it's perfect timing to replace the tape, too, and get everything done at the same time (and now is the best time to get the work done, before your bike shop gets really busy). You'll have a bike that both looks and feels new, which might just motivate you to ride more.

Always go with a good quality cable and housing. Ask your bike mechanic for a suggestion. (I have a personal preference for Yokozuna Reaction compressionless cables, especially for heavier riders or those on larger bikes.)

So, what are you waiting for? Get yourself a “new” bike, and hit the road.

—Tod

AROUND THE TOWNS → Carrboro

Carrboro, recognized by the League of American Bicyclists as a Bicycle Friendly Community, is currently the only Silver-level awardee in North Carolina. But there's always more to be done to enhance the safety and convenience of getting around by bike. Several new improvements have recently been completed or are in the works. The Town has installed three bike repair stations and outdoor pumps, one at Wilson Park (donated by Triangle Velo), one at the Libba Cotten Bikeway, and one at Town Hall. The stations are protected with simple shelters so riders can make minor repairs or just fill their tires without exposure to rain or hot sun. In addition, Open Eye Cafe has also installed a pump and fixit station at their cafe. (See the calendar on p. 1 for the "ribbon cutting" that will be occurring this month.) Stop by and try one out next time your tires need a little air. All of the stations have QR codes on them that you can scan to get help with simple repairs.

As important as keeping your bike roadworthy is having a place to lock it when you arrive at your destination. The Carrboro Bicycle Coalition (CBC) is working hard with the Town to keep up with the demand for well-designed, user-friendly bike parking. The CBC recently installed a new rack at O2 Fitness in Carrboro. The CBC also installed two new racks in Chapel Hill: one is at the IFC and the other is at the EmPOWERment center. To date, the CBC has installed over 120 bike parking spaces.

This one is for pedestrians. Colorful, artistic crosswalks have sprung up in many communities as part of the movement to assert the rights of pedestrians to safely use the roadway. You may have seen (or used) some of the newly painted crossings in Chapel Hill. Discussions are under way in Carrboro about implementing some of our own artistic endeavors, perhaps at the intersection Greensboro St. and Weaver St., or at W. Main, Weaver St., and Laurel St. in front of Town Hall. You might find yourself crossing a rain-bow inspired crosswalk soon!

Upcoming longer-term projects include the completion of the multiuse path (now under construction) that will run from Claremont to the High School, and the redesign by NCDOT of the 3-way signalized intersection at Estes Drive and N. Greensboro. Current plans call for a roundabout, designed to improve traffic flow AND to reduce car-car, car-bike, and car-pedestrian conflict. The town is also hoping to try a few pilot projects that will test the use of protected bike lanes. Stay tuned! —Colleen



One of the new bike pumps and fixit stations in town. This one is located at Wilson Park.

... and Chapel Hill

Meanwhile, bike improvements and implementation of the Master Bike Plan in Chapel Hill are also starting to take shape.

Improvements abound on Rosemary St. as the town continues planning with community members to transform this valuable asset into a space that is safer and more pleasant for pedestrians and cyclists. New sidewalks and buffered bike lanes now give the street a completely different feel.

The Master Bike Plan, adopted by town council in 2014, spells out ways to make Chapel Hill more bike friendly and from an infrastructural perspective it is moving along well. Captain Donny Rhodes is not only the patrol chief, but also is in charge of the implementation of this plan. A concerned group of cycling advocates is meeting regularly to help prioritize certain aspects of the plan and to make sure that it continues to be a living document that evolves as the town grows. Look for regular updates on the town website that show progress and next steps of this plan in the coming month(s).

Also in the works, both Morgan Creek and Bolin Creek Greenways continue to move forward. The final phases of Bolin Creek that will eventually connect Northside Neighborhood to Community Park are currently under construction near Umstead Park. They have Pritchard Ext. closed for 3 months in order to make a tunnel under that road. An environmental problem with coal ash at the police headquarters has delayed the section under MLK Blvd. (You can learn more about this on the Chapel Hill Website by searching for the Coal Ash Disposal Remediation Project.) Morgan Creek design plans include Morgan Creek Trail East – Merritt's Pasture to Oteys Road, Morgan Creek Trail West – Parking lot to Carrboro line and a new bridge over Morgan Creek at Ashe Place. These important links to cycling and pedestrian connectivity will make it easier and safer for folks south of Morgan Creek easier to get to places they want to get to.

Have thoughts or ideas about Chapel Hill cycling? Contact Eric Allman (ecallman@hotmail.com)



A view of the new buffered bike lanes on Rosemary St.

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.