

City of Raleigh

BICYCLE COMMUTER'S GUIDE



The City of Raleigh Bicycle Commuter's Guide was created by the City of Raleigh ©2015-2017.

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www.raleighnc.gov

www.bikeraleigh.org

www.watchformenc.org

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Check Your Bike 4

Get Ready To Roll 12


Plan Your Trip 18

Know The Rules 28

CommuteSmart Raleigh 35



CHECK YOUR BIKE

The background of the slide is a solid olive green color. Overlaid on this background is a pattern of numerous overlapping, light-colored (pale green) bicycle silhouettes. These silhouettes are of various sizes and are oriented in different directions, creating a dense, textured effect that is more prominent on the left side of the slide.

Keeping your bike maintained is
key to having a safe and
enjoyable commute!

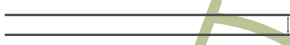
FITTING YOUR BIKE

Proper bike sizing is critical to effectively controlling your bike and having a comfortable and safe ride. Each bike has a different clearance between you and the top tube as you straddle it.

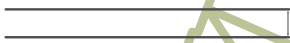
Road Bikes: 1-2"



Cruiser Bikes: 2-3"



Mountain Bikes: 3-4"



BIKE ACCESSORIES

Mirrors can be attached to your handlebars or helmet.



A **white head light** and **red tail light** (or reflective clothing) help you see and be seen at night. They're required by NC law.

Fenders can help prevent spray during wet conditions.

BASIC REPAIRS

Make sure you know how to fix a flat tire before you get stuck in a sticky situation!



Carry A Basic Tool Kit

- ☐ ALLEN WRENCHES
- ☐ TIRE PATCH OR SPARE TUBE
- ☐ TIRE LEVERS
- ☐ FRAME MOUNTED PUMP

BIKE TYPES

What type of bike is suitable for commuting? It depends on your personal needs.



Road Bike



Best For: High speed, long distance travel and racing.



Cruiser Bike



Best For: Short trips, city streets, and a relaxed ride.



Mountain Bike



Best For: Rugged terrain or where durability is important.

DON'T FORGET YOUR



A Is For **Air**:

- Inflate tires to rated pressure.
- Use a pressure gauge to ensure proper pressure.
- Check for damage to tire tread and sidewall.

B Is For **Brakes**:

- Inspect pads for wear.
- Check pad adjustment.
- Check brake lever clearance: at least 1 inch between bar and lever.

C Is For **Cranks & Chain**:

- Check crank bolts.
- Check your chain for wear or rust.

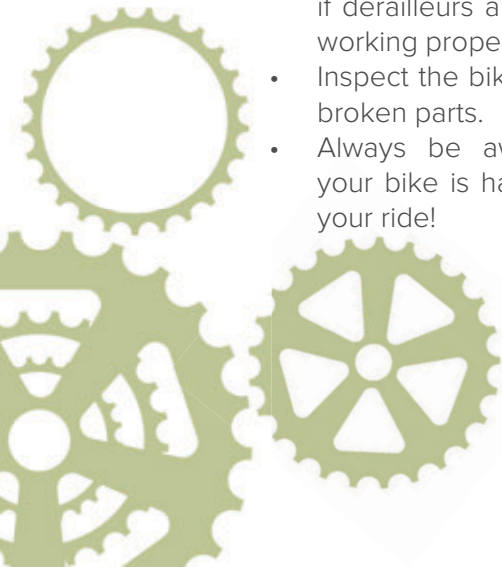
ABC QUICK CHECK

QUICK Is For **Quick Release**

- Hubs need to be tight in the frame.
- Quick release should point backwards.

CHECK Is For **Check Ride**

- Take a quick ride to check if derailleurs and brakes are working properly.
- Inspect the bike for loose or broken parts.
- Always be aware of how your bike is handling during your ride!



Get Ready To Roll



GET READY TO ROLL

It is important to correctly outfit yourself to safely and comfortably enjoy your commute!

HELMETS



Wearing a helmet can significantly reduce the chance of head injury in the event of a fall or collision.

Make sure your helmet fits properly. Your helmet should sit on your head low, level, and snug.

Helmet straps tend to loosen over time, so tighten the straps if you can move your helmet more than an inch in any direction.

Helmets should always be replaced after a crash.



VISIBILITY

Wearing bright and reflective clothing and accessories can help you be more visible to other road users.

Reflective arm or leg bands, safety vests, or light-colored clothing can increase your visibility, especially at night.

Use a white headlight and red tail light (or reflective clothing) so you can see and be seen.

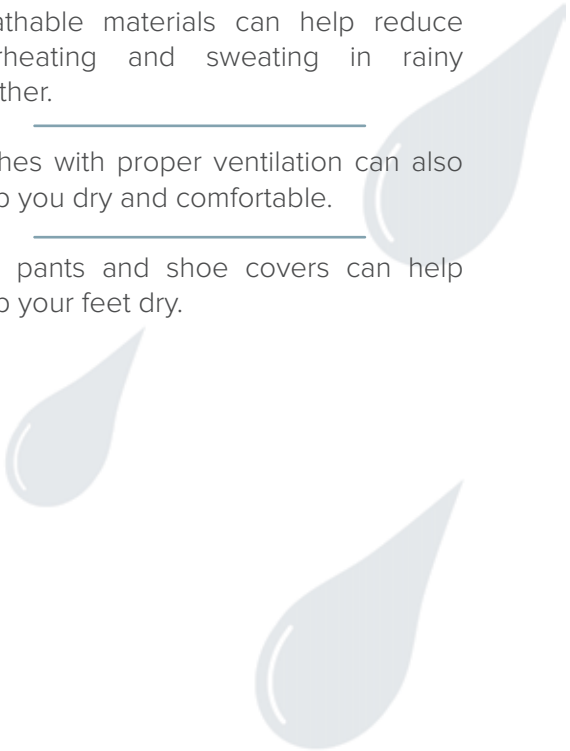
RAIN



Breathable materials can help reduce overheating and sweating in rainy weather.

Clothes with proper ventilation can also keep you dry and comfortable.

Rain pants and shoe covers can help keep your feet dry.





COLD

For cold weather, it is important to dress in layers, so you can adapt when you start to work up a sweat.

It's best to wear a thin, wicking layer against your skin to stay dry under an insulating layer on top. If wearing a jacket, be sure it is breathable and has plenty of ventilation.

It's easy to lose body heat from your head, so don't forget to wear ear warmers or a hat.

Plan Your Trip



PLAN YOUR TRIP

By planning your commute route ahead of time, you can ride with more confidence and decrease your ride time. A test ride on a day off is ideal to be sure it fits your commute time and fitness level. Consider asking work colleagues for advice: you may find others who already bike commute or are considering doing so.

You can also utilize www.sharetheridenc.org to find a bike commute buddy.

Check out www.bikeraleigh.org to view a BikeRaleigh map, or download the BikeRaleigh mobile app. This bike map highlights existing on-road bicycle facilities, GoRaleigh routes, the greenway system, and popular destinations.

Also featured is a system of preferred routes that are intended to help bicyclists plan their trips. The routes were selected based on Raleigh bicyclists' feedback, existing conditions, destinations, and connectivity.



BikeRaleigh Map



BikeRaleigh Mobile App

Utilize the BikeRaleigh map to identify which routes are suitable for your personal experience level.

Disclaimer: Neither the City of Raleigh nor the North Carolina Department of Transportation assumes liability for bicyclists traveling upon these routes or on any public street. Routes should be planned based on an individual evaluation of personal experience level suitability. The content of this map is based on information available at the time of printing only, and it does not reflect any future changes that may occur to routes and road surfaces.

Bike On Bus

Commuting doesn't have to mean biking the entire route. For some, it makes the most sense to take the bus part of the way.

All GoRaleigh buses are outfitted with a bike rack.



1

Squeeze handle to release latch and fold down the rack.

2

Lift bike onto rack and note the "Front Wheel Here" label.



Plan Your Trip



3

Place the support arm over the top of the front wheel and you're ready to go!

WHERE TO RIDE

Raleigh uses many types of lanes and roadway markings to make the bicycle network more safe, comfortable, and convenient. It's important to understand the different bike facilities on your commute route in order to safely ride.



BIKE LANES are marked on-street lanes for bicycle travel. Those riding in a bike lane should always be aware of driveways, mixing zones, car doors, and vehicles such as taxis or buses that may temporarily occupy the lane. These are indicated by pink on the BikeRaleigh map.



BUFFERED BIKE LANES are bike lanes that are separated from traffic by painted buffer zones.



SHARROWS remind drivers to look for bicyclists and help bicyclists position themselves in the street to be visible and avoid parked vehicles. They are indicated by purple on the BikeRaleigh map.



SIDEPATHS are paved trails that are adjacent to the street. They are separated from vehicle traffic and almost always shared with pedestrians. They are indicated by yellow on the Bike Raleigh map.



GREENWAY TRAILS are paved paths that are off-street. They are separated from vehicle traffic, but are almost always shared with pedestrians. Greenway trails are indicated by lime green on the BikeRaleigh map.



DASHED GREEN BICYCLE LANES indicate potential conflict areas between drivers and bicyclists. Both those driving and riding a bike should go slow, watch out and share the road.

Scan below to view information about the Capital Area Greenway System.



KEY GREENWAY RULES

- Trail hours are from dusk to dawn
- Speed limit on trails is 10 mph
- Bicyclists should approach pedestrians cautiously and pass on the left
- Bicyclists must always yield the right of way to pedestrians
- Motorized vehicles are prohibited

CAPITAL AREA GREENWAY TRAIL SYSTEM

The Capital Area Greenway System is a network of public open spaces and recreational trails which provides for activities such as walking, jogging, hiking, bird watching, nature study, fishing, picnicking and outdoor fun.

Most of the trails are paved and suitable for bike travel.

A major goal of the Greenway Program is to establish a completed network of interconnected trails throughout the city. Use the Capital Area Greenway System as part of your commute for a shortcut, a change of scenery, or an alternative to traveling on roads.

WATCH

SEWER GRATES

Some grates can trap or deflect front wheels, causing loss of control, so look for and avoid them.

Public works departments are often willing to retrofit such grates with bike-friendly models if you call and ask for a location to be attended to.

OUT!

TRAIN TRACKS

Knowing how to cross train tracks safely is important for bicyclists. Several precautions can be taken to avoid injury.

Approach the tracks at a 90 degree angle while keeping your course and speed consistent.

Absorb road shock from the uneven surface by unweighting your front wheel and standing with knees and elbows bent while crossing.

G.S. 20-166.1

G.S. 20-166.2

G.S. 20-167

G.S. 20-167.1

G.S. 20-168

G.S. 20-169

G.S. 20-170

G.S. 20-171

G.S. 20-171.1

G.S. 20-171.2

G.S. 20-171.3

G.S. 20-171.4

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G.S. 20-171.9

G.S. 20-171.10

G.S. 20-171.11

G.S. 20-171.12

G.S. 20-171.13

G.S. 20-171.14

G.S. 20-171.15

§ 20-169. Powers of local authorities.

§ 20-170. This Article not to interfere with rights of owners of real property with reference thereto.

§ 20-171. Traffic laws apply to persons riding animals or driving animal-driven vehicles.

§ 20-171.1. Definitions.

§ 20-171.2. Bicycle racing.

§ 20-171.3. Reserved for future codification purposes.

§ 20-171.4. Reserved for future codification purposes.

§ 20-171.5. Reserved for future codification purposes.

§ 20-171.6. Short title.

§ 20-171.7. Legislative findings and purpose.

§ 20-171.8. Definitions.

§ 20-171.9. Requirements for...

§ 20-171.10. Requirements for...

§ 20-171.11. Requirements for...

§ 20-171.12. Requirements for...

§ 20-171.13. Requirements for...

§ 20-171.14. Requirements for...

§ 20-171.15. Requirements for...

KNOW THE RULES





I look for bikes.

Know The Rules



A statewide pedestrian and bicycle safety campaign, Watch for Me NC, aims to reduce pedestrian and bicycle injuries and deaths through a comprehensive, targeted approach of public education and police enforcement.



Learn more at: www.watchformenc.org

When You're Driving



- Yield to people in crosswalks. (GS § 20-173)
- Always look first for pedestrians and bicyclists before turning, backing up, and when driving at night.
- Pass bicyclists only when it is safe to do so and be sure to give them plenty of room. (GS § 20-149)
- Be prepared for bicyclists to take the whole lane—it's their right if they need it. (GS § 20-146)

When You're Walking



- Look for cars in all directions—including those turning left or right or backing up—before crossing the street or parking lot.
- Obey all pedestrian traffic signals. (GS § 20-172)
- At night, walk in well-lit areas, carry a flashlight, or wear something reflective to be more visible.
- Cross the street where you have the best view of traffic. At bus stops, cross behind the bus or at the nearest crosswalk.
- Always walk on the sidewalk; if there is no sidewalk, walk facing traffic and as far from the roadway as you can. (GS § 20-174)

When You're Bicycling

- Wear a helmet. It could save your life. (GS § 20-171.7)
- Obey all traffic signals and stop at stop signs and red lights. (GS § 20-158)
- Ride in the direction of traffic and as far to the right as practical. (GS § 20-146)
- Use front and rear lights and reflectors at night. (GS § 20-129 (e))
- Use hand signals to indicate when turning. (GS § 20-154)

Bicyclist Hand Signals



Turning Left



Stopping



Turning Right

As Viewed From Behind



COMMUTESMART RALEIGH

CommuteSmart Raleigh through the City of Raleigh offers an easy solution to help alleviate traffic congestion and employee stress with Transportation Demand Management (TDM).

TDM seeks to move more people in fewer vehicles. Strategies can be used to decrease the use of the single occupancy vehicle (SOV) and encourage the use of alternatives such as transit, carpooling, vanpooling, bicycling, walking, teleworking and alternative work schedules.

Contact us at commute@raleighnc.gov.



CommuteSmart Raleigh

City of Raleigh

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CREATED WITH COOPERATION FROM

