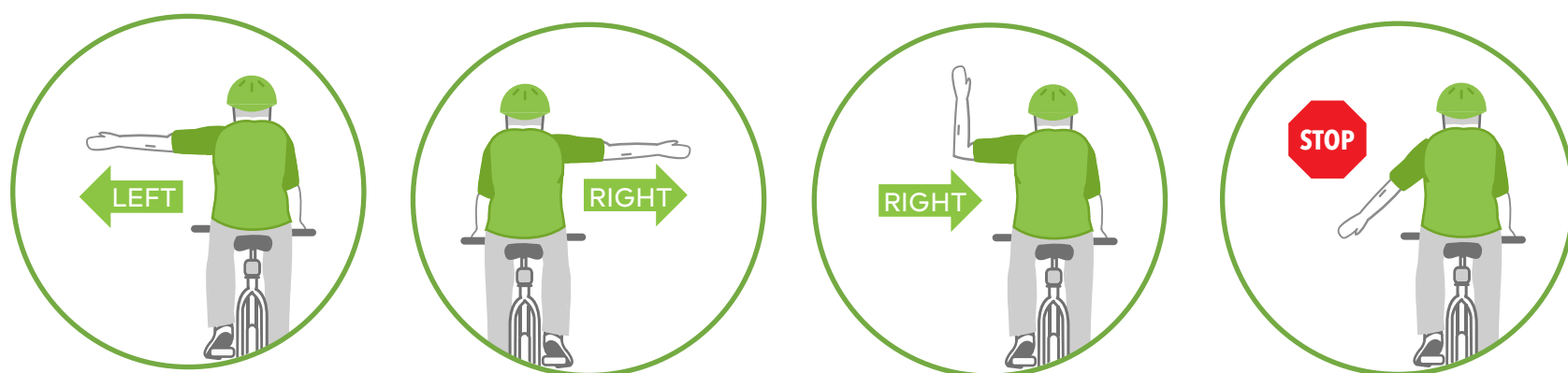




Hand Signals

Be more predictable when riding by communicating to others. Use the hand signals shown below to let others know when you're turning or stopping.



Greenways

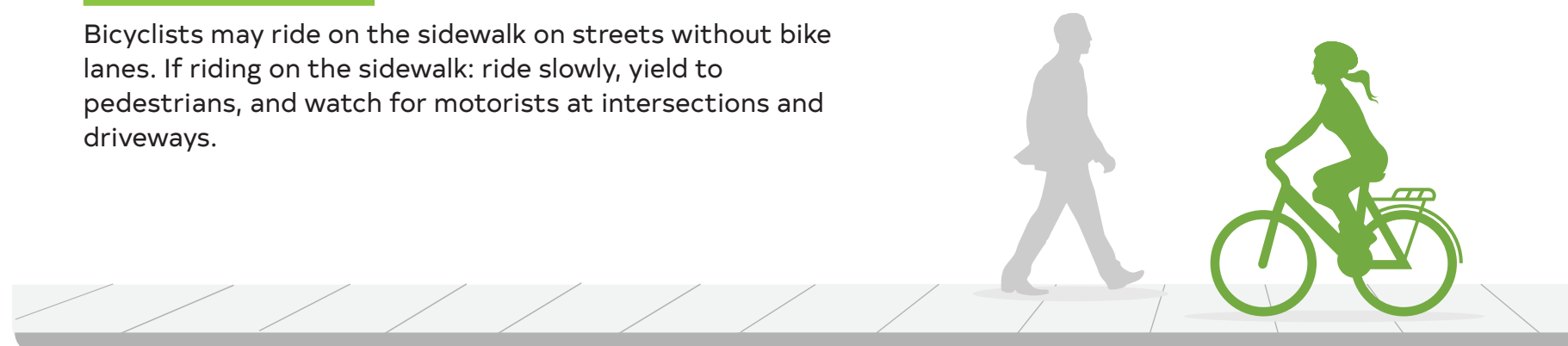
The Capital Area Greenway System is made up of over 100 miles of paved trails for people on bikes or on foot. Raleigh's greenways are great for recreation, exercise, or transportation. The most important things to keep in mind when riding on the greenway are:

1. Ride in a straight line and use hand signals when turning.
2. Stay to the right and pass on the left.
3. Let others know you're approaching with a bell or a kind "on your left".
4. Ride at a safe speed and yield to other trail users.



Sidewalks

Bicyclists may ride on the sidewalk on streets without bike lanes. If riding on the sidewalk: ride slowly, yield to pedestrians, and watch for motorists at intersections and driveways.



Bicycle Accessories

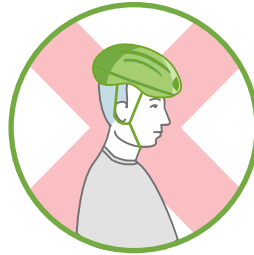


Helmet

In the event of a crash, a bicycle helmet can save your life, but only if worn correctly. Helmets are highly encouraged for all riders, but legally required for those under the age of 16.

For a proper fit:

- keep the helmet level and leave an inch of space above your eyebrows,
- connect the v-shaped straps below your ears, and
- tighten the chin strap to be snug, but comfortable.



Bike Bells

Use a bike bell to notify others that you are approaching or planning to pass.



Bike Lights

Bike lights help you see and be seen. In North Carolina, bicyclists are legally required to use a front white light and rear red light at night.



Locking Your Bike



Pick the right lock: U-locks and heavy chains are the most secure types of locks. Avoid using cable locks and combination locks, which are not secure.

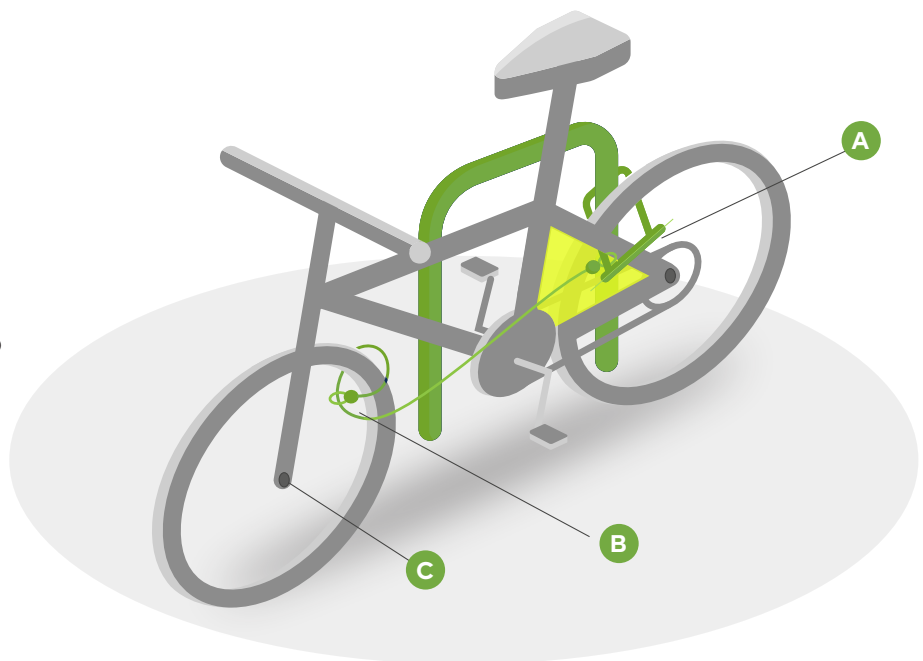


Pick the right spot: Lock your bike to a designated bike rack or object that is secure and strong. Avoid blocking pedestrian pathways.



To lock your bike:

- Secure your frame.** Thread the lock through the rear triangle and rear wheel.
- Secure your front wheel.** Loop a cable through the front wheel and lock.
- Improve security.** If possible, replace quick releases with locking skewers.





Green Bike Lanes

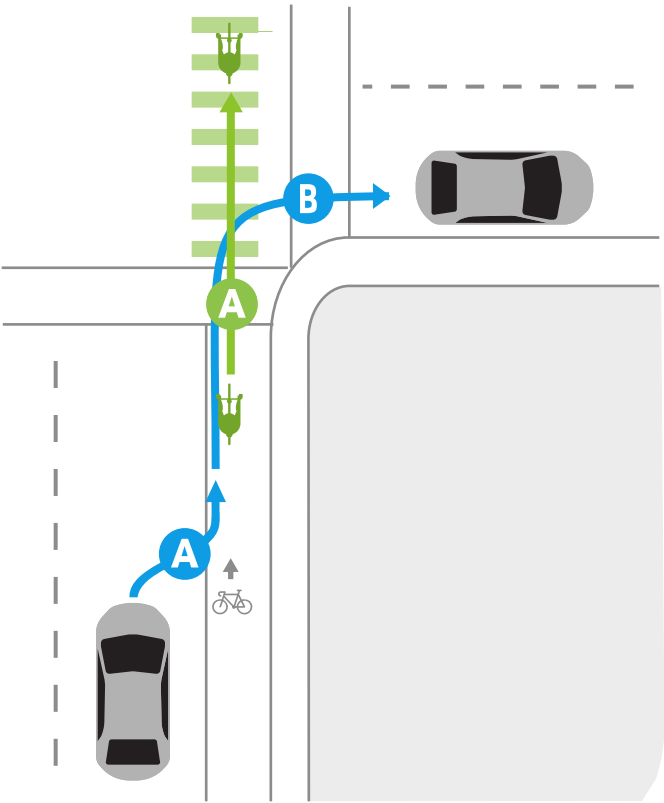
Green bike lanes remind bicyclists and motorists to look for each other at intersections and driveways. When approaching an intersection, follow the steps below:

Bicyclists going straight

- A** Look for turning motorists and continue straight.



Motorists turning right

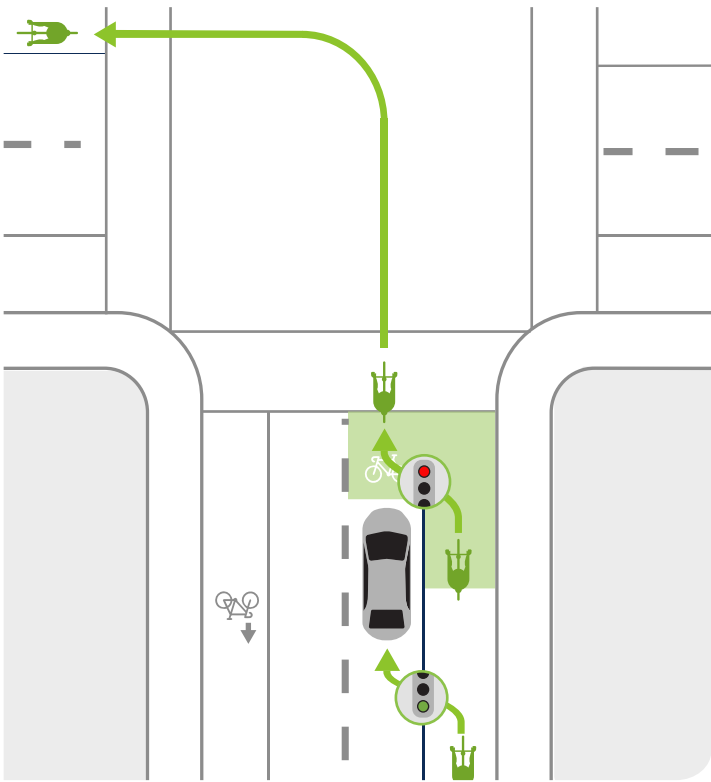
- A** Yield to bicyclists and merge into bike lane when clear.
- B** Complete right turn.



Bike Boxes

Bike boxes provide space at signalized intersections to help bicyclists make left turns.

-  When approaching a red light, move into the bike box and make your left turn when the light turns green.
-  When approaching a green light, merge into the travel lane in advance of the bike box and make your left turn.



Two-Stage Turn Boxes

Two-stage turn boxes provide space for bicyclists to make left turns at intersections. To use a two-stage turn box:

- A** Move into the bike box and face your new direction of travel.
- B** Proceed across the intersection when the light turns green.

