

Bike WAKE FOREST

Is your bike ready to ride?

You don't need an expensive bike to get around—just one that works and that can be repaired and adjusted. Do a basic bike check before you head out for a ride.



Remember A-B-C.

Air: Tires should be firm and filled to the recommended pressure that is stamped on the outer edge.

Brakes: Squeeze the brake lever and check that it's not "bottoming out" against the handlebars. When you let go of the lever, the brake pad should come away cleanly from the wheel's rim.

Chain: The chain should be well-oiled and shouldn't jump as it goes around.

Riding at Night To ride at night, you must have reliable lights and reflectors. You need a headlight that lets others see you and that lets you see hazards on the road. A rear reflector or tail light is also essential and will help you be visible at night.



Are you ready to ride?

Whether you're a beginning rider or a skilled cyclist, this map shows you a variety of routes to help you plan an outing on your bicycle. Before you leave home, check that you are properly prepared.

Be Prepared

- Take identification when you go for a ride.
- Leave valuables at home or locked in your trunk.
- Let someone know your itinerary.
- Be aware of weather conditions and wear appropriate clothing if needed.
- Carry water, tools and supplies that are appropriate for your ride.

Protect Your Brain—Wear a Helmet

If you don't already have one, get a bicycle helmet today! Why? A good helmet can protect your brain. That's important if your head hits a hard surface like a road, a curb or a car.



- Your helmet should fit snugly but not too tight.** The helmet should not rock from side to side. You can add interior pads to fine tune the fit.
- The front of the helmet should be level** and two finger-widths above your eyebrows. If your helmet rests on the back of your head, it won't protect your forehead during a fall.
- Your neck strap should be snug.** Adjust the straps so there's no slack in the straps.

It's the Law. North Carolina state law requires anyone under the age of 16 years to wear a helmet while riding on public roads, paths or greenways.

Know the Rules

In North Carolina, a bike is considered a vehicle and you are its driver. You share the rights and the duties with all other drivers as you use the state's roadway network.

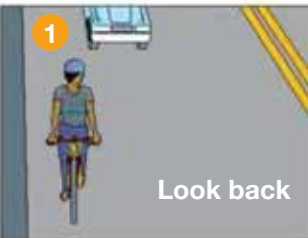
Road Rules

- Ride on the right side of the road, going with the flow of traffic.
- Obey all traffic rules like stop signs, traffic lights and one-way signs.
- Signal whenever you intend to turn, merge or stop.
- Yield when you enter the road or when you change lanes or position.
- Use a good set of lights and reflectors whenever you ride after dark.

Hand Signals

- RIGHT
- LEFT
- STOP

How to Make a Left Turn



Look back



Signal



Cross lane



Signal turn

As you approach an intersection where you want to turn left, look back. If someone is coming, decide whether you can move left across the lane before they arrive.

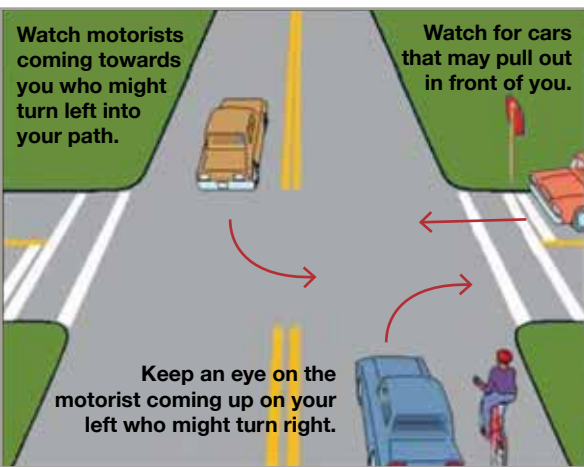
Signal your intention to cross the lane and wait until it's clear to merge or until a car allows you to cross the lane.

Once you've merged to a left turn position, ride straight and watch what's going on around you.

As you approach your turn, signal and watch for a break in oncoming traffic. After obeying traffic controls and yielding to crossing and oncoming traffic, make your turn.

Dealing with Hills

Speed control is very important when going downhill. Rather than ride your brakes all the way down, tap them gently to control your speed. Slow down before you get to curves. Give other cyclists plenty of room in case someone makes a mistake.



COMMON HAZARDS A majority of accidents involving cyclists happen at intersections. Keep your eyes open for these motorist mistakes.

Ride Defensively

Drivers often do things that endanger bicyclists, usually without intending to. Knowing what to look for can help you navigate through traffic more safely. Ride predictably and in a visible location.

- Anticipate other people's moves and their likely mistakes.
- Keep your eyes moving over the traffic scene, use a mirror, and be ready to take evasive action.
- Establish eye contact with drivers around you to let them know you are there. Shout if necessary.

Stopping Your Bike in an Emergency

If a quick stop is needed, **slide back on the saddle and get low**, then squeeze both brakes equally, gradually squeezing harder on the front brake. Too much front brake and you will tumble.

Additional Bicycle Resources

Town of Wake Forest: wakeforestnc.gov/bicycles.aspx
NC Department of Transportation: ncdot.gov/bikeped/
League of American Bicyclists: bikeleague.org

How to Use this Map

- Select your skill level below
- Find the color coded roads on the map that meet or exceed your skill level

Level 1 Cyclist BEGINNER

Has basic riding skills and feels most comfortable riding on a greenway or where there are very few vehicles.

Level 2 Cyclist INTERMEDIATE

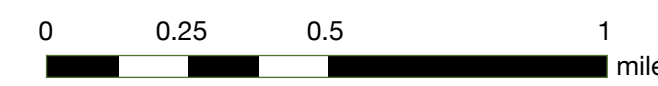
Will venture out onto some roads as long as there is a designated area for bicycles and traffic is not too heavy or fast.

Level 3 Cyclist EXPERIENCED

Will ride on roads with heavy traffic or high speeds and feel comfortable navigating through busy intersections.

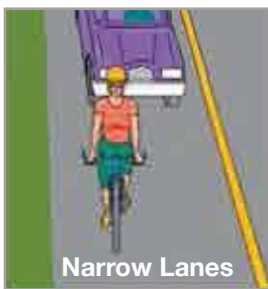
Legend

- Bike Racks
- Parking Lot
- Level 1 Cyclist
- Greenways Under Construction
- Level 2 Cyclist
- Level 3 Cyclist
- Major Roads
- Streets
- Railroads
- Major Streams
- Water Bodies
- Library
- Private School
- Public School
- University
- Downtown
- Historic Districts
- Parks
- Town Jurisdiction
- Other Jurisdictions



Bicycle riders should be aware that hazards might exist on any route. The Town of Wake Forest cannot guarantee the safety of any roadway, greenway or path. Users of this map take full responsibility for their own safety.

Road Position



Narrow Lanes

Ride far enough from the edge to discourage dangerously close passing. Many expert riders ride in the car's right wheel track.



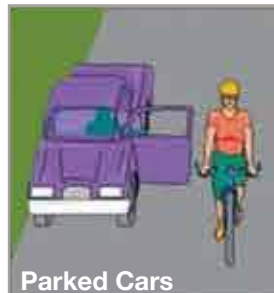
Wide Lanes

Ride just to the right of the traffic stream. This allows easy passing but reduces the danger caused by turning cars.



Potholes

Ride on the smooth pavement away from obstacles such as gravel, debris or potholes.



Parked Cars

Ride at least a door's width from parked cars.

Share the Road

Cars and bicycles frequently must share the road. Bicyclists, however, must also be aware of sharing the road with motorists. If someone comes up behind you, move to the right when safe to allow them to pass. In groups, bicyclists should ride cooperatively and help motorists pass safely.



Riding on Greenways

Share the path with other users. Ride on the right hand side and pass on the left. Make sure that others know you're approaching by ringing your bell or calling out.

Bike Walk Run WAKE FOREST



PUBLISHED BY THE TOWN OF WAKE FOREST

Be Safe and Be Seen

Whether you're using greenway trails, paths or side-walks, the Town of Wake Forest encourages you to take basic safety precautions.

Runners and Walkers Safety Tips

- Stay on sidewalks or paths. If a roadway does not have a sidewalk, walk against traffic so that you are facing oncoming cars.
- When walking or running at night, wear reflective gear or carry a flashlight so vehicles can see you.
- Let someone know your itinerary.
- To avoid injury, replace your footwear after 400 miles or when the sole no longer provides adequate cushioning.

Know the Pedestrian Laws

- Pedestrians have the right of way at marked cross-ings, meaning cars must yield to pedestrians.
- Pedestrians must use marked crosswalks when they are provided. It is unlawful to cross the street out-side of a marked crosswalk if crosswalks or signals are available.
- At crosswalks with pedestrian signals, pedestrians must obey the "Walk" and "Don't Walk" signs in the same way a driver must obey red or green lights.
- When crossing a street that does not have a cross-walk or a signal, pedestrians must yield the right of way to all vehicles.



Pets are welcome, too!

Leashed pets are welcome at all town parks and on all greenways. Please follow these guidelines:

- Clean up after your pooch. Pet stations are available at parks and on greenways. After you pick up your dog's waste please deposit it in one of the pet waste receptacles.
- Be a courteous dog walker and keep your pet close to you when other pedestrians and cyclists are passing you on the trails.
- Please don't pet me. A yellow ribbon on a dog means the dog is in training and needs extra space.

Dog Park: Flaherty Dog Park provides a place for dog owners to let their pets run free safely and legally without a leash. The two-acre park is surrounded by a five-foot chain link fence to keep your pets safe inside. Water and pet cleanup stations are on site. Open dawn to dusk. 1100 N. White St.



Safe Routes to Schools
Through a grant awarded through NCDOT's Safe Routes to School Program, Wake Forest has been able to improve pedestrian travel around Wake Forest Elementary School and Wake Forest Middle School. Sidewalks were built, signals erected and bike racks installed making it safer and easier for children to walk or bike to school.

A growing network of trails

Greenways are an important part of the Town of Wake Forest's plans for the future. Currently there are eight miles of developed and 50 miles of undeveloped greenways in the Wake Forest system with more trails being built every year. Wake Forest recognizes that the benefits gained by greenways ultimately affect economic, environmental and social health.

Get Involved in Planning: As a resident, you can provide input and contribute efforts to enhance the greenway system. By serving on the Greenways Advisory Board, you can help recommend policies, acquisitions and expansions to the system. For more information and to view the Open Space and Greenways Plan that guides policy, visit wakeforestnc.gov/open-space-greenways-plan.aspx.

Greenway App: To view the greenways using the free Town of Wake Forest app on your smartphone, launch the app and click on the "Greenways" function.

Adopt-a-Trail: Like our trails? Consider adopting one! Community organizations, individuals, families, and businesses are encouraged to adopt a specific length of trail keeping it clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects. Visit wakeforestnc.gov or contact Senior Planner Candace Davis, ☎ 919.435.9513, cdavis@wakeforestnc.gov.



Contact Us

Maintenance Issues: Call Facility Maintenance, ☎ 919.554.6184 or greenways@wakeforestnc.gov
Trail Construction Questions: Call the Planning Department, ☎ 919.435.9510 or greenways@wakeforestnc.gov

Non-Emergency Safety Issues: Call the Wake Forest Police Department, ☎ 919.554.6150
Emergencies: Call 911

Map Information: We depend on you to share with us any improvements that you think are needed to this map. If you see something that needs to be fixed, please email cdavis@wakeforestnc.gov.



Destinations

1 E. Carroll Joyner Park
Three miles of paved walking trails makes Joyner Park the perfect destination for outdoor fun. The 117-acre park features restored farm buildings, a majestic pecan grove, a large amphitheater, lush meadows and a perennial garden. Many community events are held at the park including the annual Six Sundays in Spring concert series. 701 Harris Rd.



2 Flaherty Park
The 100-acre J.B. Flaherty Park currently houses three lighted baseball and softball fields, a picnic shelter facility, two stocked ponds, eight lighted tennis courts, a dog park and a community center with a gymnasium. 1226 N. White St.

3 The Factory
The Factory is a sports and entertainment center geared for family recreation. The facility includes two ice skating rinks, an indoor soccer field, a YMCA facility, go karts, miniature golf, baseball/softball complex, pottery painting studio, inflatable play area, skate park, restaurants, shops and more. 1839 S. Main St.

4 Historic Downtown Wake Forest
From art galleries to antique shops, downtown Wake Forest is a walkable destination full of unique places to explore.



The graceful campus of the **Southeastern Baptist Theological Seminary** stands in the heart of Wake Forest shaded by large magnolias and surrounded by a lovely stone rubble wall. Visitors are welcome to tour the picturesque campus.

The Calvin Jones house is the oldest building in the Wake Forest Historic District. It now houses part of the Wake Forest Historical Museum exhibits. Built in 1820, the historic building originally served as a farmhouse and was the home of Dr. Calvin Jones. After the college moved to Winston-Salem, the house was carefully relocated six blocks up N. Main Street to where it now stands. 440 N. Main St.

The **Wake Forest Historical Museum** includes a diverse array of exhibits illustrating how life was lived in the town and its college. 414 N. Main St.



5 Wake Forest Reservoir
The Wake Forest Reservoir was created as a drinking water source for the town in the early 1960s. Shortly after the City of Raleigh utility merger, the water plant was taken off line, but limited operations are still in place at the reservoir. You can still see some of the water plant structures wvon site.

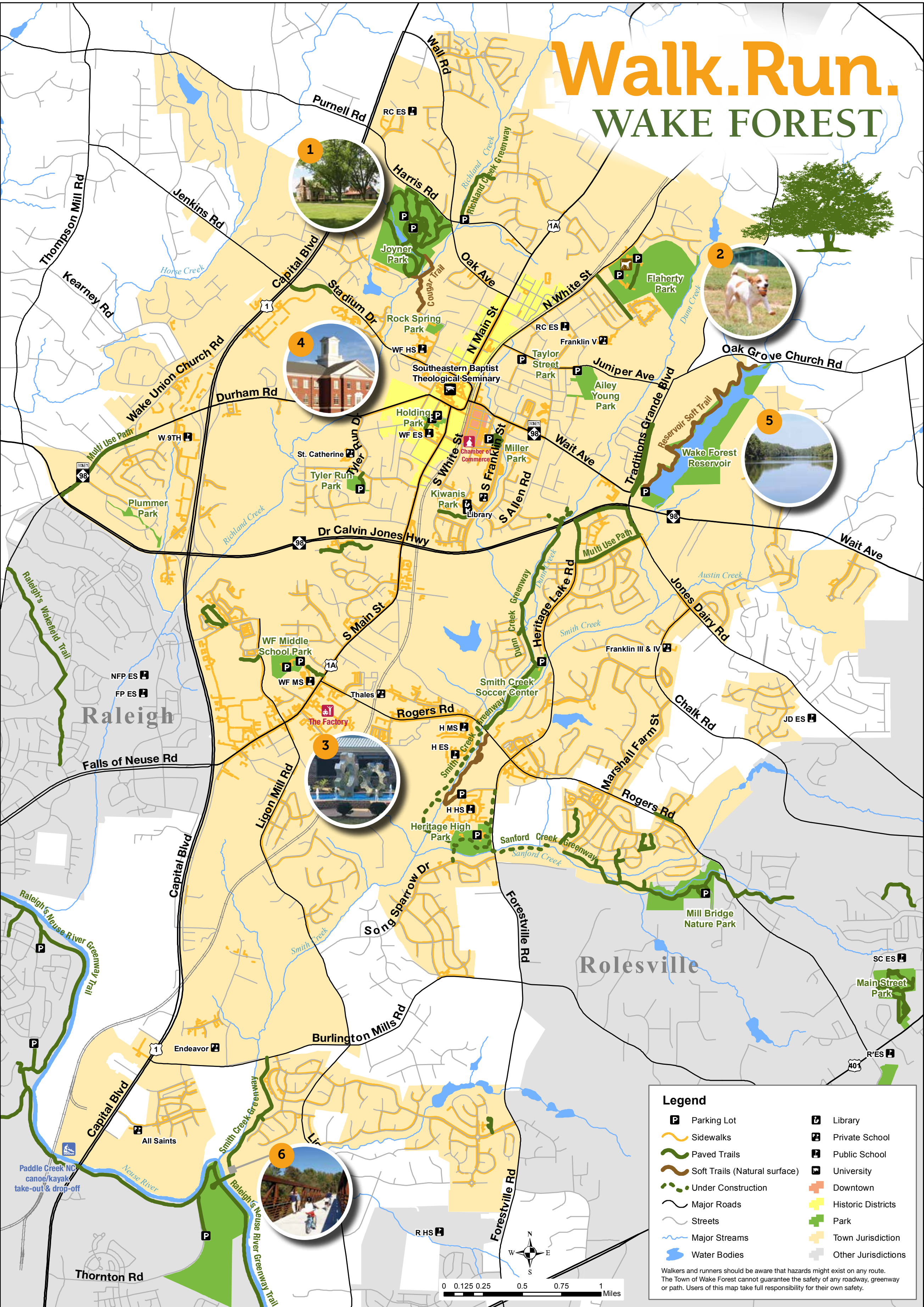
Today, the lake is open for paddle and electric powered boats. Hikers can explore the 1.6 mile trail which follows the west bank of the reservoir.

The driveway to the lake is located off of Traditions Grande Boulevard near Wait Avenue. There is a small concrete boat ramp adjacent to the parking area.



6 The Neuse River Trail
Wake Forest residents can now access the Neuse River Trail via the **pedestrian bridge** that links Wake Forest's greenway system with the Capital Greenway Trail. Further connections can be made to the Mountains-to-Sea Trail and the East Coast Greenway.

Walk.Run.WAKE FOREST



	Paved (P), Soft Trail (S)	Length in Miles

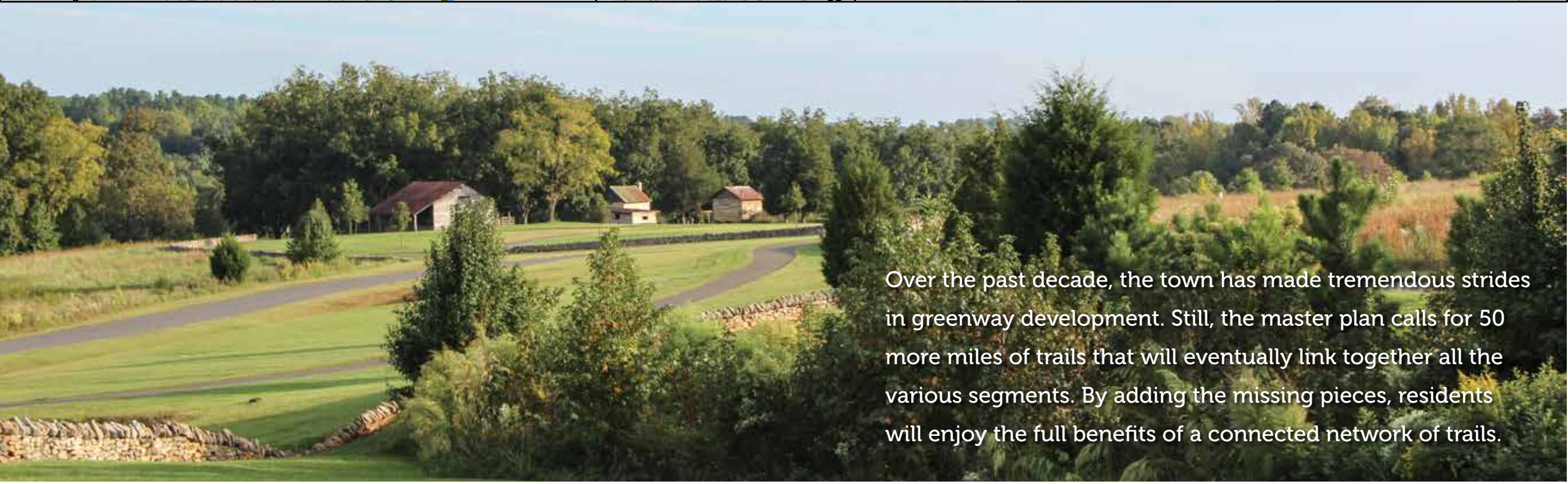
Greenways

E. Carroll Joyner Park 701 Harris Rd.	P	S	3.0 mi. .5 mi.
Dunn Creek Greenway 690 Heritage Lake Rd.	P		1.0 mi. .3 mi*
H.L. Miller Park 401 Elm Ave.	P		.4 mi.
Heritage High School 1150 Forestville Rd.		S	.8 mi.
J.B. Flaherty Park 1226 N. White St.	P		.25 mi.
Kiwanis Greenway 706 S. Franklin St.	P		.25 mi.
Richland Creek Olde Mill Stream Greenway 901 Barnford Mill Rd.	P		.45 mi.
Sanford Creek Heritage South Greenway dead end of Marshall Farm St.	P		.85 mi. 1.3 mi.**
Smith Creek Burlington Mills Greenway 2912 Burlington Mills Rd.	P		1.15 mi.
Smith Creek Soccer Center 690 Heritage Lake Rd.	P		.63 mi. 1.1 mi.**
Tyler Run Park 830 Pineview Dr.	P		.12 mi.
Wake Forest Reservoir Traditions Grande Blvd.		S	1.6 mi.

	Acres	Amphitheatre	Baseball/Softball Field	Basketball Court	Community Center	Dog Park	Flower Garden	Greenway	Grill	Open Space	Picnic Shelter	Picnic Tables	Playground (ADA #)	Pond	Swimming Pool	Restrooms	Soccer Field	Tennis Court
Ailey Young Park 800 Juniper Ave.	15																	
DuBois Park 518 N. Franklin St.	0.4																	
E. Carroll Joyner Park 701 Harris Rd.	117																	
H.L. Miller Park 401 Elm Ave.	2																	
Heritage High School* 1140 Forestville Rd.	25																	
Holding Park 133 W. Owen Ave.	5																	
J.B. Flaherty Park 1226 N. White St.	100																	
Kiwanis Park 400 E. Holding Ave.	1																	
Plummer Park 965 Jones Wynd	0.5																	
Smith Creek Soccer Center 690 Heritage Lake Rd.	17																	
Taylor Street Park 416 N. Taylor St.	1.5																	
Tyler Run Park 830 Pineview Dr.	9																	

*Heritage High School Park is open to the public after 6 pm on week-days and dawn to dusk on weekends.

*Downtown Connector section (3 mi.) to be completed 2015.
**Smith/Sanford Creek Greenway (2.4 mi.) to be completed 2015.



Over the past decade, the town has made tremendous strides in greenway development. Still, the master plan calls for 50 more miles of trails that will eventually link together all the various segments. By adding the missing pieces, residents will enjoy the full benefits of a connected network of trails.