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 check before you head out on a ride:

- **Level 1 Cyclist**
  - Has basic riding skills and feels most comfortable riding on a greenway or where there are very few vehicles.
  - Will venture out onto some roads as long as there is a designated area for bicyclists and traffic is not too heavy or fast.

- **Level 2 Cyclist**
  - Will ride on roads with heavy traffic or high speeds and feel comfortable navigating through busy intersections.

- **Level 3 Cyclist**
  - Will ride on roads with heavy traffic or high speeds and feel comfortable navigating through busy intersections.

Remember, A-B-C:

- Air: Tire should be firm and filled to the recommend pressure that is stamped on the outer edge.
- Brakes: Squeeze the brake lever and check that it is not "traveling out" against the handlebars. When you stop, the brake should stop the frame of the bicycle from moving for two seconds.
- Chain: Chain should be well-oiled and shouldn't jump or stretch.

Riding at Night:

- Turn on your lights.
- Use activated safety lights and signals.
- Use activation that lets others see you and that tells you how fast you are on the road.

A rear reflector or tail light is essential and will help you be visible at night.

Are you ready to ride?

- Whether you're a beginner 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 your bicycle is properly prepared.

Be Prepared

- Take identification and you go for a ride.
- Use a useful home or load in your trunk.
- Get someone your itinerary.
- Be aware of weather conditions and wear appropriate clothing if needed.
- Carry water 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 sidewalk, or a car.
- Your helmet should fit snugly but not too tightly.
- You should fasten it snugly so that it won't slide 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 needs to be on the back of your head, it won't protect your brain properly.
- Your neck strap should be snug. Adjust the straps so they rest on the back of your neck in the simple.
- It's the law. North Carolina state law requires anyone under age 16 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 can be driven. The laws for riding a bicycle apply with all other drivers as you use the standard riding procedures:

- **Road Rules**
  - Ride on the right side of the road: length with the flow of traffic.
  - Use your lights when traveling at night.
  - Yield when you enter the road or when you change lanes or position.

- **Hand Signals**
  - Signal whenever you stop, slow down, or start moving.
  - Use a good set of lights and reflectors whenever you ride after dark.

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 and let them know you are there. Discuss it.

Stopping Your Bike in an Emergency

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

How to Make a Left Turn

- Approach an intersection where you want to turn left, brake, lock the wheel, and turn.
- Once you're turned, break left, turn, and watch what's going on around you.

Dealing with Hills

- Speed control is very important when going downhill. Rather than ride your bike all the way down, use them gently to control your speed. Slow down before you get to curves. Other cyclists probably tent to take the lane in case someone makes a mistake.

How to Use this Map

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

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Legend

- Bike Trails
- Park & Ride Lot
- Greenways
- Under Construction
- Level 1 Cyclist
- Level 2 Cyclist
- Level 3 Cyclist
- Major Trails
- Rail Trails
- Major Streets
- Water Bodies
- Library
- Private School
- Public School
- University
- Downtown
- Historic Districts
- Parks
- Town Jurisdiction
- Other Jurisdictions
- Parking
- Additional Bicycle Resources

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A bike with a headlight and a reflector is essential. As you approach a downhill turn, a mirror will help you see what is coming.

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Whether you’re using greenway trails, paths or sidewalks, 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 doesn’t have a sidewalk, walk against traffic so that you are facing oncoming cars.
- When crossing a street that does not have a crosswalk, use marked crosswalks when they are available.
- At intersections with pedestrian signals, pedestrians must obey the “Walk” and “Don’t Walk” signs in the same way a driver must obey stop or yield lights.
- When crossing a street that does not have a crosswalk, or a signal, pedestrians must yield the right of way to all vehicles.

Know the Pedestrian Laws
- Pedestrians have the right of way at marked crosswalks.
- Pedestrians must use marked crosswalks when they are provided.
- It is unlawful to cross the street at any point unless a pedestrian signal is available.
- At intersections with pedestrian signals, pedestrians must obey the “Walk” and “Don’t Walk” signs in the same way a driver must obey stop or yield lights.
- When crossing a street that does not have a crosswalk, or a signal, pedestrians must yield the right of way to all vehicles.

Leashed pets are welcome at all town parks and on all greenways. Please follow these guidelines:
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- Clean up after your pet. Pet stations are available at parks and on greenways. When you pick up after your pet, put the bag 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 trail.
- Please don’t pet me. A yellow ribbon on a dog means the dog is in training and needs extra space.

Dog Park: If your dog is not on a leash, keep your pet in a park area.

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 green space in the Wake Forest system with more trails scheduled in the next five years. As the greenways continue to expand, amenities will be added to the system, acquisitions and expansions to the system. For more information and to view the Open Space and Greenways Plan that guides policy, visit wakeforestnc.gov or contact Senior Planner Candace Davis, 919.435.9513, cdavis@wakeforestnc.gov.

Walk.Run. WAKE FOREST

For a growing network of trails

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.

Be Safe and Be Seen

- Avoid using your headphones while listening to music or a book.
- If you are listening to music, keep the volume low enough to hear your surroundings.
- Be visible to drivers. Wear bright clothing or reflective gear when walking or biking after dark.
- Be aware of your surroundings. Don’t become so engrossed in your music that you don’t notice potential hazards.

The Wake Forest Reservoir was created as part of the Neuse River Basin Project in the early 1960s. Since then, the Neuse River Trail via the Wake Forest Reservoir and Heritage Parks provides a beautiful trail for residents to enjoy. Today, the lake is open for paddling and swimming. The lake is open for kayaking, canoeing, and stand-up paddleboarding. Today, the lake is open for paddling and swimming. The lake is open for kayaking, canoeing, and stand-up paddleboarding. Today, the lake is open for paddling and swimming. The lake is open for kayaking, canoeing, and stand-up paddleboarding.