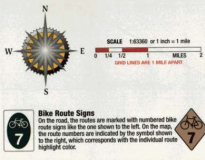


HIGH POINT AREA Archdale, High Point, Jamestown, Thomasville & Trinity Bicycle MAP



- Symbols**
- Signed Bicycle Route & Number
 - Unsigned Connector Route
 - Winston-Salem/Forsyth County Route & Number
 - Greenway
 - Road, Street
 - Minor Arterial, Divided
 - Major Arterial, Divided
 - Limited Access Highway (Bicycles prohibited)
 - North Carolina Highway, Secondary Road
 - US Highway, Business Loop
 - Interstate Highway, Business Loop, Bypass
 - Points of Interest, Parks, Fire Stations
 - Public High Schools, Colleges and Universities

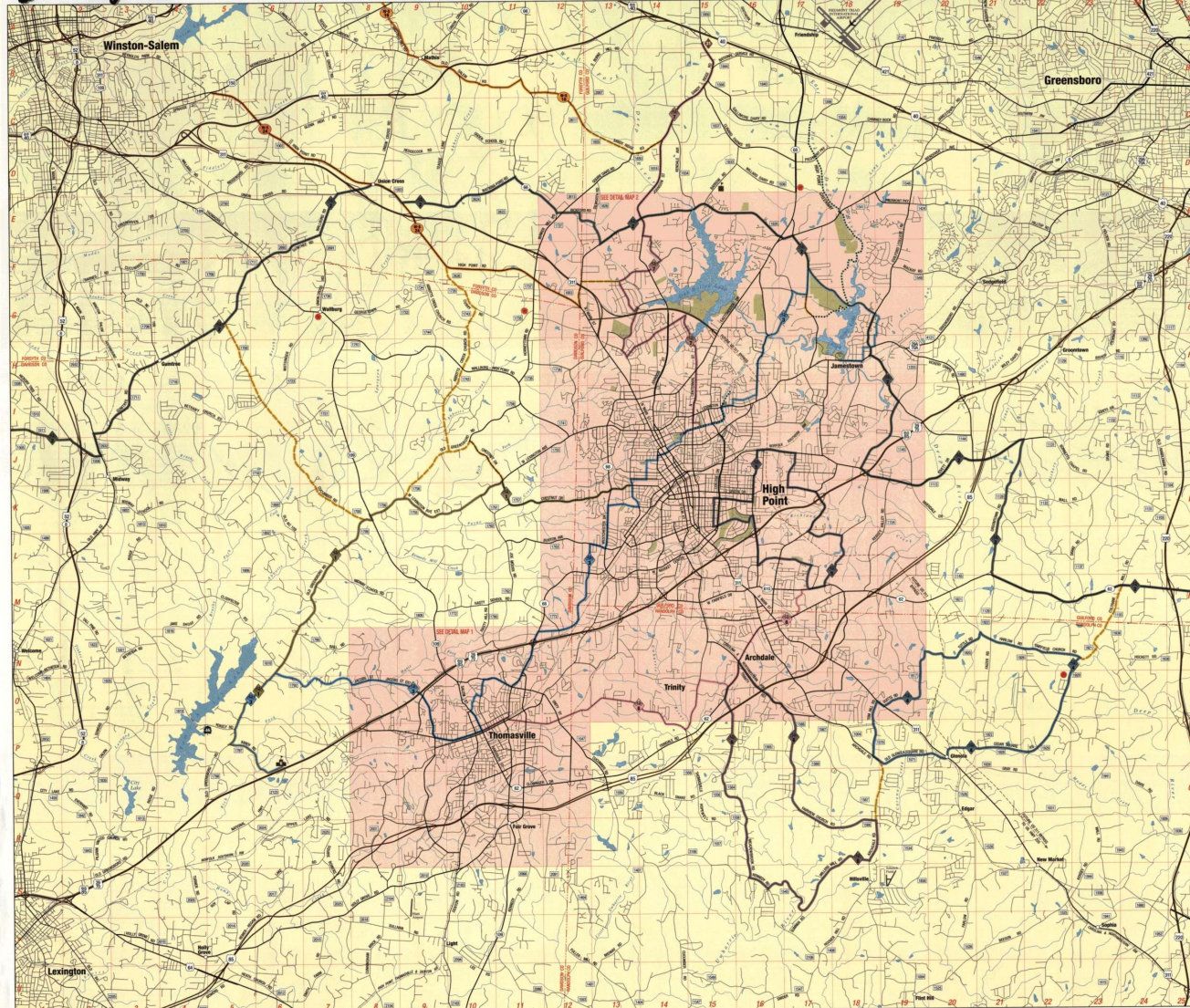
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BICYCLE LAWS & RIDING TIPS

Share the Road



Cars and bicycles frequently must Share the Road. On roadways with high levels of bicycle traffic, but relatively demanding conditions for bicyclists, **Share the Road** signs are intended to increase motorists' awareness of bicyclists on a roadway without designating that roadway as a preferred route for bicyclists.

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

Basic traffic riding techniques

Riding confidently and skillfully in traffic takes practice and an understanding of some basic ideas. One of the most important ideas is road position. Just where you ride on the roadway depends on several important things: your speed, the width and condition of the road, and your destination.

Speed and road position

- The slower you go to the spaces of traffic, the closer you should ride to that traffic.
- When everyone else is going a lot faster than you, keep well to the right.
 - When they're going a little faster, ride near traffic. This encourages right-turners to slow and wait instead of passing at the last moment and cutting you off.
 - When they're going the same speed as you, ride in the line of traffic. This is your most visible position and ensures you'll be seen when slow or stuck. There's no reason to ride last near the curb and a lot of good reasons not to.



Width and road position

- On a road with very narrow lanes, ride far enough from the edge to discourage dangerously close passing. Many expert riders ride in the car's right wheel track.
 - On a road with wide traffic lanes, ride just to the right of the traffic stream. This allows easy passing but reduces the danger caused by turning or crossing traffic.
 - On a road with great, debris, or potholes on the right side, ride on the smooth pavement to the left of them.
 - Always ride a good door's width from parked cars.
- As you practice, you'll get better and better at merging in traffic and it becomes a second nature.

Bike handling

Having good control of your bike makes traffic riding easier and safer. Practice until you can look around, shift gears, use the brakes, and peddle, and start up on the pedals without diverting your attention from traffic.

Scanning and signaling

- Looking back over your shoulder tells you what's going on back there. Do it occasionally, just to avoid surprises. And do it before you make any kind of move like merging left to turn.
- Practice in an empty parking lot until you can do without signaling. By moving your grip on the handlebars or dropping the hand of the shoulder you're looking over.
- Signal with your left hand when you turn and to warn people when you're going to stop.

Stopping your bike

- To stop, use both brakes equally. In an emergency stop, shift back on the saddle and get low. Gradually squeeze harder on the front brake but let a bit of the rear wheel lift.
- Adjust the angle with the pedals allow to make sure you're balanced all the time. You can adjust the angle to fit your frame.

Get low and back when braking hard.



Bike = Vehicle

In North Carolina, your bicycle is a vehicle and you are its driver. You share the rights and the duties with all other drivers as you use the State roadway network.

Follow The Road Rules

- Ride on the right side of the road, going with the flow of traffic.
- Obey all traffic controls — like stop signs, traffic lights, and one-way signs.
- Signal whenever you intend to turn, merge to another road position, or stop.
- Yield the right-of-way whenever you enter the road or when you change lanes or road positions.
- Use a good set of lights and reflectors whenever you ride after dark.
- Don't ride your bike on sidewalks and tread pedestrians with respect.

Watch for motorist errors

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 proactively and in a visible location.

- Watch motorists coming towards you who might turn left. Pay particular attention to their road position and, of course, any turn signals.
- Keep an eye on the motorist coming up on your left who might turn right. Look for hints that the car might be slowing down.
- Watch for movement that could indicate a car is coming out of a driveway or side street.



Ride defensively

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. Show it necessary.

Use good equipment

You don't need an expensive bike to get around... just one that works and that can be repaired and adjusted.

Your brakes should work smoothly and should stop you well even when it rains. When you squeeze the lever, it should "buckle" against the handlebars. And when you let go of the lever, the brakes should come away clearly from the wheel's rim.

Your "tubeless" brakes, pedals, chain, and gears should all break, clean, or maintain. The chain should jump as it goes around. Shifting should be smooth and precise.

To ride at night, you need reliable lights and reflectors. You need a headlight that lets others see you and that you can see others with on the road. You need a rear reflector or tail light that glows in the dark. You need a bell or a horn that you can use to warn others. You need a pump. It's also a good idea to use good reflectors and some people like the better reflectors. Being visible at night is essential.

Nothing on your bike should be loose or rattly. To test if it's "road ready," pack it up a few inches off the ground and tap it to see if it makes any noise. Grease and oil in the right spots to keep your bike running smoothly and to reduce wear and tear.

In short, keep your bike in good condition!

Destination and position

Near intersections, it's a good idea to let your road position tell others where you're going.

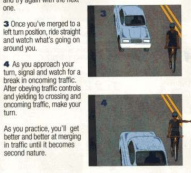
- To turn right, move towards the right edge of the roadway.
- To go straight, keep at least three feet from the curb and stay in the center of the road.
- To turn left, ride about three feet right of the center line or, if there is one, use the left turn lane.



Making left turns

Making left turns is tricky but can be learned. Start on quiet streets and work up to busier ones.

- As you approach an intersection where you want to turn left, decide when someone is coming, decide when you want to go, and cross the lane before they get there.
- If you can cross before they arrive, signal and watch the approaching driver. If not, the driver or cyclist will see you. "Think." If the driver thinks you're going to turn left, they'll give you the right of way.
- 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 crossing traffic controls and seeing to crossing and oncoming traffic, make your turn.



Left turns on fast roads

On busy high-speed roads, it's very difficult to negotiate your way across traffic. In this case, it's a good idea to make your turn like a pedestrian and walk across when safe.

Wear a helmet!

If you don't already have one, get a bicycle helmet today! If you have one, wear it every time you ride. Today's helmets look good, are very light, and fit in those cooling breezes. All while protecting your head and brain. Helmets cost as little as \$10, and could be your most important piece of equipment.



What
You should be able to see the front edge of your helmet when you look up. If your helmet sits back, it won't protect your forehead. Helmets that sit back should be snug but not too tight.

How
Can one that fits snugly but is not tight. Make sure it has ASTM, ANSI, or SNELL stickers. With a probe that it passed the tests.



Adjust the angle with the pedals allow to make sure you're balanced all the time. You can adjust the angle to fit your frame.

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