

*Get Moving...*

*Take a bike ride*



Mecklenburg County is a great place for bicycle enthusiasts of all kinds. Several parks are equipped with bike trails for Mountain Biking enthusiasts. There is a BMX Bike Track for a more extreme form of biking.

### Mountain Biking Trails

- ▶ [Jetton Park On Lake Norman](#), 1.3 mile bike trail
- ▶ [Ramsey Creek Park](#), Two bike trails  
18441 Nantz Road (Cornelius, NC)
- ▶ [Renaissance Park](#), 8 miles of intermediate to advanced trails  
1200 West Tyvola Road
- ▶ [Colonel Francis Beatty Park](#)  
McKee/Tilley Morris Rd./4330 Weddington Road
- ▶ [North Meck Park](#)

Note: This park is maintained by the Huntersville Parks and Recreation Department. Call 704-766-2220 for more information.

16131 Old Statesville Rd  
Huntersville, NC 28078

### More information on mountain biking

- [www.tarheeltrailblazers.com](http://www.tarheeltrailblazers.com) (club)
- [www.charlottesmtbike.com](http://www.charlottesmtbike.com) (local races)
- [www.dirtdivas.net](http://www.dirtdivas.net) (women's mountain bike club)

### BMX Track

- ▶ [Hornets Nest Park](#)  
6331 Beatties Ford Road

This 1,150-foot regulation track is the site for bicycle motor cross competitions every Saturday. You can master your prowess on the track during monitored open practice sessions and sharpen your skills at teaching clinics held regularly. For more information, call the BMX Hotline at 334-1376.

### Additional Resources

[www.parkandrec.com](http://www.parkandrec.com)

<http://bike.charmeck.org>



*Items you will need.*

When using your bike, there are a few items you will need:

**1) Lock.** You should always lock your bike when leaving it unattended. Try to lock your bike to a sturdy object, such as a bike rack. If there is not a sturdy place to lock your bike, lock the rear wheel to the bike's frame to prevent someone from riding off with your bike.

**2) Bags or basket.** Many errands may require carrying a few items. This can be done with a backpack, basket or bike bag. Some items can be strapped to a rear carrier or rack.

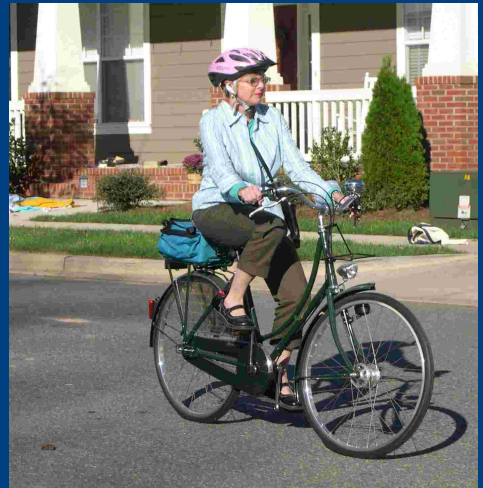
**3) Helmet.** Consider wearing a bike helmet. They have been proven to help prevent injury in the unlikely event of a fall.

**4) Lights.** If you will be riding during hours of darkness, use a headlight and rear reflectors. The red "blinkie" rear light is highly visible from greater distances.

**Remember to always ride with the flow of traffic and obey all traffic signs and signals.**



# *BICYCLING To HEALTHY LIVING*



Charlotte Department of Transportation  
Bicycle Program  
600 East Fourth Street  
Charlotte, NC 28202  
Phone: 704-336-2278



**Bicycle Advisory Committee**

**Burn calories, not gasoline**

CDOT Bicycle Program - <http://bike.charmeck.org>

Riding your bicycle is fun.  
It can also help you live  
a healthier lifestyle.  
Cycling offers convenient  
exercise while at the same  
time helps you address  
some of your daily routine.



- As you become more experienced and accustomed to using your bicycle, choose an additional location. Add more locations as you become more comfortable. For places that are more distant, consider substituting similar locations that may be closer.
- When you are ready, increase the distance to three miles from your house and follow the same procedure. Then four. For most trips, five miles is only 20-25 minutes by bicycle...and a lot healthier than driving.

*Use the following process to incorporate bicycling into healthier living:*

- Locate your home on a map of the city.
- From your home, measure a distance of two miles. Using a compass, draw a circle around your home using that two mile distance as a radius. (The diameter of the circle will be four miles, two miles in every direction from your house).
- Within that circle, identify and mark places that you regularly visit. Include such places as your workplace, bank, grocery store, drug store, church, theaters, restaurants, video store, shopping center, ATM machine, transit stop, parks, homes of friends or family, or any other place that you normally visit at least once every two weeks.
- Select one of the places that falls within the circle and commit to biking there every time you go. Choose a route you would feel most comfortable riding your bicycle, such as streets with less traffic. Use a bike basket for carrying light loads.



*How long will it take?*

The average bicycle speed for many adults is 10-15 mph. Running short errands on a bicycle will not take much longer than driving. This is especially true as cyclists often can park right at the front door, saving the time needed to seek out a parking space.

