

Wake County TDM

GoTriangle - Wake County TDM Newsletter
By Amber Warren



Celebrating Bike Month

UPCOMING LCI
SEMINAR IN
DURHAM

We're already celebrating!

See how to join on page 3

Bike Month is promoted by the League of American Bicyclists and celebrated in communities and colleges from coast to coast. It's a great opportunity to experience the many joys and benefits of bicycling. Whether you are new to biking, a Lycra-clad road warrior, or somewhere in between, we encourage you to explore the region on a bike.

Throughout the spring look for online programs and in-person events to inspire you to bike for fun, fitness, with family, or for essential trips to work or run errands. We'll start now, and keep riding throughout the year.



How you can celebrate!

5/4 National Ride a Bike Day
5/7 Walk, Bike & Roll to School
5/16 Bike to Work Day



How to use the bus bike rack

All GoTriangle buses are equipped with bike racks on its front. The easy-to-use bike racks can hold two bikes and are available on a first-come, first-served basis. There is no additional fare to use the bus bike rack.

- If the bike rack is full, you will have to wait for the next bus - bikes are not allowed inside the bus.
- Two-wheeled adult and children's bikes fit on the bus bike racks.
- E-assist bikes are allowed as long as they can be safely stowed on the bike rack.
- Bikes that are foldable may be carried onto the bus as long as they are in a carrying case.
- Motorized bikes, such as mopeds and motorcycles, are not allowed on any bus racks.
- The rack accommodates tire sizes from 20" to 29"/700c and up to 44" wheel base - fits the majority of commonly used bikes.
- Weight limit of up to 55 lbs per wheel rack.

Upcoming

League Cycling Instructor (LCI)

Seminar in Durham

A League Cycling Instructor (LCI) seminar is a 3-day training course that prepares individuals to become certified LCI instructors, enabling them to teach the League of American Bicyclists' Smart Cycling curriculum. The seminar focuses on teaching methods, emphasizing how to teach bicycle safety and skills to build confidence in new and returning cyclists.

To Register: <https://bikeleague.org/lci-seminar-registration/?event=a3dQl000000oHTt>

Dates: June 27, 2025-June 29, 2025

Coach: Neil Walker

Early Bird registration price:
\$550.00

Hours: Friday 5PM-9PM; All Day
Saturday & Sunday

Regular registration: \$625.00
beginning May 30, 2025

Event Contact:

Amber Warren

awarren@gotriangle.org

GoTriangle

919-485-7439

Registration closes: June 6, 2025

Location:

GoTriangle
4600 Emperor Blvd
Durham, NC 27703

***Limited \$250 subsidies are still
available, ask me how to receive
one***



THE LEAGUE
OF AMERICAN BICYCLISTS
since 1880

Around The World Challenge

The goal for the Around the World Challenge was to reduce the number of solo-vehicle trips that equal the distance of the Earth's perimeter (24,900 miles). Whether commuting to work or school or running personal errands, each trip by sustainable mode counted towards the campaign and its overall mission to improve the Triangle region's air quality. Qualifying sustainable travel modes included carpooling, vanpooling, using public transit, biking, scooting and walking. At the end of the campaign, **83 participants tracked 2,832 entries totaling 16,011 miles and reducing 23,137 pounds of greenhouse gases!**

Trips were tracked in the **Share the Ride NC** platform, which included a leaderboard for friendly competition, as well as a gaming effect that allowed competitors to see how their neighbors and colleagues were tracking as well.

And the winners are in...



James M. 456.17 mi	Jennifer E. 792 mi	Harrison K. 457.13 mi	Abhinav G. 64.56 mi	Aram M. 11.2 mi	Savannah T. 128.66 mi
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Winners received a special Around the World-branded portable JBL Bluetooth speaker and recognition on social media. Winners will also be honored at our upcoming annual commuter ceremony. This year's prizes sponsored by SEACT chapter of ACT.