



# HOW TWO NEWBIES OVERCAME THEIR FEARS OF BIKING IN THE CITY

An avid greenway cyclist, Paul Straw is part of GoTriangle's Sustainable Travel Services team and a recent convert to cycling through city streets.

As a member of a team that offers **free advice for anyone looking to ease traffic congestion through sustainable travel**, Straw is constantly exploring new options for biking, telecommuting, riding transit and carpooling.

For years, he and his wife loved riding their hybrid or cruiser bikes along the American Tobacco Trail or many of the Triangle greenways, but one of their biggest challenges has been city streets and our region's hills.

It was finding the right bike that helped the couple make the jump from greenway riding to e-bike city cycling.

"You never realize how hilly a road is until you're cycling on it, and you never realize how busy a street is until riding on it," Straw says. "The level of effort and concern becomes heightened as we put all our effort into making it up the hill while being mindful of traffic, parked vehicles and all the city streets' happenings."

Not wanting to impede traffic flow when cycling, they also found themselves avoiding roads that would be the most efficient option, choosing instead less congested side streets. Having to go the long way to the grocery store or to a restaurant when they were already hungry often led them to opt to drive their car when what they really wanted to do was cycle as often as possible.

Determined to find a solution because cycling in the city is how they interact and engage with the city they love, they turned to a ride they had tried a few times.

"We knew we loved electric assistance offered through Citrix Cycle bicycles in Raleigh and other bike programs throughout the country, so we decided to purchase electric bicycles or e-bikes," Straw explains. "Our e-bikes changed everything about how we cycle throughout the city. We can now confidently ride along any road because hills won't slow us down. We can be stopped at a red light and then get to full speed within seconds once the light goes green, which helps with our confidence and safety riding through major intersections."

E-bikes also put more control in their hands, he says. "With our e-bikes, we determine how much electric assistance is provided by the bicycle, allowing us to get in a workout or near effortlessness as we ride throughout the city," he says.

GoTriangle's Sustainable Travel Services team believes the proper bike for your travels can make all the difference in your bike riding experience. That's why GoTriangle is thrilled to announce our upcoming webinar to help our active community **Find the Right Bike for You**. Be sure to visit [gotriangle.org/bikemonth](https://gotriangle.org/bikemonth) to RSVP.

Presenters at the webinar, set for 2 p.m. Thursday, will be:

- Tyler Dewey, Duke University - Alternative Transportation Lead
- Heidi Perov Perry, BikeWalkNC - Board of Directors, BikeCarrboro
- Mary Sell, Oaks and Spokes - Interim Executive Director

There also will be a Q&A session so you can feel confident in your bike selection and not be intimidated by all of the options when you make your purchase.

Also, check out our recent **Triangle Trails webinar** with Wake County Commissioner and greenway advocate Sig Hutchinson for a new plan to build a more expansive and connected network.