

Go Chapel Hill Commute Newsletter



Transportation Commute Options

Getting to work is different now. Questions have become what is the best way to get to and from work safely? What do I do if I choose to work at home? What should I do regarding carbon emissions and the environment?

Safety is one of the first factors to consider when selecting your work commute.

Following are the various commute modes and remember that driving alone is not the only transportation option.

- | | | |
|------------------|----|-----------------------------|
| • Walk | or | Combined with Transit |
| • Cycle | or | Combined with Transit |
| • Transit | or | CHT, GoTriangle, OPT & PART |
| • Carpooling | or | Combined with walking |
| • Telework Daily | or | Few Days Monthly |

When selecting a commute option, there are aspects to practice if choosing options that bring us near others. Social distancing is a tool that can be used to stay healthier. Wearing a mask is another way to keep others safe, as well as yourself. Other tools can include washing hands with soap regularly and being mindful of not touching nose, eyes and mouth.

Finally, every mile not driven alone, equals one pound of carbon emissions not going into the air. Consider how many miles your round trip is for work. Telework is a good option, when possible, for reducing carbon emissions as well as a way to stay safe at home. Telework information follows on Page 2. Consider all commute options for work and select the correct one for your workplace situation.

Rolling through this together --Thank you to those taking care of us.

Fall 2020





MISSION IMPOSSIBLE
ERGONOMICS
OCTOBER 8 | 2P.M.
GOTRIANGLE.ORG/MI

OCTOBER 8, 2020 | 2:00PM

MISSION IMPOSSIBLE: ERGONOMICS

Many workers who transitioned temporarily to full-time teleworking because of the COVID-19 pandemic didn't have designated office spaces at home and, six months in, their bodies and productivity are suffering.

Maybe the chair is too low or the table too high or the lamp is just too far away. They've tried every imaginable position in every conceivable spot in their homes, and they still end every work day with a new ache or pain.

Is this you or someone you know? Let us help.

Join us as we talk with Julia Abate, the executive director of The Ergonomics Center of North Carolina, and review the neutral postures we want when working from an office setting. We'll also identify some common causes of discomfort and some low-cost, quick fixes to improving the "temporary" home office.



Telework Makes Sense During Times When We Are Home

What is Telework? - *check www.nctelework.org for details*

Telework is a work arrangement that allows an employee to perform work, during any part of regular, paid hours, at an approved alternative worksite (e.g., home, telework center). It is an important tool for achieving a resilient and results-oriented workforce. At its core, telework is people doing their work at locations different from where they would normally be doing it.
-gotriangle.org

Alternative Work Schedules

Alternative work schedules (also known as variable work hours) include flextime or compressed work weeks. Flextime is when employees work specified hours each week, but are given flexibility on when they arrive to work, take lunch and leave work. Compressed work weeks are when employees work more hours than typical but work fewer days per week or pay period.

Also consider working 40 hours over four days instead of the usual five, or work 80 hours in two weeks but only work 9 out of 10 days.

Check Page 5 to discover how to earn points for gift cards.

Chapel Hill Transit Modifies Service

Sunday Service First Time In 40 years

The nine routes will run on Saturdays, Sundays and some holidays. These routes will have the same routing has their weekday counterparts, with different timetables. Weekend routes include: the A, CM, CW, D, J, N, NS, NU and U routes.

Simplified Routes

Chapel Hill Transit is running 12 routes, Monday through Fridays, and nine routes on Saturdays, Sundays and some holidays. Many of these routes will be simplified with less one-way loops and turns. When the impact of COVID-19 has lessened, eight other routes will be added.

REDUCED SERVICE SCHEDULE

COVID-19, will limit the full implementation of these changes. Chapel Hill Transit is running reduced weekday routes, including:

- A route (Weiner/Severin, UNC Campus, Glen Lennox, University Place)
- CL route (Eastowne, Franklin Street, UNC Hospitals)
- CM route (Carrboro, Merritt Mill, UNC Hospitals)
- CW route (Carrboro, Weaver Street, UNC Campus)
- D route (UNC Hospitals, Franklin Street, Old Durham Road)
- FCX route (Friday Center Park and Ride, UNC Hospitals)
- J route (Carrboro, Downtown Chapel Hill, Jones Ferry)
- HS route (Rogers Rd., Seymour Center, UNC Campus, Smith Level Rd.)
- N route (Estes Park Apartments, UNC Campus, Meadowmont)



NS Route (Eubanks Rd. Park and Ride, UNC Campus, Southern Village)

NU route (UNC Campus, Hillsborough St, RR Lot)

RU route (UNC Campus)

S route (Friday Center South Park and Ride, UNC Campus)

U route (UNC Campus)

The Senior Shuttle and EZ Rider will also run the regular schedule.

Other weekday routes, including: B, CCX, F, G, JFX and T routes will not run as long as capacity limits remain at ten people per vehicle. Staff is closely monitoring ridership and demand for service and if possible, service will be redistributed to these routes.

Goals for Service Changes:

- More people will try to ride the bus,
- More people will use transit regularly,
- To provide more frequent service along the busiest roadways,
- To provide access to our community members with the fewest options to travel,
- To improve weekend service and
- Make it easier to live in Chapel Hill and Carrboro without a vehicle

Questions

chtransit@townofchapelhill.org

919.969.4931.



Telework & Earn Points for Gift Cards!

Switch gears with the GoPerks incentive program so you can track any bike trip to earn points—not just commuting rides! October 1st through December 31st, anyone who tracks any bike trip in the Share the Ride NC commute calendar can earn GoPerks points. Bike to the grocery store, park or work. It doesn't matter where you're going, just ride your bike to win.



Cyclists can sync their Strava, FitBit and other apps to their account so trips are automatically tracked to earn points. Use points to enter into prize drawings for gift cards to local restaurants, small businesses and local events. It's free, it's fun, and it's local. So ride, track, and earn points to enter incentive drawings to Al's Burgers, Guglhupf, Rise Biscuits, Weaver Street Market and more!

Register at Share the Ride NC or by downloading the STRNC app. Find more info, bike safety tips, and links to the app store on GoTriangle's bike page.

To sync exercise apps to your STRNC account, log in to STRNC and select your image or personal icon. Select profile, then 'connect apps'. Choose from Strava, Fitbit, Garmin or Under Armour and click to connect to your app. You will log in to your regular account with your user name and password to allow access between the app and STRNC.

GoTriangle's goal is to reduce traffic, help employees save money, and improve the environment and quality of life. Biker, walkers, carpoolers, vanpoolers – you still qualify for tracking trips and points! In April, we're letting the telecommuters get in on the fun, too.

For more information on GoPerks, visit gotriangle.org - goperks. For information on teleworking during this time of extenuating circumstances, please check out nctelwork.org.

Thanks to the Go Perk sponsors!

Gear Up for Fall Cycling Season - While Practicing Social Distancing!

Pick up free lights October 27 from 4 pm - 6 pm

Chapel Hill - Libba Cotton & Merritt Mill Road, Intersection

UNC Campus - Health Sciences Library (Bike Rack)

Hillsborough - Riverwalk Entrance (115 Nash and Kollock St)

The shortest daylight hours day of the year are November - February.

The daylight hours will get shorter the closer to December 21st we get as it is the shortest daylight hours of the year. It is still important to remember that motorists might not see cyclists when driving, especially during twilight hours (sunset). Be sure to light up as much as possible with brightly colored clothing and flashing lights.

This can make a difference in safety for all concerned!

RULES<< OF THE >>ROAD

BICYCLISTS

In North Carolina bicyclists have the same rights and duties as a motorist & are subject to traffic vehicle laws. Some laws changed . For a complete list of NC bike laws, visit www.ncdot.gov/bikeped/lawspolicies.

Ride Predictably

- ▶ Follow ALL traffic laws – bicycles are vehicles in NC
- ▶ Always ride in the same direction as traffic & as far to the right as practical
- ▶ Indicate your turns by pointing left or right
- ▶ Scan behind you before changing lanes
- ▶ Do not filter up by stopped cars at intersections
- ▶ Avoid swerving between parked cars
- ▶ Make eye contact with motorists, especially at intersections & driveways
- ▶ Give an audible warning to pedestrians when approaching from behind

Be Safe, Be Visible

- ▶ Don't wear headphones while riding
- ▶ Wear a properly fitted helmet & replace after any impact or crash
- ▶ NC law requires children under 16 wear a helmet
- ▶ Wear brightly colored or reflective clothing
- ▶ At night, NC law requires bicyclists to have a white front headlight, a rear reflector, AND have a red rear light or reflective clothing visible from 300 feet. Visit www.GoTriangle.org/bike for more info & tips.

In some municipalities it is illegal to ride on sidewalks, but if you must ride on a sidewalk, go slow, yield to pedestrians, and check every cross street and driveway.

RULES<< OF THE >>ROAD

MOTORISTS

In NC bicyclists have the same rights & duties as a motorist & are subject to traffic vehicle laws. Some laws for motorists changed in 2016. For a complete list of NC bike laws visit www.ncdot.gov/bikeped/lawspolicies.

Yield to Bicyclists

- ▶ Bicycles are vehicles & should be given appropriate right of way
- ▶ Bicyclists may use the entire traffic lane & are not required to ride single file

Drive Cautiously & Pass with Care

- ▶ Reduce speed when encountering bicyclists
- ▶ Give bicyclists extra trailing & passing room in potentially dangerous situations
- ▶ Do not text while driving
- ▶ Passing drivers must provide at least 4 feet between their vehicle & bicyclist, or the passing driver must completely enter the left lane of the roadway.
- ▶ In NC drivers causing bicyclists to leave their travel lane & causing a crash or injury can be fined up to \$750.

Be Considerate

- ▶ Do not honk your horn in close proximity to bicyclists
- ▶ Scan for bicyclists in traffic, at intersections & driveways
- ▶ Look for bicyclists before opening your car door
- ▶ Watch for children on bicycles who may be less predictable – expect the unexpected



Triangle Bikeway Study (trianglebikeway.com)



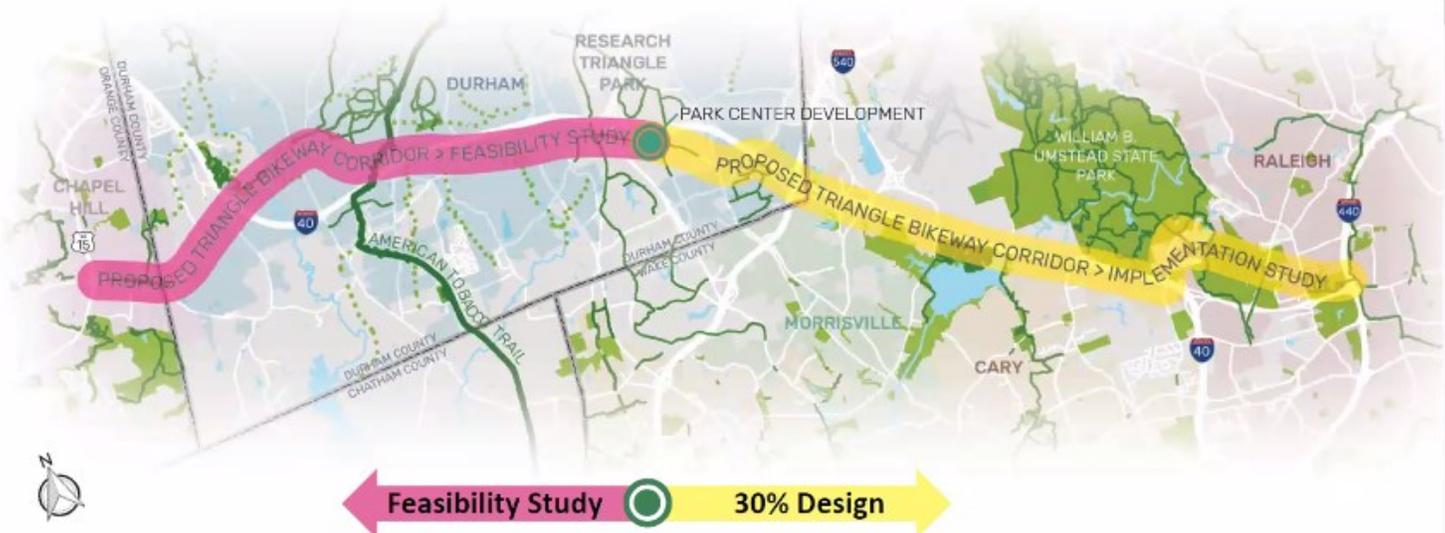
Project Objectives

Establish a bicycle and pedestrian commuter alternate to I-40 along a direct, mostly parallel path.

- > Advance eastern section to 30% design
- > Complete feasibility study for western section
- > Develop standards, character and design palette
- > Connect to transit
- > Establish maintenance responsibility
- > Coordinate with planned and future TIP projects along corridor
- > Connect to Triangle bicycle and pedestrian network
- > Secure stakeholder buy-in on preferred alternatives and implementation strategies and priorities
- > Meaningful stakeholder and decision-maker involvement that informs, educates, and responds to all input



Study Area



Go Chapel Hill Launches Go Buddy Bikes

Go Buddy Bikes is new program designed to assist those not having cycled to work in a while, if ever. Go Chapel Hill has teamed up with experienced cyclists to help navigate getting to work. Also, as part of the Go Buddy Bike program, following are additional perks of the program.

During COVID times, the Town of Chapel Hill is being careful to keep everyone away from possible exposure situations, and so for a while, the only part of the Go Buddy program not offered will be someone riding to work with those registered. All other features of the program will be offered.

Go Buddy Bike Features Include:

- Individualized route planning assistance
- Bike maps
- NC Bicycle Laws information
- Safety equipment such as lights, bells or whistles
- Other useful bicycle gear
- STRNC Go Perks Program gift card eligibility
- Starbucks Coffee Commute Group & Wooden Nickel
- Online training & informational workshop videos available at the Go Chapel Hill .org Website.

**To register to be part of the
Go Buddy Bicycle program -
Email goch@townofchapelhill.org**

**Remember Meeting Dates Could Change
During Virus Times - Contact Agencies To Check!**



**THE
RECYCLERY NC IS A
NON-PROFIT**

**LOCATED IN
CARRBORO, NC
THAT TEACHES
BICYCLE REPAIR &
MAINTENANCE AND . . .**

**ALLOWS COMMUNITY MEMBERS
TO EARN THEIR OWN BIKES!**

www.recyclery.org

**CARRBORO
BICYCLE
COALITION**



**Carrboro Bicycle
Coalition
Monthly Meeting**

**3rd Mondays
7:30 p.m.**

For now, the CBC is
meeting by way of Zoom.
For more information
email at
bikecarrboro.com .



Bike Alliance Chapel Hill (BACH)

www.bikechapelhill.com

Go Chapel Hill Commute Information

Website:	Go Chapel Hill .org
Twitter:	Go! Chapel Hill
Facebook:	Go Chapel Hill .org
Instagram:	Go Chapel Hill
Town of Chapel Hill:	Getting Around

For Assistance: Len Cone - lccone@townofchapelhill.org