

# WELCOME

## TO THE SALEM LAKE BIKE TRACK TRAIL

The Salem Lake Bike TRACK Trail features nine stations around the seven mile lake loop. Each station has a sign with interpretive information about the plants and animals that make Salem Lake their home, as well as some information about the value of the lake and why it's important to keep it clean. You will also find tips to improve your biking skills. In addition, each sign contains a secret code letter at the bottom right corner. Kids can register their rides on the trail at [kidsinparks.com](http://kidsinparks.com) to earn free bicycle gear. **Remember the code letters and un-scramble them to enter the code word on the website and win a special prize!**



### Respect the Rules:

- Stay on the right side of trail.
- Don't cut corners.
- Ride in single file.
- Yield to pedestrians.
- Bike on Salem Lake Trail and not in the woods.

Salem Lake and the surrounding lands and streams draining into the lake are part of the Salem Lake **Watershed**. This watershed provides habitat for wildlife, recreation opportunities for people, and a water supply for the city of Winston-Salem.



[kidsinparks.com](http://kidsinparks.com)

### Cycling Tips: Pre-flight Check

Doing a quick equipment check before every ride can help save you time and injury. Be sure to check yourself, your gear and your bike to make sure you're ready to ride the trail.

#### HELMET

Be Smart. Protect your brain by wearing a properly fitted helmet. NC state law requires cyclists under age 16 to wear a helmet.

#### BRIGHT COLORS

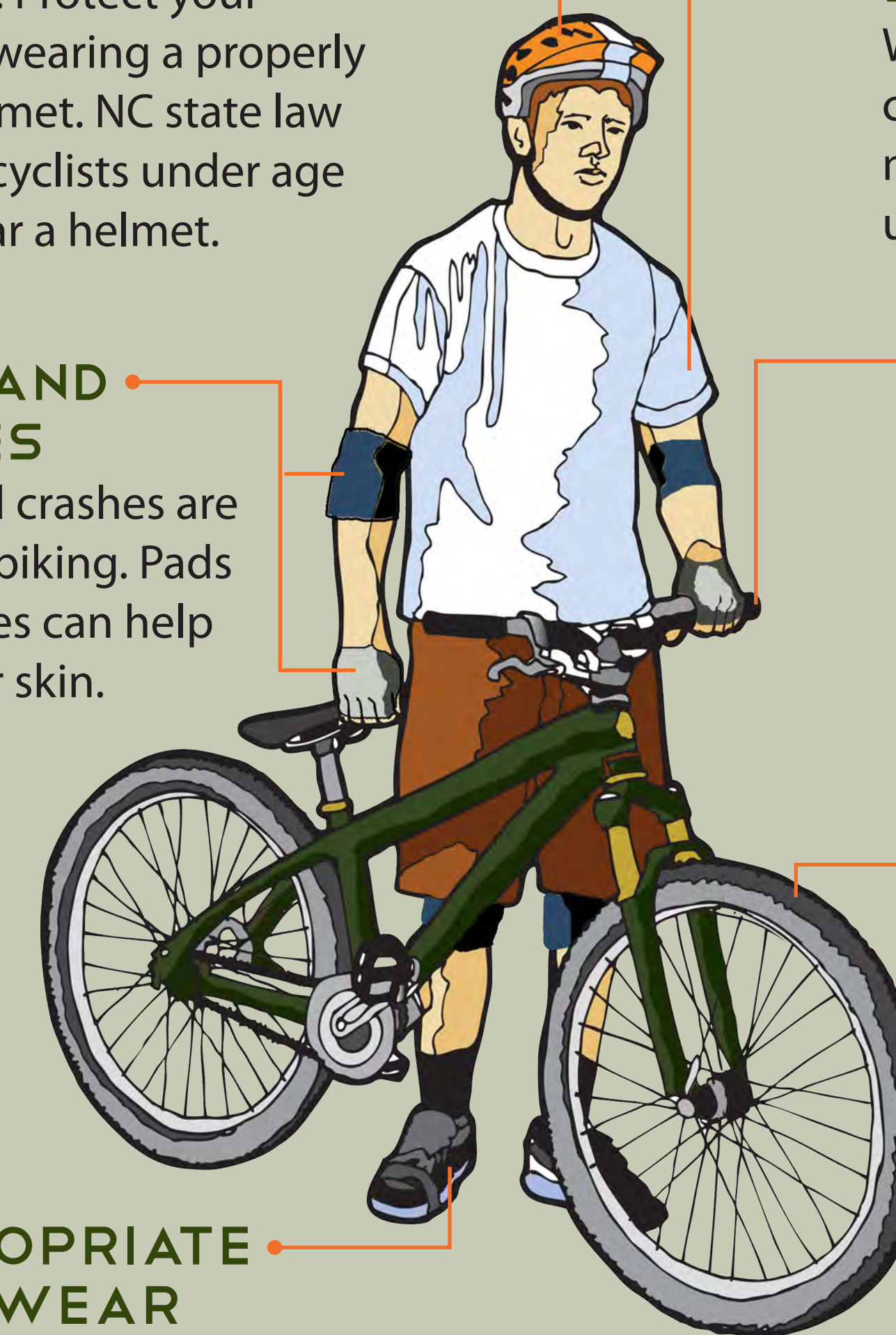
Wearing bright clothing will make you more visible to others using the trail.

#### PADS AND GLOVES

Spills and crashes are a part of biking. Pads and gloves can help save your skin.

#### BRAKES AND BARS

Make sure your brakes work and your handlebars and seat are adjusted for a comfortable ride.



#### APPROPRIATE FOOTWEAR

Wear sturdy shoes that cover your toes. Tuck laces and loose pant legs away from the chain.

#### WHEELS AND TIRES

Make sure your wheels are bolted on tight and that your tires are properly inflated (within the inflation range shown on the tire).

Illustration by David Williams, Wingin' it Works

The Salem Lake Bike TRACK Trail was made possible through a partnership formed between the Winston-Salem Recreation and Parks Department and the Blue Ridge Parkway Foundation's Kids in Parks program, and the generous support of private donors.

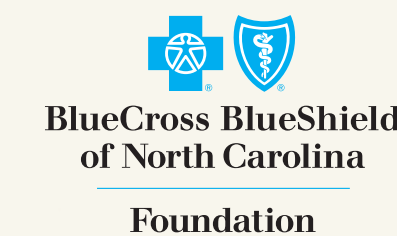
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Look for code letters **HERE**