

Cary, NC: A Case Study

Jeff Ulma, AICP, Planning Director
jeff.ulma@townofcary.org

Juliet Andes, AICP, Principal Planner
juliet.andes@townofcary.org



2009 EPA Building Healthy Communities For Active Aging Award



Special Invitation
Reception for Funders of the 9th Annual
New Partners for Smart Growth Conference

Friday, February 5 | **Sheraton Seattle Hotel**
6:00 - 7:00 p.m. | **Diamond Room, 1st Floor**
across from WSCTC, 1400 6th Ave.

The Local Government Commission is hosting a special reception to honor the financial contributors of the 9th Annual "New Partners for Smart Growth: Building Safe, Healthy and Livable Communities" conference in Seattle, Washington.

This impressive group of agencies, organizations, foundations and firms reflect the true nature of collaboration, and represent the many different disciplines, perspectives and ideas featured at the conference. Each group has demonstrated a commitment to implementing smart growth and livable communities principles; and without their generous support, this conference would not be possible.

As an honored guest of the Local Government Commission, we would like to invite you to attend this special reception. Reception attendance is by invitation only, and an RSVP is required to attend.

Please complete the attached RSVP form to identify the individuals who will be using your invitations to attend this event. Please return the form to Michele Warren at the Local Government Commission (mikwarren@lgc.org / fax 916-448-8246) no later than Friday, January 22. Please note that this invitation is for the Friday evening reception only and does not provide access to the conference itself.

CONFERENCE SPONSORS ■
Centers for Disease Control and Prevention
HDR Inc.
National Association of REALTORS®
Smart Growth Network
U.S. Environmental Protection Agency

CONTRIBUTORS ■
Federal Highway Administration
Federal Transit Administration
Kaiser Permanente
U.S. Forest Service – Urban and Community Forestry Program

BENEFACTORS ■
Arup
Sacramento Metropolitan
Air Quality Management District
Sound Transit
U.S. EPA Region 10

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National Center for Safe Routes to School
U.S. Department of Defense

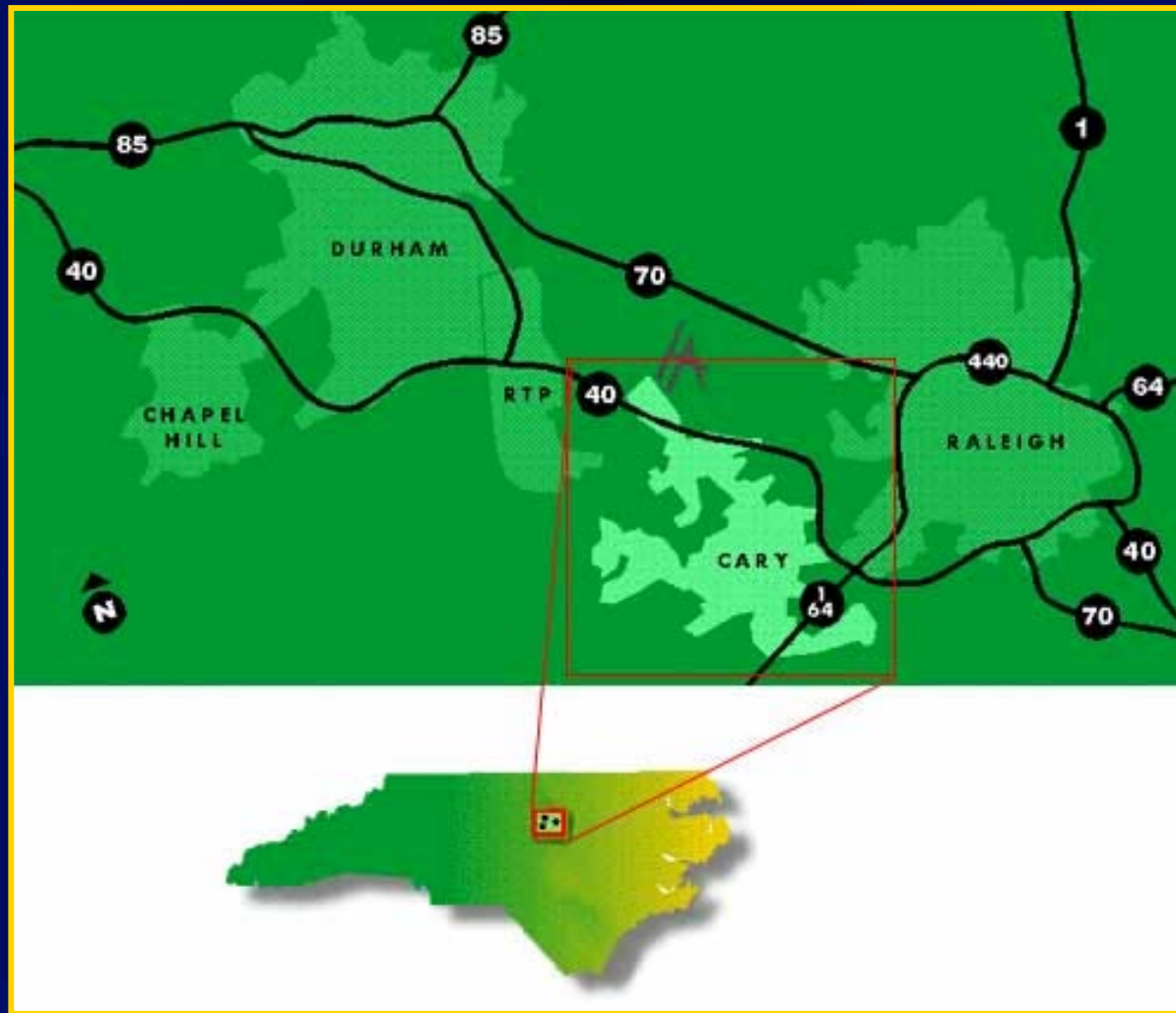
FRIENDS ■
Nelson/Nygaard Consulting Associates

FOUNDATION SUPPORT ■
The Rockefeller Foundation
W. K. Kellogg Foundation
Surdna Foundation
The Annie E. Casey Foundation
The Bullitt Foundation

The Town Of Cary, North Carolina Received The Achievement Award (Public Entity) For Its Programs That Include Preservation Of ... Open Space, Creation Of Extensive Walking And Biking Paths, ... Planning For Pedestrian Friendly Mixed-use Developments, And Implementation Of Fitness And Wellness Programs Designed By And For Older Adults.

TOWN of CARY

First, A Little Bit About Cary



TOWN of CARY

First, A Little Bit About Cary

- **Location, Location, Location**
- **Recognized By Various Publications As One Of The Top Communities In The U.S. To Live**
- **Long History Of Land Use Planning And Regulation Of Private Development, Even When Faced With Rapid Growth**

People & Trends

- Cary Population

- 1960: **3,356**
- 2010 Estimate: **143,049** (1/1/11)
- 2035 Projection: **184,870**

People & Trends

- Older Population
 - Median Age = **38.1** In 2008; Was **33.7** In 2000
 - Fastest Growing Segment Of Cary Population Is Of Retirement Age
 - **17.32%** Of Total Population Is Over Age 55 (Source: 2007 ACS)
 - Number Of Persons Over 65 Increased By **70%**

People & Place

“The Town Of Cary Is Defined By Its Distinctive Sense Of Place. Citizens Feel Encouraged To Lead Healthy Lifestyles”

Town Goal, Focus Area 1:
Community Planning - Planning For Quality Of Life Is To Achieve A Well Planned Community Using Innovative And Proactive Planning Approaches And Techniques

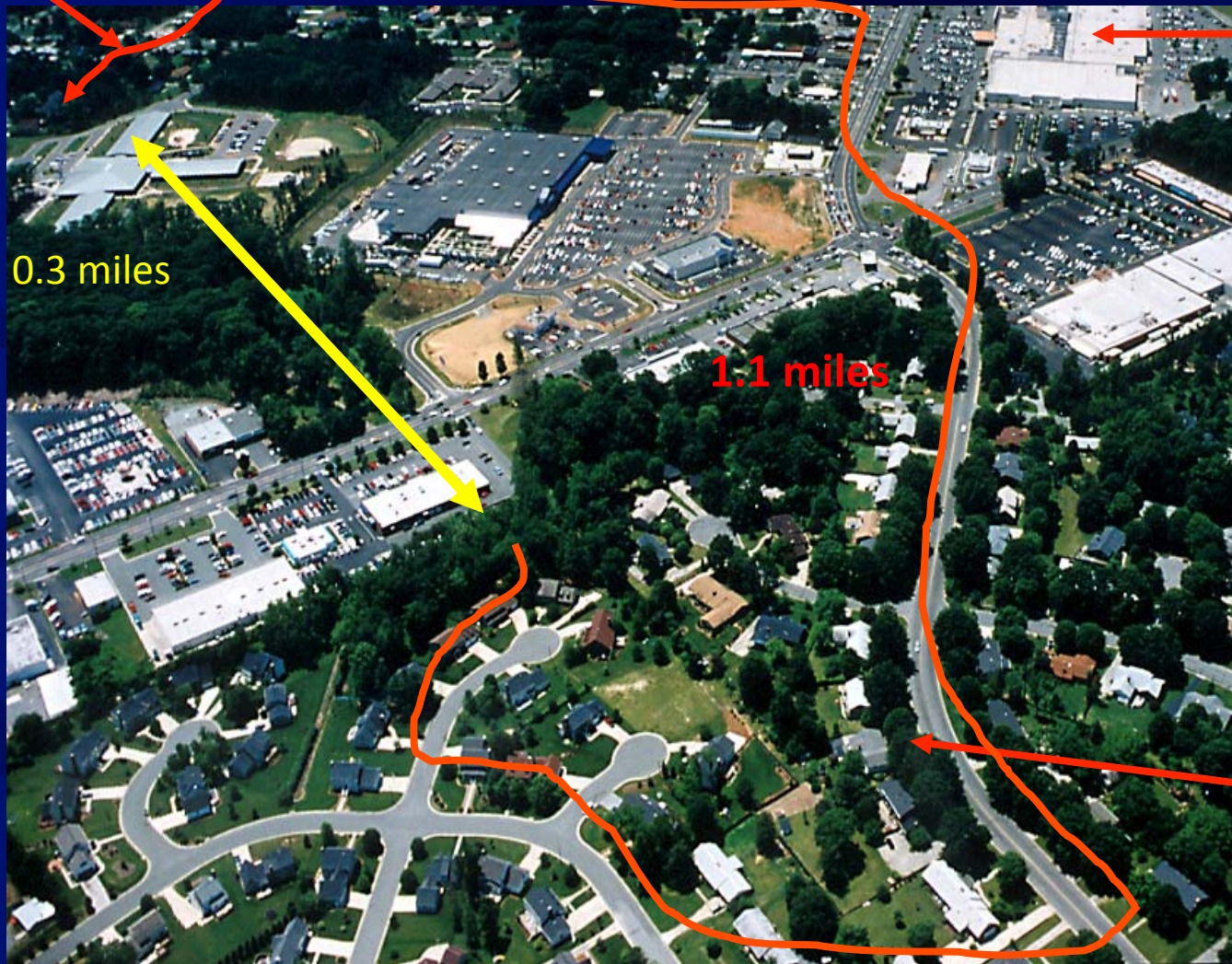


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Is There A Better Way?

School

Shopping



- ❖ Each Activity Is Low Density
- ❖ Activities Are Separated From Each Other
- ❖ Connections Between Activities Are Circuitous

Homes

Source: Triangle J Council of Governments

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1,460' or 0.27 mi.

Marquis at
Preston
Apartments

85'

NW Cary Pky

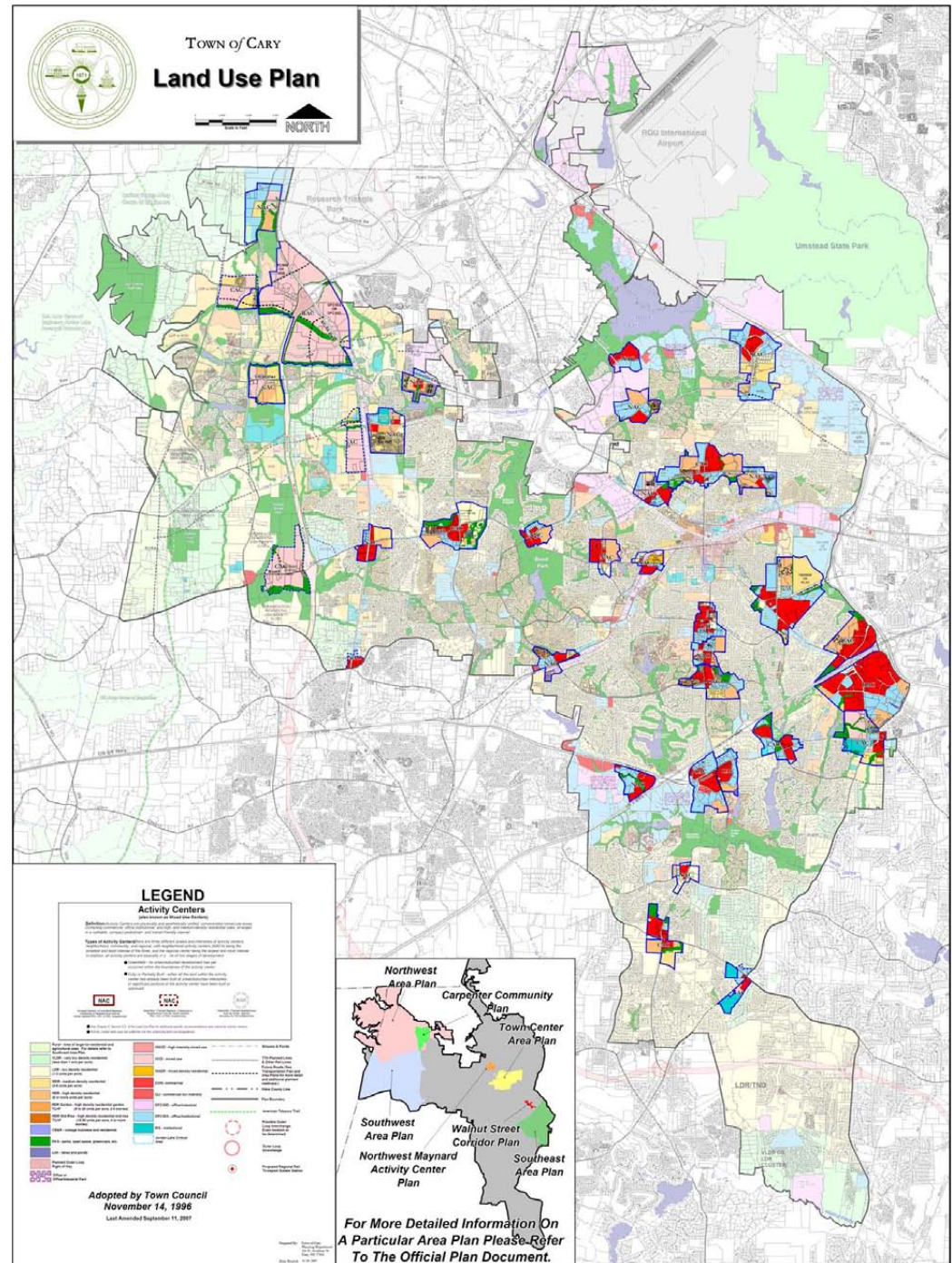
High House Rd

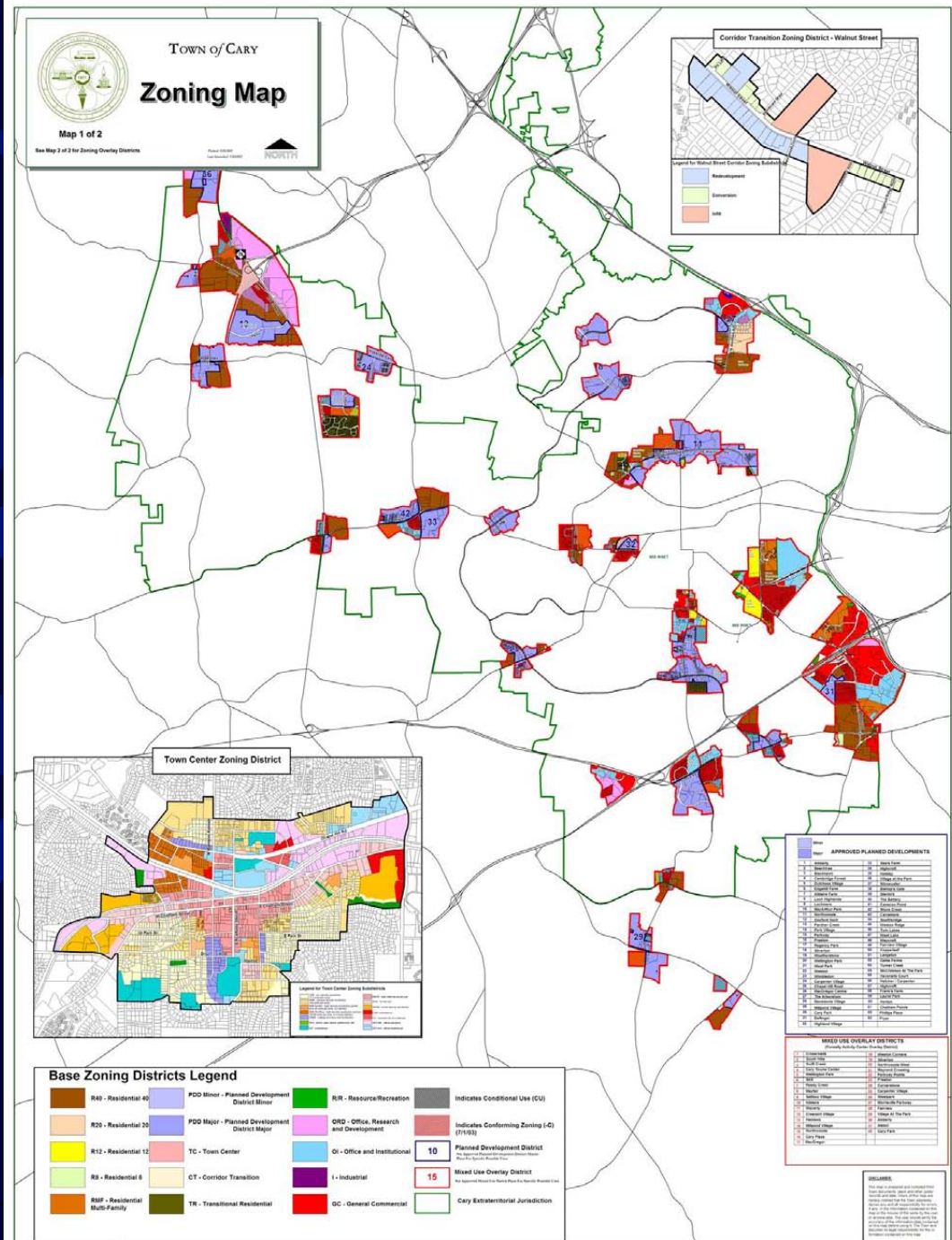
Preston
Corners
Shopping
Center

Cary's Vision For Land Use & Transportation

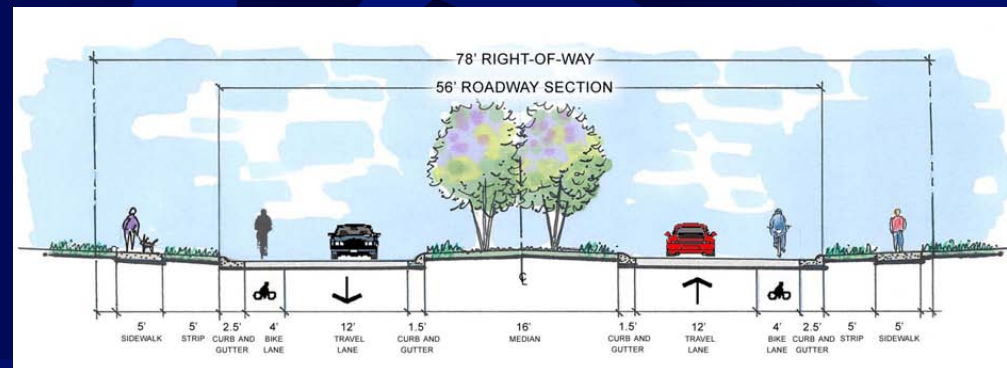
- **Land Use → “Activity Centers”** = “Building Blocks” Of Town’s Long-range Plan
 - Physically & Aesthetically Unified, Concentrated, Mixed-use Areas
 - Walkable, Compact, Pedestrian And Transit-friendly
- **Transportation → Multimodal**
 - Provide A Safe, Convenient And Efficient Multimodal Transportation System
 - Provide Safe And Convenient Facilities And Service For People Who Choose Not To Use An Automobile

Planned Mixed Use Centers...





Plan For Alternative Modes



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Why Bother? Value & Benefits

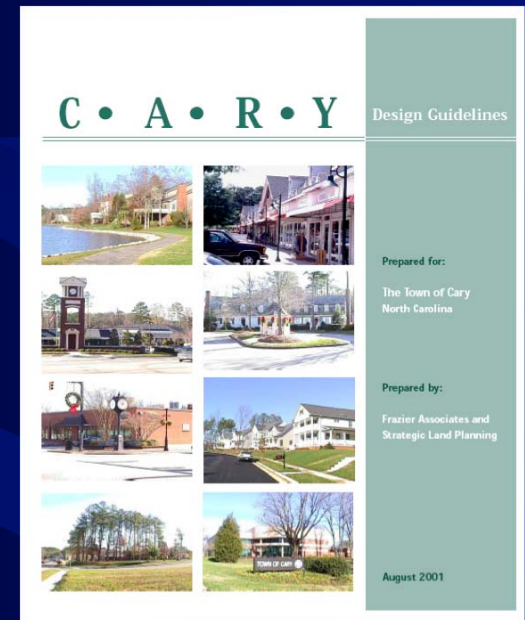
- Capitalizes On Existing Water & Sewer Systems
- Provides For Transit With Concentration At Nodes
- Improves Connections Between Developments
- Yields Better-designed And More Livable Community

Why Bother? Value & Benefits

- Maximizes Economic Development Of Land
- Promotes Infill Development
- Provides Travel Choice; Reduces Impact On Arterial Roads
- Increased Housing Choices (Key For Seniors)

Making It Happen. How Are We Getting There?

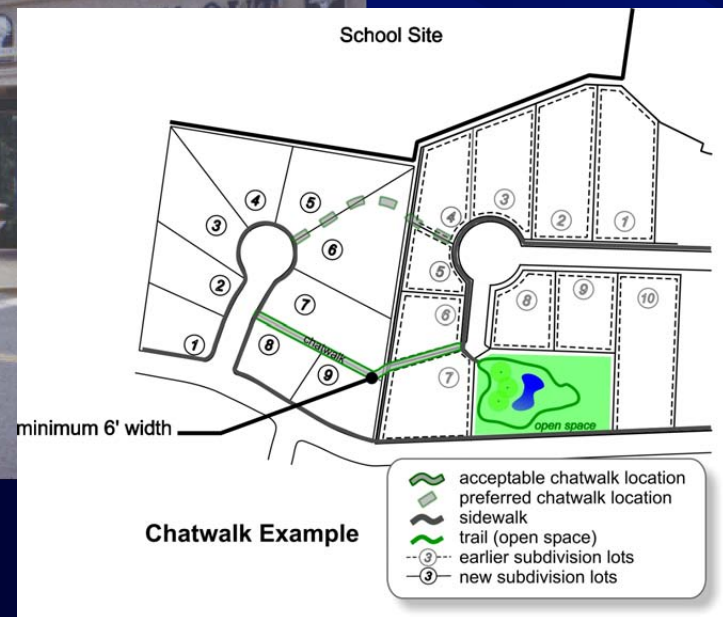
- Plans & Policies
- Ordinances/Regulations
- Design Principles
- Guidelines
- Entitlement Process
- Development Review Process



Plan for Humans



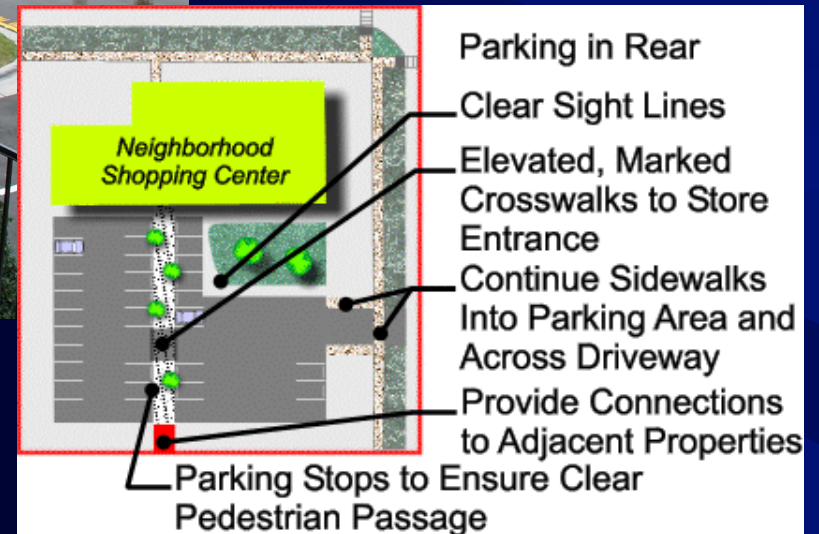
Connect Uses



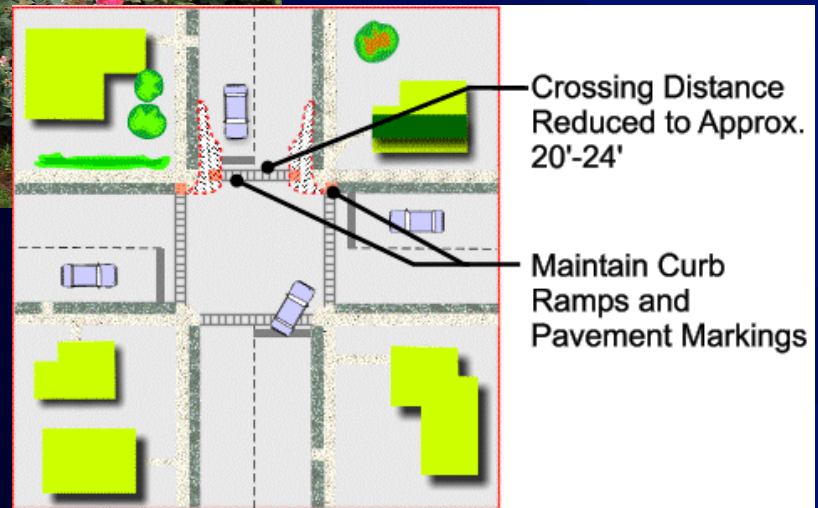
Create a Sense of Place



Orient Buildings To Users



Create Main Streets

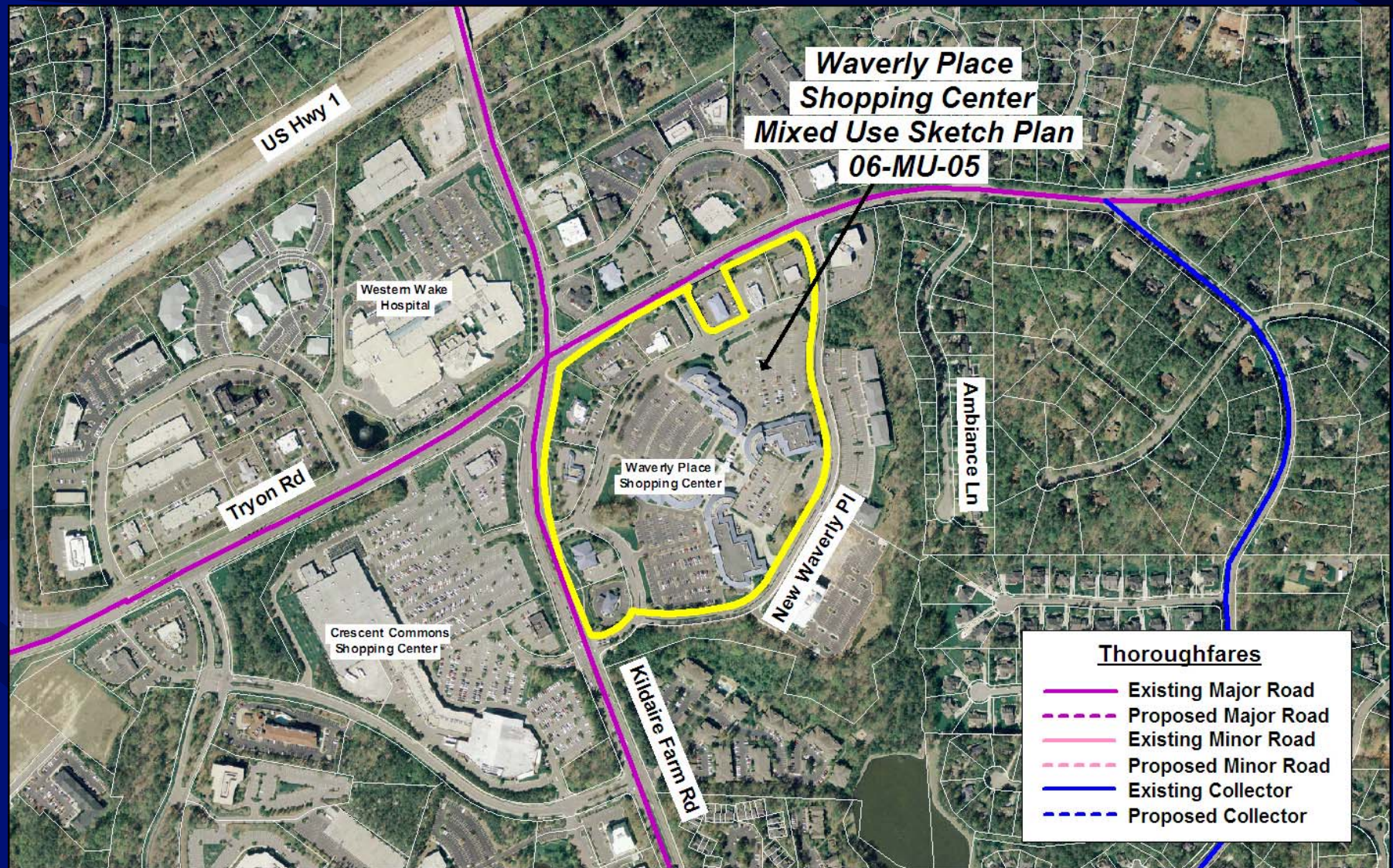


Provide Open Space



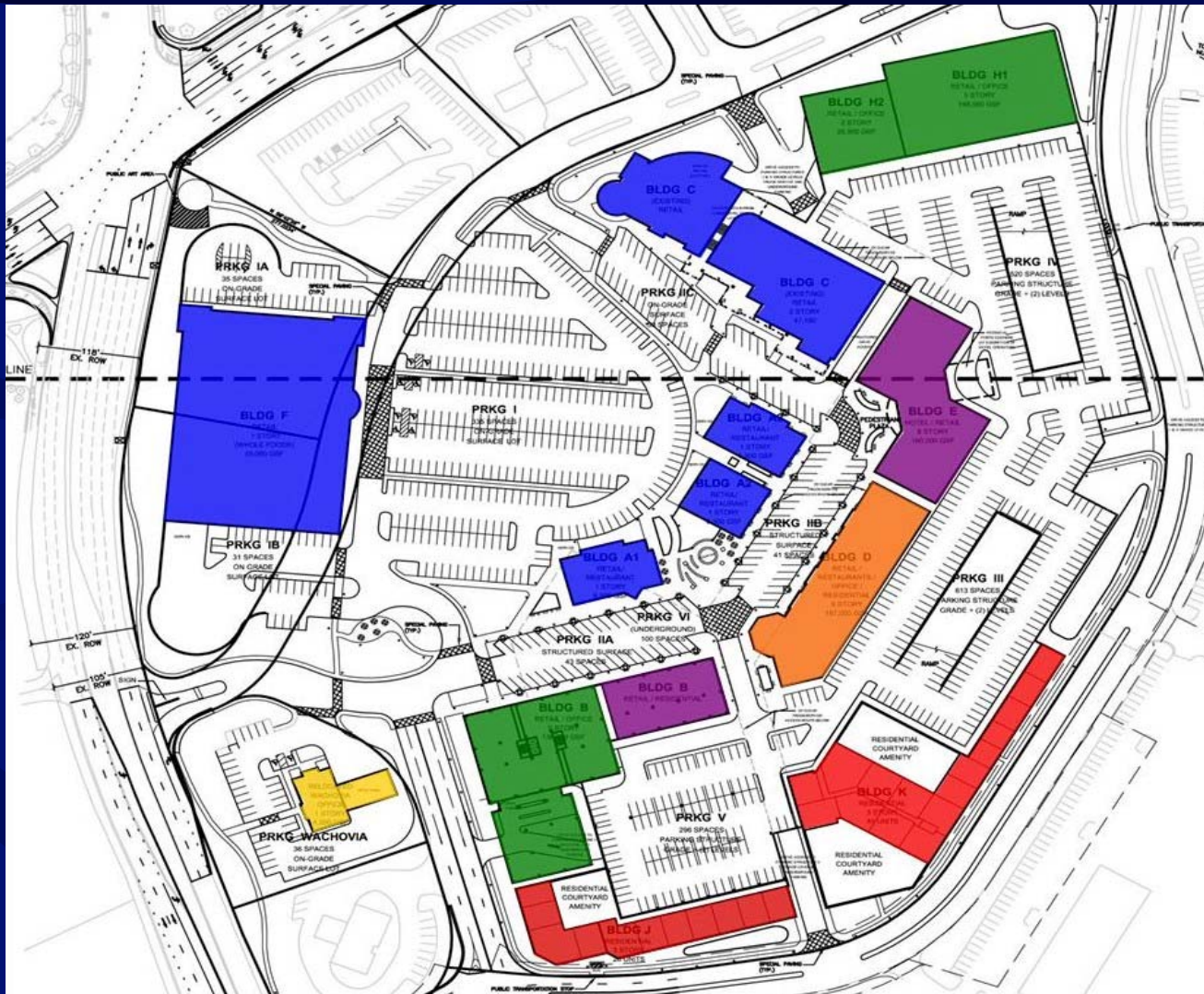
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Not Only New, But Old Centers



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Mix of Uses



- Commercial**
- Office**
- Residential**
- Commercial Office Mix**
- Commercial Residential Mix**
- Commercial Residential Office Mix**

Are We Succeeding?



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It's More Than Physical. Cary's Programs & Services...

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Activity Centers = Active Living

- Popular Locations For Retirement Communities:

- Proximity To Services
- Compact Design
- Transportation Choices



Active Aging Developments

- Glenaire
- Carolina Preserve at Amberly
- Searstone



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Affordable Housing

- Resources For Seniors
Emergency repair program
 - \$5000 limit per house
- 450 new housing units constructed
 - 260 were for residents 55+
- 52 housing units rehabilitated
 - 39 senior-owned
- Partnerships
 - Weatherstone
 - Highland Village



C-Tran Service

- **C-Tran System (Est. 2000)**
- **C-Tran Provides Town-wide Door-to-door And Fixed Route Bus Service**
 - **Door-to-door Service: Senior & Disabled**
 - **Fixed Route Service For General Public**
 - 3 Routes (N-S, E-W, And Maynard Loop)
 - Free Transfers On C-Tran Routes, TTA Day/Month Pass Good For TTA And C-Tran
- **Bike Rack-n-roll Program**
- **TTA Regional Rail, Seeking Public Input**
 - TTA Regional Bus
 - C-Tran And Feeder Bus Routes
 - Grow Services To Meet Demand
 - Support Station Area Development
 - Express Bus (HOV, Queue Jump)



For more information:
(919) 485-RIDE/7433
www.townofcary.org



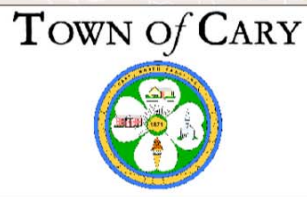
C-TRAN ROUTES	
1	Route 1 (Maynard Loop)
2	Route 2 (Maynard Loop)
3	Route 3 (Harrison Ave)
4	Route 4 (High House Rd to Hwy 55)
5	Route 5 (Kildaire Farm Rd to Crescent Commons)
6	Route 6 (E. Chapman St/Cary Towne Mall/Buck Jones Rd/Raleigh connection)

TRIANGLE TRANSIT ROUTES	
601	Regions Peak Bus Routes (301, 305, 311)
602	Regions Midway Bus Route
CAPITAL AREA TRANSIT ROUTE	
614	Capital Area Transit Bus Route 11c
TRANSFER POINTS	
CT	Transfer Point to Capital Area Transit
TT	Transfer Point between C-TRAN Bus Routes
TT	Transfer Point between Triangle Transit and C-TRAN Bus Routes

LEGEND	
●	C-TRAN Bus Stop
●	Shopping Center
●	School
●	Wake Medical Center
●	Point of Interest
●	U.S. Postal Office
●	Public Library
●	Park and Ride
■	Lake
■	Park
■	Cary Town Limits
■	Other Town Limits
■	Apartments



DISCLAIMER:
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C-Tran

- **180,000 Projected Riders This Fiscal Year (15% Seniors)**
- **Projected 72,000 Trips To Seniors This Year (45,000 Door-to-door And 27,000 Fixed Route)**
- **Cary Currently Provides Door-to-door Service For Approximately 3,500 Registered Seniors (60+) And Disabled Residents**



Bikes Belong

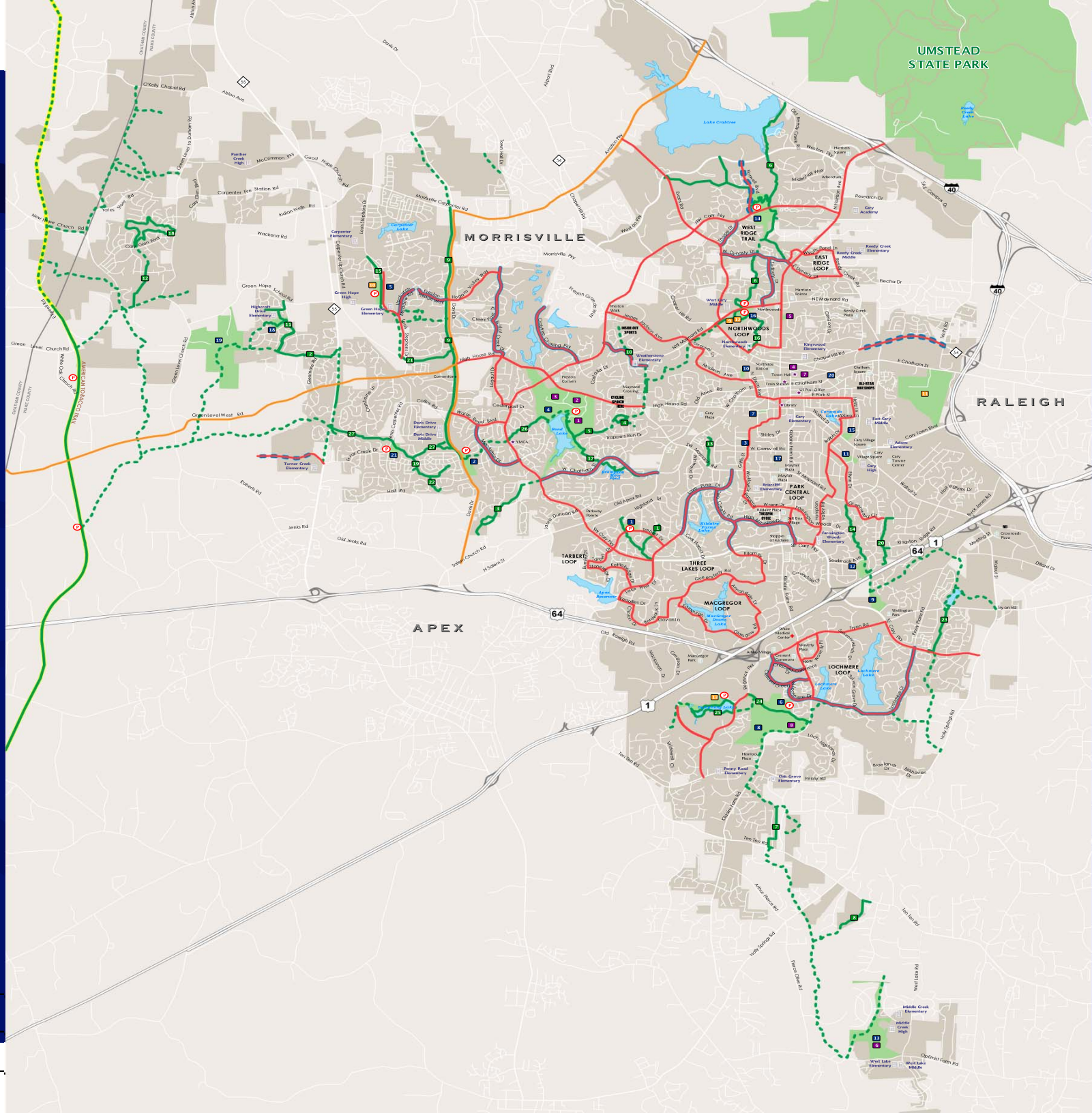
- League Certified Bicycle-friendly Community; 2002
- Range Of Bicycle Facilities
- Bike & Hike Map
- Bicycle Parking Ordinance
- Bicycle Education Video
- Wayfinding Signage



Walk This Way

- **27 Trail Greenway System**
 - 52 Miles Active Greenways
- **Town-wide Sidewalk Request Program**
 - \$1 Million Annually
 - Petition Component
 - Sidewalk Matrix For Evaluation
- **Comprehensive Pedestrian Plan**
- **North Carolina Fit Community**
- **Nationally Accredited Parks, Recreation And Cultural Resources Department; 2002**





Cary Senior Center

Goal: Create Active Retirement Years

- **16,700 Sq. Ft. Facility**
- **Full-time Resources For Seniors, Inc. Employee On-site**
- **5,322 Program Hours/ 22,872 Participants (As Of July 2009) Over The Last 5 Years**
- **Certified NC Senior Center Of Excellence; 2008**
- **National Institute Of Senior Centers Research Award; 2009**

Rewards

Healthier Citizenry

Greater Choices

Air Quality Benefits

Reduced Emissions

Sustainable Development

More Efficient Transportation
System

Questions?

www.townofcary.org

jeff.ulma@townofcary.org

juliet.andes@townofcary.org

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