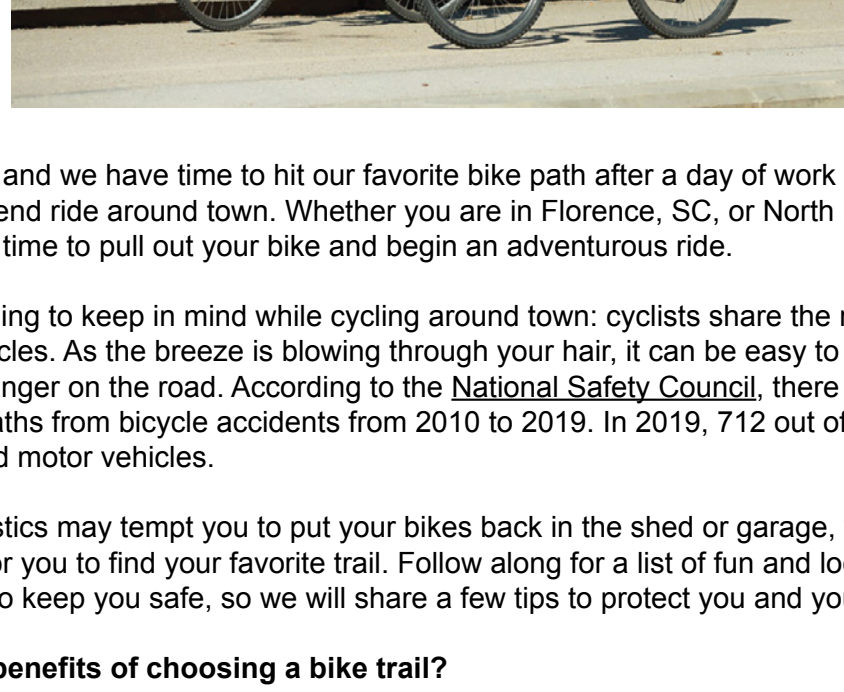




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Fun Bike Trails Near You



Spring is here, and we have time to hit our favorite bike path after a day of work or as part of a beautiful weekend ride around town. Whether you are in Florence, SC, or North Myrtle Beach, SC, now is the time to pull out your bike and begin an adventurous ride.

There is one thing to keep in mind while cycling around town: cyclists share the road with other motorized vehicles. As the breeze is blowing through your hair, it can be easy to forget about the surrounding danger on the road. According to the [National Safety Council](#), there was a 37% increase in deaths from bicycle accidents from 2010 to 2019. In 2019, 712 out of 1,089 bicyclist deaths involved motor vehicles.

While the statistics may tempt you to put your bikes back in the shed or garage, we want to make it easy for you to find your favorite trail. Follow along for a list of fun and local bike trails. We also want to keep you safe, so we will share a few tips to protect you and your family.

What are the benefits of choosing a bike trail?

There is one benefit that tops them all: no cars. While biking on a trail, there are no motor vehicles. You are sharing the road with other cyclists and pedestrians. A bike trail provides a safe alternative to biking as a form of exercise or as a leisure activity.

Where is a trail in my area?

We've got you covered. We did the research for our area, and here are a few recommendations:

Florence Rail Trail

- 4.3-mile trail
- Visitors can also walk and skate
- The trail is wheelchair accessible, too

High Hill Creek Bike and Run Park

- 4-mile bike and run park
- Opened in 2020
- Runs along Interstate 95

The Hulk - Horry County Bike & Run Park

- 7-mile single track
- Bikers and runners welcome
- Bikers and runners share the trail and use the opposite direction

What are safety tips for cyclists?

Checking your bike tires may be first on your list before hitting the road. However, here are some other pieces of safety equipment to check before placing your feet on the pedals:

- **Your seat**
Is it the right height?
- **Your reflectors**
Are they on the rear and front of the bike, the pedals, and the spokes? Read more about [South Carolina's requirements](#).
- **Your horn or bell**
Can you alert others of your arrival?
- **Your helmet**
Does your bicycle helmet fit properly?

Contact Our Experienced Bicycle Accident Lawyers Today

While riding on a trail, motorized vehicles are mostly prohibited. However, if you are involved in a bicycle accident outside of a trail, a driver can be held accountable through a personal injury claim. If you were hurt in a bicycle accident in South Carolina caused by a driver's negligence, you could be entitled to financial compensation. [Contact](#) the experienced bike accident attorneys at [Jebaily Law Firm](#) today. We're ready to fight for the maximum compensation you deserve. Reach out now for a free, no-obligation consultation.

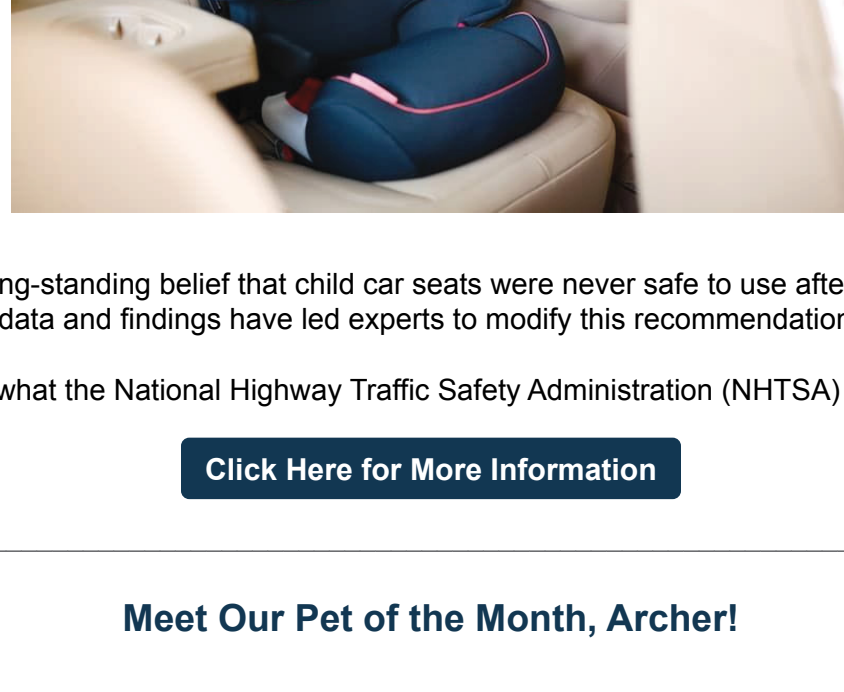
Golf Cart Safety



Golf carts have been a familiar sight on the links in South Carolina. But with the growing number of people driving carts on private and city streets, golf cart accidents are becoming more common.

[Continue Reading](#)

Can S.C. Workers' Compensation Benefits Help with Pain Management?

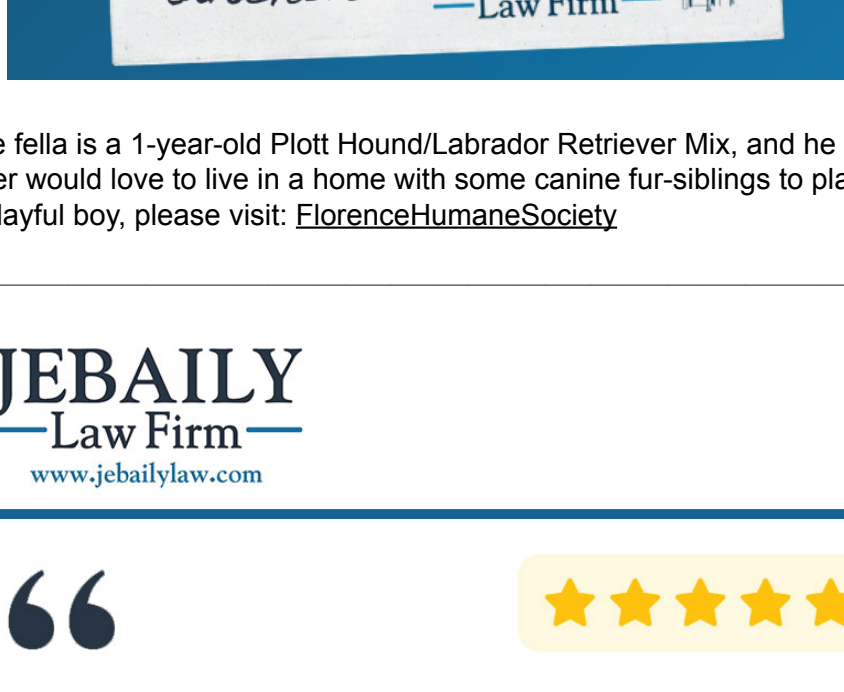


For many workers in South Carolina who have been hurt on the job, chronic pain is a daily reality. Learning how to manage and cope with chronic pain can be difficult to do, especially without the financial resources that make seeking pain management economically feasible.

[Continue Reading](#)

Jebaily Law Firm FAQ Friday

Are child car seats safe after an accident?

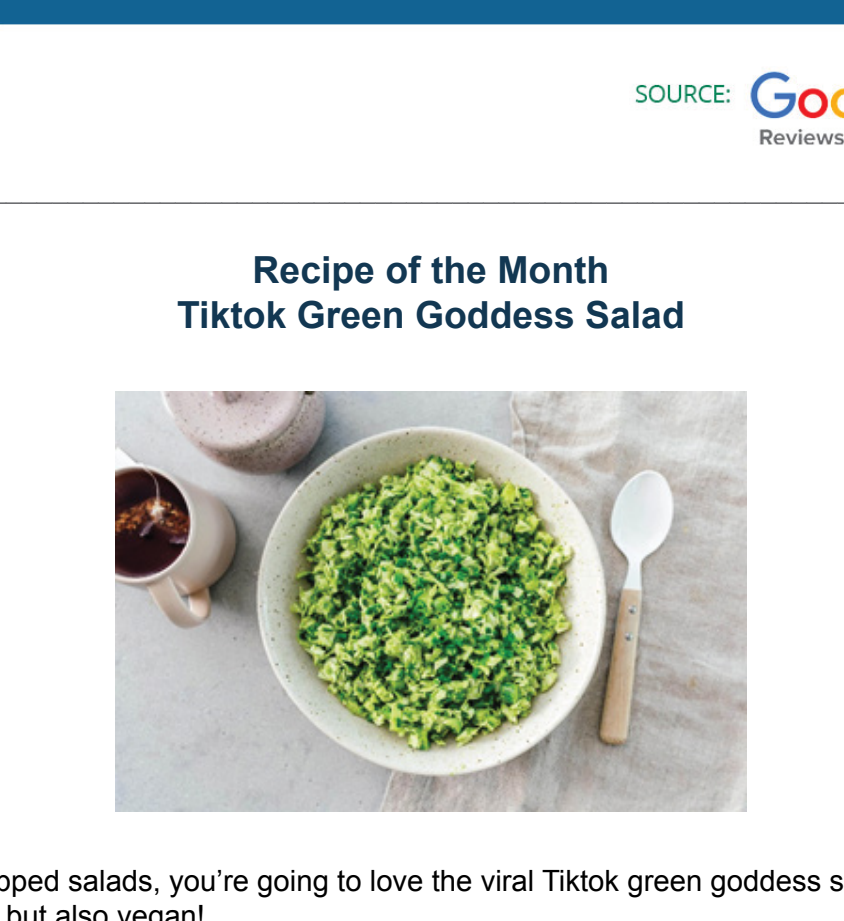


There was a long-standing belief that child car seats were never safe to use after an accident. However, new data and findings have led experts to modify this recommendation over time.

Take a look at what the National Highway Traffic Safety Administration (NHTSA) says:

[Click Here for More Information](#)

Meet Our Pet of the Month, Archer!



This handsome fella is a 1-year-old Plott Hound/Labrador Retriever Mix, and he is full of energy and love! Archer would love to live in a home with some canine fur-siblings to play with. To adopt this playful boy, please visit: [FlorenceHumaneSociety](#)



The Jebaily law firm is great. They will fight for you to the end. It may take some time but the work they do can't be rushed. Also SUPER responsive! You won't wait 24 hrs to get a response whether it's email or the phone. I highly recommend this law firm!!

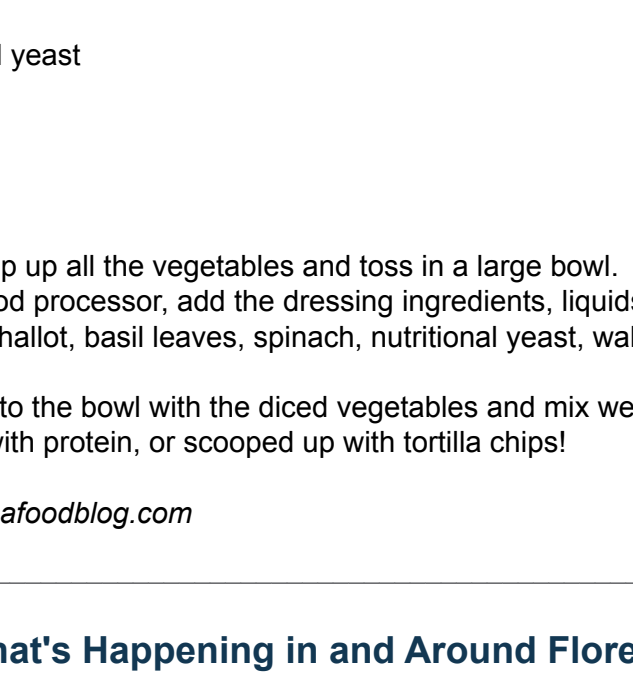


Nia Akira
1 week ago



SOURCE: **Google**
Reviews

Recipe of the Month Tiktok Green Goddess Salad



If you love chopped salads, you're going to love the viral Tiktok green goddess salad that is not only satisfying, but also vegan!

Salad Ingredients

- 1 small cabbage finely diced, or iceberg lettuce
- 3-4 small Persian cucumbers finely diced
- 1 bunch green onions sliced
- 1/4 cup chives finely sliced

Green Goddess Dressing

- juice of 2 lemons
- 1/4 cup olive oil
- 2 tbsp rice vinegar
- 2 cloves garlic
- 1 small shallot
- 1 cup fresh basil
- 1 cup spinach
- 1/3 cup nutritional yeast
- 1/4 cup walnuts
- 1 tsp salt

Instructions

1. Finely dice or chop up all the vegetables and toss in a large bowl.
2. In a blender or food processor, add the dressing ingredients, liquids first: lemon juice, olive oil, rice vinegar, shallot, basil leaves, spinach, nutritional yeast, walnuts, and salt. Blend until smooth.
3. Add the dressing to the bowl with the diced vegetables and mix well. Enjoy on its own, on tacos, as a side with protein, or scooped up with tortilla chips!

Recipe courtesy of [iamafoodblog.com](#)

What's Happening in and Around Florence

Apr 16

[Eggstravaganza](#)
Moore Farms Botanical Garden
Lake City, SC

Apr 22 - 30

[2022 ArtFields Week](#)
Moore Farms Botanical Garden
Lake City, SC

May 7

[Southern Soul Fest 2022](#)
Florence Center

May 14

[Wine Stroll](#)
Moore Farms Botanical Garden
Lake City, SC

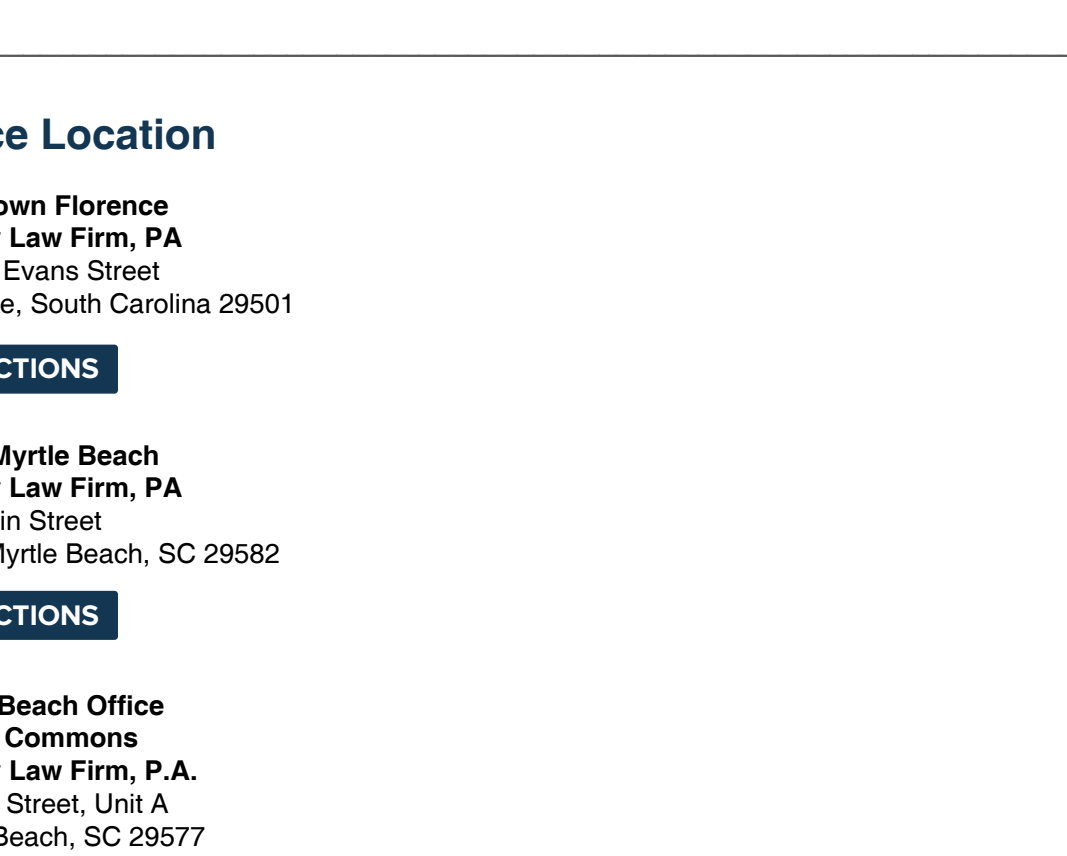
May 12 - 14

[Hairspray The Musical](#)
The Center Theater
Hartsville, SC

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Meet Our Attorneys



[Lawyers Helping Injured People SM](#)

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We Make Hospital and Home Visits!

Office Hours – (24 Hours via Phone)

M–Th: 8:30am – 5:30pm F: 8:30am – 5:00pm

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