

The Structure and Kinematics of the Milky Way from Parallaxes of High Mass Star Forming Regions

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Over 100 trigonometric parallaxes and proper motions for masers found in high-mass star-forming regions (HMSFRs) have been measured with the BeSSeL Survey and the Japanese VERA project. The measurements accurately locate several spiral arms and yield global pitch angle typically $\sim 10^\circ$, and give the 3-dimensional motions of these HMSFRs in the spiral arms over the entire northern sky. Unless $V_\odot \geq 18 \text{ km s}^{-1}$, HMSFRs lag circular Galactic orbits.