



www.amtrak.com - Search "bicycles" for Bring Your Bicycle Onboard information

Bikes on Amtrak

www.transitbicycles.com/downloads/bicycles/biketram.pdf

Bikes on CTA (Chicago)

www.pacebus.com For route and schedule information, go to only seconds. Riders use the bike racks for free." the process of securing or removing a bike takes "The bikes sit across the front of the bus, and

Bikes on PACE Buses

tion at www.metrotransit.com electric railcar. No extra charge. More information at www.metrotransit.com electric railcar. No extra charge. More information at www.metrotransit.com

Bikes on Metra Commuter Trains

Bring your bike with you!

BIKES ON PUBLIC TRANSIT

REGIONAL BICYCLING MAPS

Illinois Prairie Path & Great Western Trail
www.ipp.org
www.dupageco.org/bikeways/trailGuide.pdf

DuPage County Trails
www.dupageco.org/bikeways/

Forest Preserve District of DuPage County
www.dupageforest.com

Kane County Trails
www.co.kane.il.us/dot/2007BikeMap.pdf

Fox Valley Trails
www.foxvalleyparkdistrict.org/parks_trails/bike.html

Chicago Bike Map
www.cityofchicago.org/Transportation/bikemap/keymap.html
Purchase at www.biketraffic.org

I&M Canal Trail
dnr.state.il.us/lands/landmgt/parks/i&m/main.htm

Grand Illinois Trail
www.bikelib.org/git/index.htm

Please send comments and suggestions for future editions to vpbikemap@yahoo.com.



- **Watch out for road hazards**, such as parallel-slat sewer grates, gravel, ice, sand or debris. Cross railroad tracks at right angles.
- **Make eye contact with drivers** - Assume that drivers don't see you until you make eye contact with them.
- **Ride in the middle of the lane in slower traffic** and at busy intersections.
- **Choose the best way to turn left** - (1) Like an vehicle: signal to move into the left-turn lane and then turn left. (2) Like a pedestrian: ride straight to the far-side crosswalk. Walk your bike across.
- **Don't pass vehicles on the right.**
- **Follow lane markings** - Don't turn left from the right lane. Don't go straight in a "right-turn only" lane.
- **Ride in the same direction of traffic.**
- **Obey traffic signs and signals**
- **Use hand signals** to tell motorists and pedestrians what you intend to do.
- **Wear a helmet and never ride with headphones**
- **Wear brightly colored clothing and use lights at night**



BICYCLE SAFETY

Check it over
Check your helmet fit to make sure it is secure and level
Take a quick ride to check if derailleurs and brakes are working properly
Inspect the bike for loose or broken parts; tighten, replace or fix them

Quick releases
Hubs need to be tight in the frame; your quick release should engage at 90°
Your hub quick release should point back to insure that nothing catches on it
Inspect brake quick releases to insure that they have been re-engaged

Crank, chain and cassette
Make sure that your crank bolts are tight; tube the threads only
Check your chain for wear

Breaks
Inspect pads for wear; replace if less than 1/4" of pad left
Make sure pads don't rub tires or dive into the spokes
Check brake level travel; at least 1" between bar and lever when applied

Air
Inflate tires to pressure listed on the sidewall of the tire
Check tire tread, sidewall for damage

before every bike ride!

ABC QUICK CHECK

LOCAL BIKE SHOPS

Stemple's Cycle Center 494 Spring Rd., Elmhurst (630) 834-1012	J&R Cycle and Ski 716 S Main St., Lombard (630) 620-1606 jandrncycleandski.com
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ONLINE BIKE GEAR STORES

Nashbar www.nashbar.com	www.biketoolsetc.com
Performance Bike Stores in Chicagoland www.performancebike.com	Also try chicago.craigslist.com and www.ebay.com for used bicycles, parts, clothing, and gear.
QBikes www.qbike.com Bike Tools, Etc.	

BICYCLE ADVOCACY GROUPS

Chicagoland Bicycle Federation 9 W. Hubbard St., Ste. 402 Chicago, IL 60610-6545 (312) 427-3325 www.biketraffic.org	League of Illinois Cyclists 2550 Cheshire Drive Aurora, IL 60504 (630) 978-0583 www.bikelib.org
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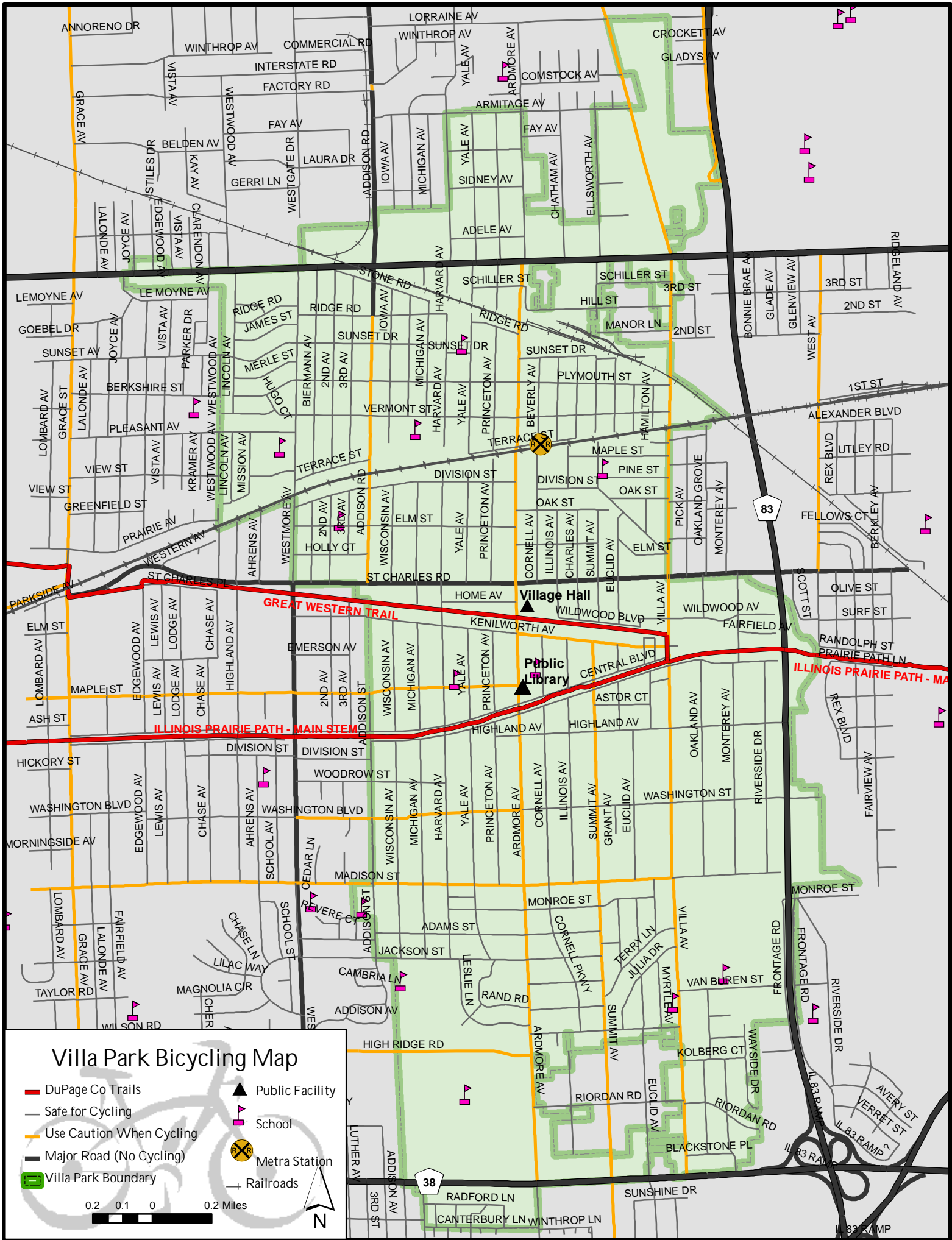
VILLA PARK BICYCLE MAP



Get on Your Bike and Cycle Safely!

To the train
To the school
To the store

2007 edition



Villa Park Bicycling Map

- DuPage Co Trails
- Safe for Cycling
- Use Caution When Cycling
- Major Road (No Cycling)
- ▭ Villa Park Boundary
- ▲ Public Facility
- ▲ School
- ⊗ Metra Station
- + Railroads

0.2 0.1 0 0.2 Miles

