

Lock your bike to a bike rack, parking meter, metal fence, or big tree. Don't lock to another bike, small tree, or sign pole that can be pulled out of its base. Put your chain, cable, or U-lock through your frame and both wheels. For more helpful hints, see www.bicyclingambassadors.org/pdf/flyers/locking_your_bike_en.pdf

LOCKING YOUR BIKE

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 releases to insure that they have been re-engaged

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

Brakes
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

ABC QUICK CHECK

before every bike ride!

BICYCLING RESOURCES

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
www.jandrcycleandski.com



ONLINE BICYCLE GEAR/PARTS STORES

Nashbar
www.nashbar.com

Bike Tools, Etc.
www.biketoolsetc.com

Performance Bike
Stores in Chicagoland
www.performancebike.com

Also try
www.chicago.craigslist.org
and www.ebay.com
for used bicycles, parts, clothing, and gear.

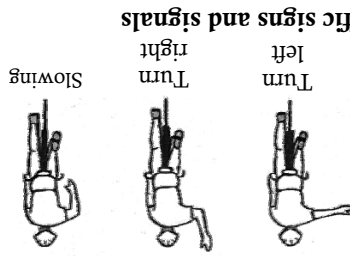
QBikes
www.qbike.com

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 Bicyclists
2550 Cheshire Drive
Aurora, IL 60504
(630) 978-0583
www.bikelib.org

- **Use lights at night** - a headlight (visible from 500 ft. ahead) and a rear reflector or taillight.
- **Watch out for road hazards**, such as parallel-slat sewer grates, gravel, ice, sand or debris. Cross rail-road tracks at right angles.
- **Make eye contact with drivers** - Assume that drivers don't see you until you make eye contact with them.
- **Keep both hands ready to brake** - You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain.
- **Learn to look back over your shoulder** without swerving. If you prefer, use rear-view mirrors.
- **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 on the right** - Motorists may not look for or see a bicycle passing 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** - Motorists aren't looking for cyclists on the wrong side of the road.
- **ObeY traffic signs and signals**



- **Use hand signals** to tell motorists and pedestrians what you intend to do.
- **Wear brightly colored clothing**
- **Wear a helmet and never ride with headphones**

BICYCLE SAFETY

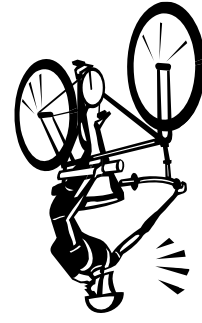
VILLA PARK BICYCLE MAP



Get on Your Bike and Cycle Safely!

To the train
To school
To the store

2008 edition



"BLUE BIKES" COMMUNITY BICYCLE PROGRAM

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

Bikes on Amtrak

www.transitchicago.com/downloads/brochures/bikecan.pdf

Bikes on CTA (Chicago)

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

Bikes on PACE Buses

www.metraail.com
Cyclists can bring their bicycles on board trains during weekday off-peak hours and on week-ends. Three bicycles are allowed in the priority seating area in each diesel rail car; two in each electric railcar. No extra charge. More information at www.metraail.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/

Purchase at www.biketraffic.org

I&M Canal Trail

www.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 ypbikemap@yahoo.com.



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

