

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](http://www.bicyclingambassadors.org/pdf/flyers/locking_your_bike_en.pdf)

## LOCKING YOUR BIKE

**C**heck 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

**Q**uick 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

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

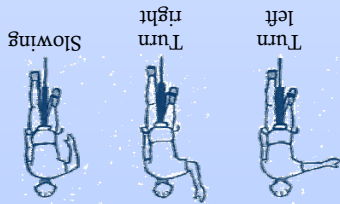
**B**rakes  
Inspect pads for wear; replace if less than 1/4" of pad left  
Make sure pads don't rub tires or dive into the spokes  
Check brake level travel; at least 1" between bar and lever when applied

**A**ir  
Inflate tires to pressure listed on the sidewall of the tire  
Check tire tread, sidewall for damage

## ABC QUICK CHECK

*before every bike ride!*

- **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.
- **Obeey 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



## "BLUE BIKES" COMMUNITY BICYCLE PROGRAM

The DASANI "Blue Bikes" community bicycle program gives Chicago-area residents the free use of 20 Trek Cruiser Classic bicycles to explore the Illinois Prairie Path & Great Western Trail. For a nominal fee, you can rent a bright blue bike for three days. See [www.inwillapark.com/dasani.htm](http://www.inwillapark.com/dasani.htm) for more information.

Your Bicycle Onboard Information [www.amtrak.com](http://www.amtrak.com) - Search "bicycles" for Bring Bikes on Amtrak

## Bikes on Amtrak

[www.transitchicago.com/downloads/brochures/bike tram.pdf](http://www.transitchicago.com/downloads/brochures/bike tram.pdf)  
**Bikes on CTA (Chicago)**

[www.pacebus.com](http://www.pacebus.com)  
**Bikes on PACE Buses**  
"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

## Bikes on Metra Commuter Trains

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](http://www.metraail.com)

## Bikes on Public Transit

*Bring your bike with you!*

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## Bikes on Metra Commuter Trains

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*Bring your bike with you!*

## BIKES ON PUBLIC TRANSIT

## 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](http://www.jandrcycleandski.com)



### ONLINE BICYCLE GEAR/PARTS STORES

**Nashbar**  
[www.nashbar.com](http://www.nashbar.com)

**Bike Tools, Etc.**  
[www.biketoolsetc.com](http://www.biketoolsetc.com)

**Performance Bike**  
Stores in Chicagoland  
[www.performancebike.com](http://www.performancebike.com)

Also try  
[www.chicago.craigslist.org](http://www.chicago.craigslist.org)  
and [www.ebay.com](http://www.ebay.com)  
for used bicycles, parts, clothing, and gear.

**QBikes**  
[www.qbike.com](http://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](http://www.biketraffic.org)

**League of Illinois Bicyclists**  
2550 Cheshire Drive  
Aurora, IL 60504  
(630) 978-0583  
[www.bikelib.org](http://www.bikelib.org)

# VILLA PARK BICYCLE MAP



## Get on Your Bike and Cycle Safely!

To the train  
To school  
To the store

2008 edition

## REGIONAL BICYCLING MAPS

**Illinois Prairie Path & Great Western Trail**  
[www.ipp.org](http://www.ipp.org)  
[www.dupageco.org/bikeways/trailGuide.pdf](http://www.dupageco.org/bikeways/trailGuide.pdf)

**DuPage County Trails**  
[www.dupageco.org/bikeways/](http://www.dupageco.org/bikeways/)

**Forest Preserve District of DuPage County**  
[www.dupageforest.com](http://www.dupageforest.com)

**Kane County Trails**  
[www.co.kane.il.us/dot/2007BikeMap.pdf](http://www.co.kane.il.us/dot/2007BikeMap.pdf)

**Fox Valley Trails**  
[www.foxvalleyparkdistrict.org/parks\\_trails/bike.html](http://www.foxvalleyparkdistrict.org/parks_trails/bike.html)

**Chicago Bike Map**  
[www.cityofchicago.org/Transportation/bikemap/](http://www.cityofchicago.org/Transportation/bikemap/)  
Purchase at [www.biketraffic.org](http://www.biketraffic.org)









**I&M Canal Trail**  
[www.dnr.state.il.us/lands/landmgt/parks/i&m/main.htm](http://www.dnr.state.il.us/lands/landmgt/parks/i&m/main.htm)

**Grand Illinois Trail**  
[www.bikelib.org/git/index.htm](http://www.bikelib.org/git/index.htm)

Please send comments and suggestions for future editions to [vpbikemap@yahoo.com](mailto:vpbikemap@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

