

FREE



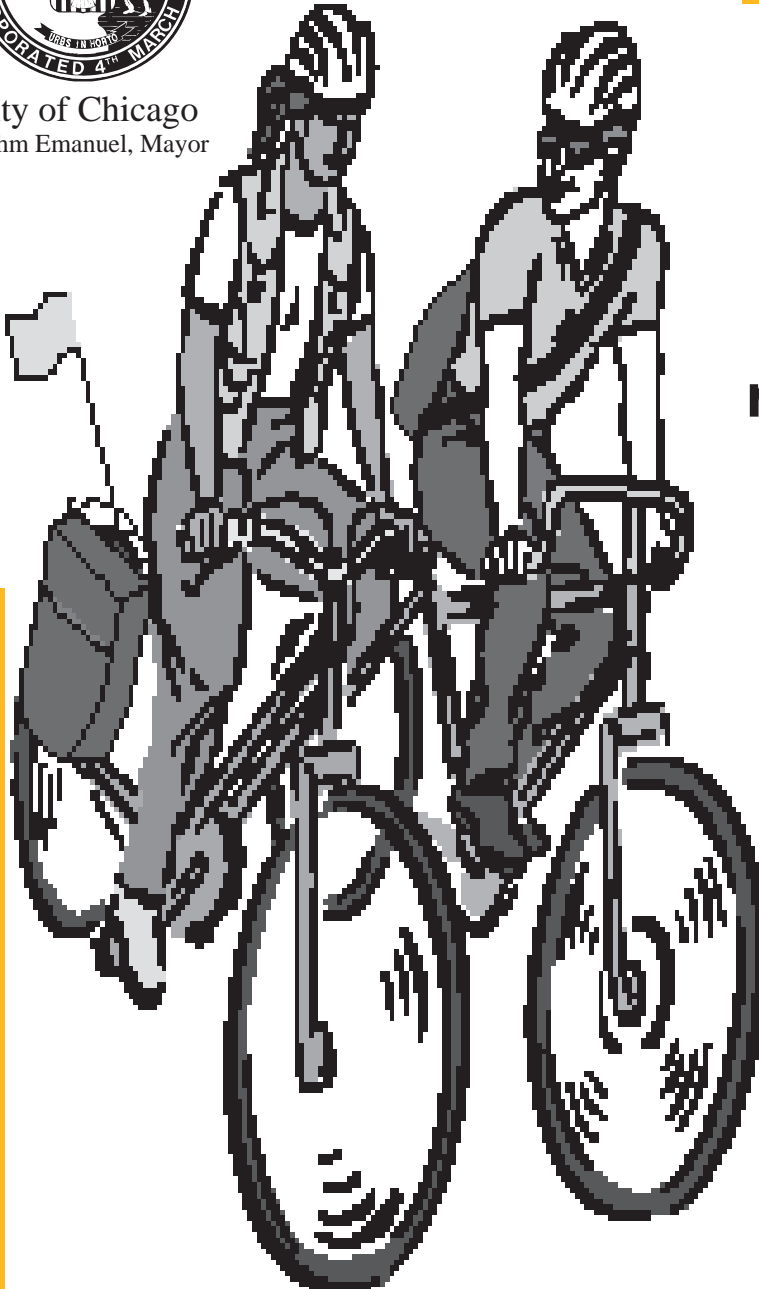
Cycling Guide for Chicago



City of Chicago
Rahm Emanuel, Mayor

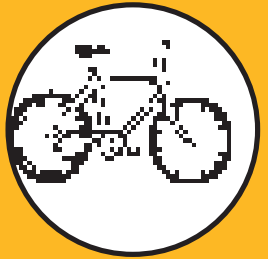


Illinois Department
of Transportation
Division of Traffic Safety



SAFE CYCLING

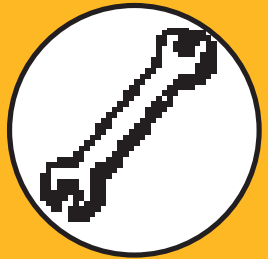
Find, fit
and equip
a bike



Locks
and
security



Basic
bike
maintenance



Riding
in traffic



Bikes on
transit








Plus
more!



IN CHICAGO

Safe Cycling in Chicago is a Chicago Department of Transportation publication, Copyright © 2011. Produced by the Chicago Department of Transportation. Edited by Carlin Thomas, Falon Mihalic, Rebekah Broussard and Mitch Brinker. Designed by Alex Wilson. Illustrations and photos by Hugh D'andrade, Dave Glowacz, Tara Hoffmann, Nick Jackson, Eric Masi, Kristin Mount, Josh Neufeld, Andy Singer, Soo Spencer, Carrie St. John, Mike Werner, Arline Welty, Aaron White and Alex Wilson. Material excerpts from **Urban Bikers' Tricks & Tips** by **Dave Glowacz** © 2002 by Wordspace Press and may not be copied or reused in any manner without the written permission of Wordspace Press, www.askmrbike.com.

Table of Contents

	Ride A Bike!	1
	Buying a Bike	2
	Types of Bikes	3
	Helmets	4
	Locking Your Bike	5
	Carrying Things	6
	Register Your Bike	7
	Bike Maintenance	8
	How Do You Fix a Flat Tire?	9
	Bicycle Laws	10-11
	Traffic Basics	12
	Riding in Traffic	13-15
	Turning	16
	The “Door Zone”	17
	What to Do in a Crash	18
	Streets for Cycling	19
	Riding in Groups	19
	Bikes on Transit	20-21
	Off Street Cycling	22
	Riding at Night	23
	Riding in Bad Weather	24
	Links & Resources	25

Ride a Bike!



Bicycling is a great way to get around your neighborhood and around town. It is healthy, economical, environmentally friendly and a wonderful way to discover Chicago. From locking your bike to fixing a flat tire, you will find all sorts of useful information inside this **Safe Cycling in Chicago** booklet. Riding a bike can lead to a life-long transportation choice that's good for you, your community and the environment. We invite you to review this booklet and discover for yourself why Chicago is a great city for bicycling.



SAFE CYCLING IN CHICAGO
www.ChicagoBikes.org



1



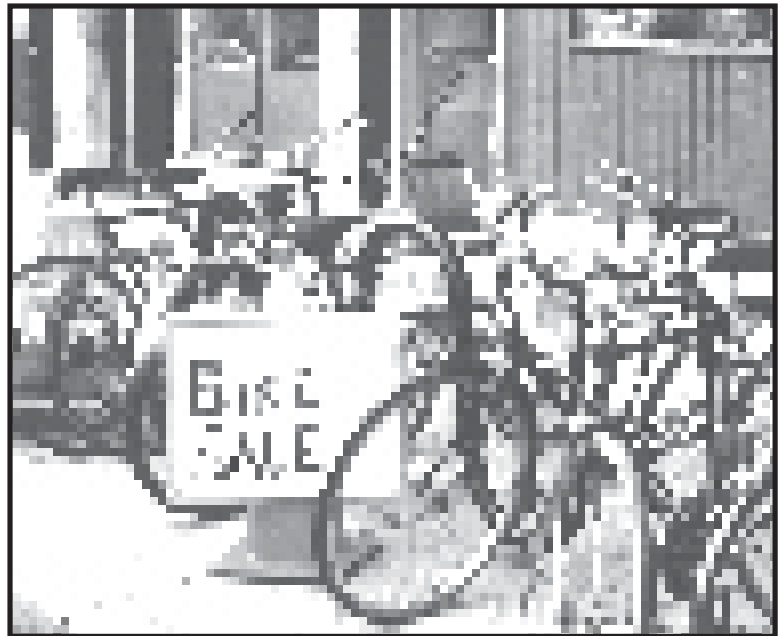
Buying a Bike

If your bike budget is small consider buying a used bike. Used bikes can be found at thrift shops and yard sales for cheap. Working Bikes Cooperative have a used bike sale on weekends. Go to: www.workingbikes.org for more information.

If you plan to buy a used bike make sure it is in good working order. A used bike that needs work may be more costly to fix than buying a new bike and might be dangerous to ride. Having a used bike tuned-up may be an affordable and reliable solution.

When buying a bike wear clothes like the ones you plan to bike in regularly and take a test ride like the riding you will do to work, school and around the city. Also consider these things:

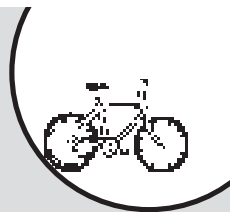
- What kind of riding you plan to do and what type of bike is best suited for you.
- The cost of the bike.
- The cost of a lock, lights, helmet and other accessories like a rack and fenders.
- Whether you can exchange parts for better fit or use.
- Guarantees and warranties on the purchase.
- Bike shop quality and service.



Go to www.chicagobikeshops.info for a list of Chicago-area bicycle shops.

SAFE CYCLING IN CHICAGO
www.ChicagoBikes.org





Types of Bikes

	Mountain	Cruiser	Cross Hybrid	Road
TIRES				
HANDLEBARS				
POSTURE				

Different types of bikes are good for different styles of riding. Consider what kind of riding you'll do most when choosing a bike.

Mountain Bikes have wide knobby tires and low gears for riding off road as well as an aggressive position for technical trail riding.

Cruisers have a laid-back upright position, wide, smooth tires and usually just a single speed for leisurely rides on streets and paths.

Cross or **Hybrids** are a mix between a mountain and road bike with semi-slick tires, wide gearing and an upright but active position. Cross bikes make excellent commuter bikes for their versatile use.

Road Bikes have narrow slick tires, high gears and an aggressive position for fast speeds and racing on smooth clear pavement.





Helmets

Always wear a bicycle helmet to reduce the risk of permanent injury or death from a crash.

To make sure your helmet fits right, put it on and then use the **“eyes/ears/mouth” test**. **Eyes:** When you look up you should see the front rim of the helmet. If not, your helmet won't protect your forehead. **Ears:** The side straps should come to a “V” just below each ear. **Mouth:** When you open your mouth wide, you should feel the helmet push down on your head. If your helmet doesn't pass the test, adjust the straps or add bigger pads to get the right fit.



yes

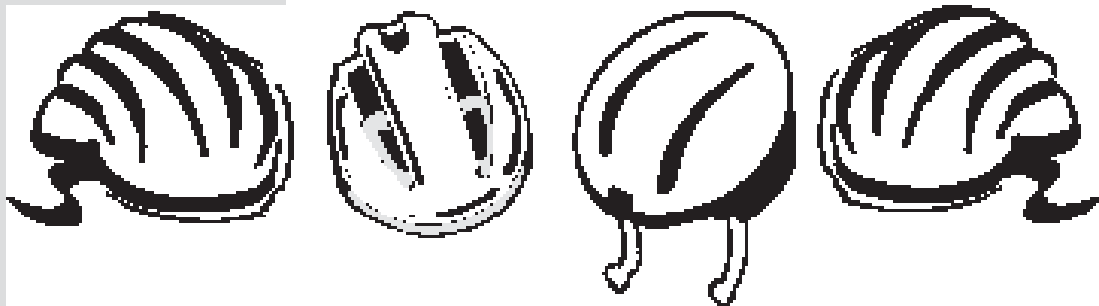


no

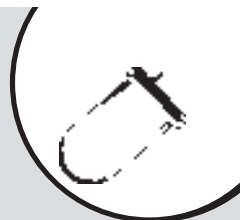
Ventilation: Good air flow comes from long, wide vents that channel air through the helmet to keep you cool.

Cost: You can spend well over \$100 for the latest space age helmet, but a good safety-rated helmet goes for around \$30.

Replace your helmet if it becomes damaged in an accident. Also replace a helmet every two years. The foam inside becomes hard and stale and will not absorb shock as well as it should.



Locking Your Bike



Always lock your bike, even if you are just leaving it for a moment. **Always use a high quality U-lock**. U-locks are strong and better ones come with theft warranties. **Always lock through the frame and at least one wheel**. Add a cable to lock both wheels. **Always lock to something secure** like a bike rack, parking meter or firmly affixed sign pole. Beware of locking to “sucker poles” that are loosely bolted down and can easily be removed.

Remove detachable items like lights, bags and quick release parts from your bike and take them with you. Consider replacing quick release parts with ones that bolt on for greater convenience and security. **Lock your bike close by** and keep it in view as much as possible. Lock near entrances and well-lit, secure areas. Lock your bike inside if space is available. Lock your bike when keeping it in a garage or other unattended indoor area.

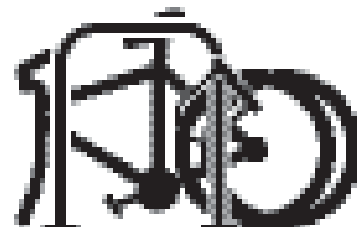
Always lock the frame and one wheel to the bike rack.



For greater security, use both a U-lock and a cable.



For long-term parking, lock the frame and both wheels to the rack.

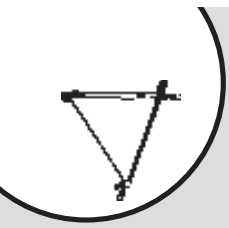


SAFE CYCLING IN CHICAGO

www.ChicagoBikes.org



5



Carrying Things

Carrying your stuff does not have to be a pain in the back. It is easy to carry things on your bike if you add rack + a pannier, a crate or a basket



A heavy backpack can strain your neck and shoulders, making it difficult to balance and control your bike. Carrying things in hand is dangerous and makes it hard to brake and shift.

Bungee cords keep things securely in place

You can move a lot with a **trailer**. An art project, a club notebook sale, even your apartment!



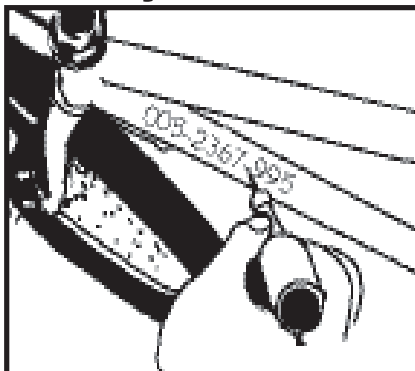
Register Your Bike

and identify ownership

WHERE SERIAL NUMBER MAY BE FOUND	COMPLETE THE DATA BELOW
	MAKE _____
	MODEL _____
	COLOR _____
	YEAR _____
	WHEEL SIZE _____
	FRAME SIZE _____
	WHEEL SPEED _____
	REG. NO. _____
	DATE OF REGISTRATION _____
	BICYCLE REGISTRATION CARD CHICAGO POLICE DEPARTMENT

Register your bike with the Chicago Police Department and campus security if a student. A stolen bike is much more likely to be returned if it is registered. You can pick up a Chicago Police Department registration form at most bike shops or register online at: www.ChicagoBikes.org/bikeregistration

Keep a record of your bike's make, model and serial number. If your bike is stolen report it to police by calling 311. Tell them when and where it was stolen, the make, model and its serial number and a call back number you can be reached at. They will call you with a report number to be used with insurance claims. They will call again if your bike is recovered. Mark your bike to show ownership if stolen and recovered.



Engrave your name or an I.D. number on your bike.



Insert an info card into your tire that identifies you as the owner.



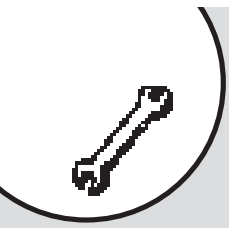
Insert an info card into your handlebar or seat post.



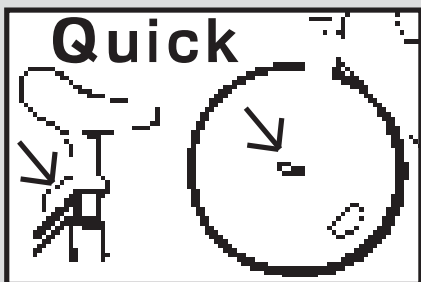
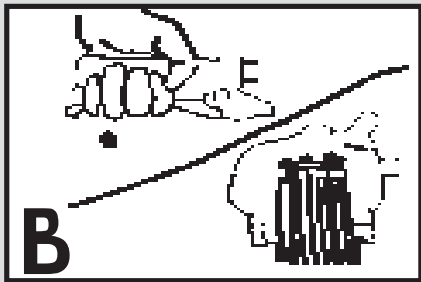
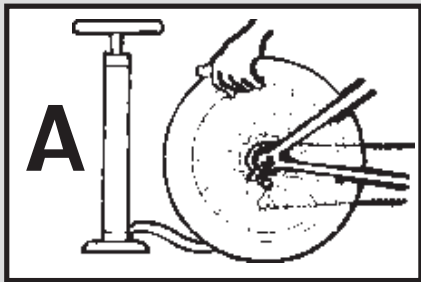
SAFE CYCLING IN CHICAGO
www.ChicagoBikes.org



7



Bike Maintenance



Maintaining your bike in good working condition is as easy as an **ABC Quick Check**.

- Check the **A**ir in tires for pressure by leaning all your weight on the bike and seeing if the tires bulge. If so, fill to recommended pressure printed on the side of the tire. Bikes roll faster and get fewer flats with tires filled to pressure.

- Check the **B**rakes by pulling the levers and rocking on the wheels. If the brakes are working right the wheels should skid when bike is pushed.

- Check that the **C**hain moves quietly and smoothly when back pedaling. Lube chain regularly to keep running well. Wipe off excess lube from outside of chain with a rag. Excess lube attracts dirt.

- Check that any **Quick** release parts are tightly secured. Levers curved in towards the bike are locked. Levers curved away are unlocked and are in danger of coming off while riding.

- **C**heck your bike by giving the wheels a spin (to check for rubbing) and give bike a bounce (to listen for loose rattling parts).

Do the **ABC Quick Check** before each ride. Regular maintenance prevents breakdowns and keeps you riding safely.





SAFE CYCLING IN CHICAGO

www.ChicagoBikes.org

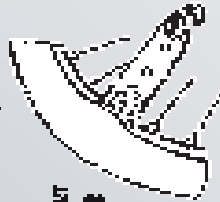


HOW DO YOU FIX A FLAT TIRE?

From Mr. Mike's Urban Bikes' *Tire & Tube Maintenance* by Mike Woodhouse

Remove

1 Lay your bike on its side or stand it upside down.



2 Use a tire lever to pry the tire over the rim.

3 Leave the valve between the tire and rim so it doesn't pop back in. If you don't have another lever, insert a flatstick.

4 A few inches away, pry out the rest of the tire. Pry around the entire slice.



5 Reach under the tire and pull out the inner tube. Work around the tire until you've pulled the whole tube out.



6 To get the valve out of the rim, hold the tire away from the valve with your thumb. Use your other hand to pull out the valve.

Find

7 Pump up the tire until it's stretched tight. If you can't find the hole by listening, gently grab the tube with your thumb and fingers. Run your hand around the tube until you feel a stream of air.



8 If you hear but can't see the hole, rub saliva over it. If it bubbles over the hole, if the hole's too big to patch (bigger than a pinhole) or it's right next to the valve stem, you must remove the wheel and replace the tube.

9 Mark the hole with pen, pencil, stone, or chalk. Draw an asterisk, using the hole as the middle.



10 Mark the hole with pen, pencil, stone, or chalk. Draw an asterisk, using the hole as the middle.



www.chicagobikes.org

Patch

10 Perfume the tube by pushing in the valve stem.



11 Using sandpaper or a metal sanding pad, roughen the tube around the hole in an area about as big as a quarter.

12 Squeeze a little glue out of the container. Using the container's nozzle, smear the glue over the roughened area.



13 Taking care not to touch the glue, hold the tube against the tire to find where the puncture occurred. Look closely at the tire's outside, and run your fingers along the underside. Removes any debris.

14 Remove the foil back from a patch. Place the patch into the glued area. Press for a minute.

Replace

15 Put the valve into its rim hole. On the side of the tire sticking over the rim, hold the tire back with your thumb. Push the valve in and pull it through on the other side.



16 Pump a little air into the tube to give it shape. Work the tube into the tire, in the way around. Don't let the tube get twisted.



17 Using your thumb, push the tire back inside the rim. Don't pinch the tube between the rim and the tire. If the last part won't go over the rim, use a tire lever to pry it.



18 Push the valve most of the way into the tire. Ensure the tire sits in the rim evenly. Then pull the valve back out.



Cut out and keep in your wallet or patch kit.





Illinois Bicycle Laws

Bicyclists are subject to the same laws as other users of the road. It is your responsibility to know and respect the rules of the road. Below are some Illinois bicycle laws. To learn more about Illinois and Chicago bicycle laws, visit www.chicagobikes.org/bikelaws.

Cut out and keep in your wallet or patch kit.

Lane Positioning - When riding roadways and bicycle paths at less than normal traffic speed, ride as close as practicable and safe to the right-hand curb or edge of roadway except:

1. When overtaking and passing another bicycle or vehicle proceeding in the same direction; or
2. When preparing for a left turn; or
3. When reasonably necessary to avoid fixed or moving objects or substandard width lanes that make it unsafe to continue along the right-hand curb or edge. A "substandard width lane" means a lane that is too narrow for a bicycle and a vehicle to travel safely side by side within the lane.
4. When approaching a place where a right turn is authorized.
5. When riding on a one-way highway with two or more marked traffic lanes.

[5/11-1510]

Left Turns - Bicyclists may choose between a vehicular-style left turn or a box-style left turn [5/11-1510]. For vehicular-style left turns, proceed as if driving a vehicle, moving to the left lane or the left side of a single lane prior to the intersection [5/11-801]. For box-style left-turns, riding near the right side of the roadway, cross the intersecting roadway, stop (as much as practicable out of the way of traffic), yield to any traffic and proceed in the new direction while obeying any official traffic control device or police officer. [5/11-1510]

Hand Signals - Signals shall be given from the left and right side as follows: Left turn and right turn - hand and arm extended horizontally. Stop or decrease of speed - hand and arm extended downward. [5/11-806] Signal not less than the last 100 feet before the turn, and while the

bicycle is stopped waiting to turn. [5/11-1511]

Use of Sidewalks - Local ordinance may prohibit bicyclists from using sidewalks. Where permitted, bicyclists must yield to pedestrians and give audible signals before passing pedestrians and give audible signals before passing pedestrians. Bicyclists using sidewalks have all the rights and duties of pedestrians. [5/11-1512]

Lights and Other Equipment on Bicycles - For night riding a front lamp with a white light visible from at least 500 feet to the front and a red reflector on the rear visible from 100 feet to 600 feet are required. A rear light visible from 500 feet may be used in addition to the red reflector. [5/11-1507]

League of Illinois Bicyclists
630-978-0583
www.BikeLIB.org





Chicago Bicycle Laws

There are several city ordinances that protect cyclists in the Municipal Code.

Rights and Duties 9-52-010

Every person riding a bicycle upon a roadway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle. Cyclists must follow all rules of the roadway including, but not limited to, stopping at stop signs, following traffic signals, not riding on the sidewalk and yielding to pedestrians.

Failure to Exercise Due Care 9-40-160

Bicyclists are protected from careless driving under the same ordinance that protects pedestrians.

Turning Left or Right in Front of a Bicyclist 9-16-020 (e), (f)

Motorists must yield to bicyclists when turning left at an intersection, as they would to any other approaching vehicle. This type of crash is commonly called “the left hook”. Motorists are also prohibited from turning right in front of a bicyclist. This crash is commonly called “the right hook”. This is similar to the Illinois statute prohibiting a right turn in front of a mass transit bus.

Overtaking a Bicyclist at an Unsafe Distance 9-36-010 (c)

Motorists must pass cyclists at a safe distance, at least three feet of space.

Opening a Vehicle Door into the Path of a Bicyclist 9-80-035

Also called “dooring”, drivers are prohibited from opening a car door into moving traffic, which includes cyclists.

Driving, Standing or Parking in Bike Lanes or Marked Shared Lanes 9-40-060

Parking in bike lanes or marked shared lanes endangers bicyclists by forcing them to merge with faster moving traffic.

Using a front light and a rear reflector when riding at night 9-52-080

What to do after a crash

Crashes can be scary and disorienting. Here are some important actions to take if you have been in a crash with a motor vehicle.

- 1. Seek medical attention** - You might not realize how injured you are at the time of the crash.
- 2. Call the police and file a report** - You can always file a report over the phone or at your district.
- 3. Gather all the information** - Keep a record of information including driver insurance information, witnesses names and contact information, medical documents and receipts and police reports.

For more information on what to do in case of a crash, see page 18 and also visit www.activetrans.org/knowyourrights/after-a-crash or call 312.869.HELP

Cut out and keep in your wallet or patch kit.



SAFE CYCLING IN CHICAGO
www.ChicagoBikes.org



11



Traffic Basics

Riding Predictably is the best way to ride safely on city streets. Respect the law and follow traffic rules to be predictable to other users of the road.

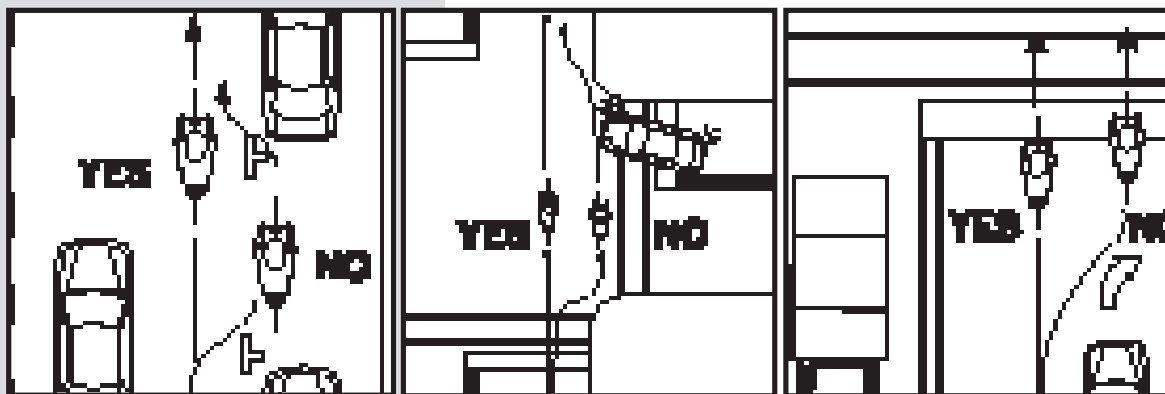
Be Confident and show it when riding. Learn good handling skills and do not hesitate while riding in traffic.

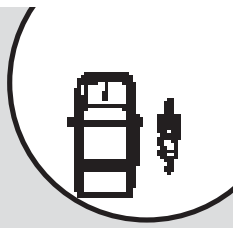
Be Courteous to other users of the road.

Communicate your actions with hand signals, eye contact and sound when needed.

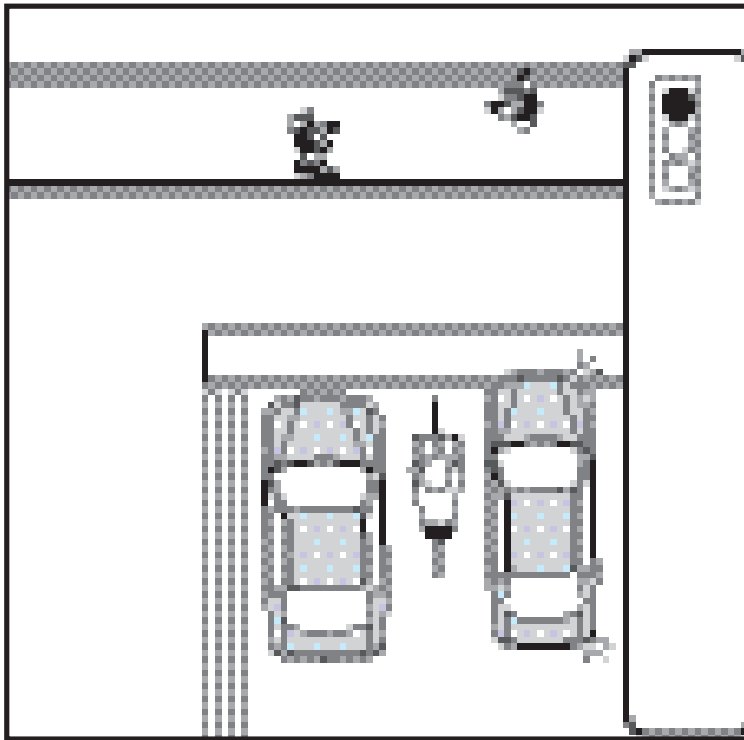
Be Aware of your surroundings and road conditions by constantly scanning the area and regularly looking behind you for traffic.

Hold your line when riding in traffic. Do not weave in and out of parked cars, intersections or turn lanes. Ride in a straight line in your travel lane.



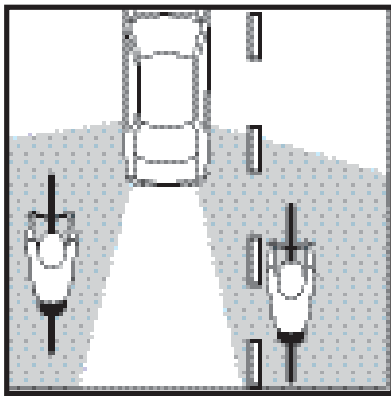


Riding in Traffic

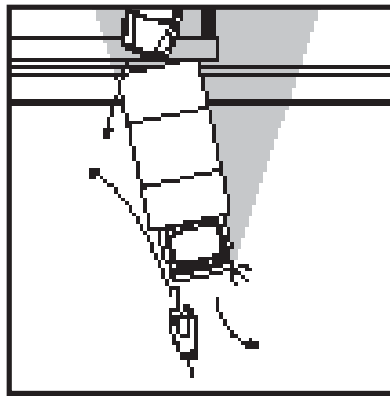


Pull in front of traffic when waiting at intersections. This allows you to be seen by stopped motorists and out of car's exhaust. Make eye contact with stopped drivers and check their signals. Stay to the left of right-turning vehicles. Position yourself in line with the hood of the car. Always yield to pedestrians.

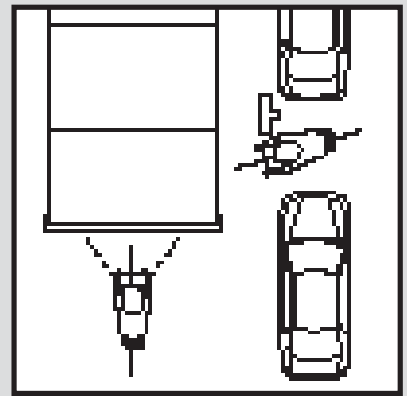
Beware of a vehicle's blind spots when riding behind or passing. If you can't see drivers they probably don't see you.



Beware of oncoming vehicles blocking your view. Other traffic may be oncoming that you can't see. Wait for a clear view to proceed.



Beware of following vehicles so closely you can't see road conditions, cyclists, pedestrians or traffic.

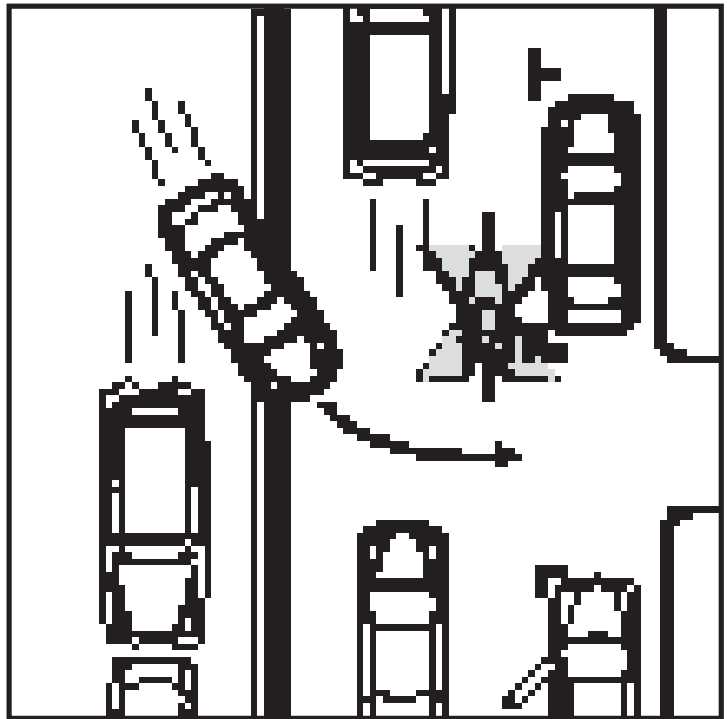




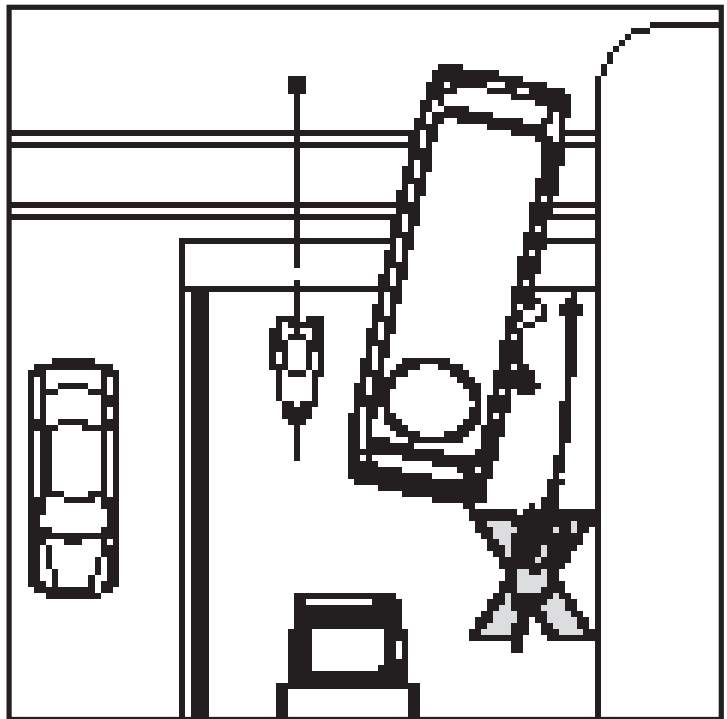
Riding in Traffic

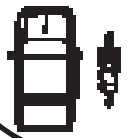
Never ride against traffic.

It is against the law and it is dangerous. If you **think** you are safer because you can see cars coming you are **wrong!** 20% of car-bike collisions result from cyclists riding the wrong way. Oncoming cars are not looking for you and turning vehicles can not see you. Riding with traffic allows motorists to gradually overtake and pass bicyclists.



Do not get squeezed out by buses picking up and dropping off passengers. Bikes and buses often share the same space and play a game of “leapfrog” with each other in traffic. Make sure to pass stopped buses on the left after checking behind to see if it’s clear. Give the bus plenty of room when you pass and again when it passes you. Do not pass a bus to make a right turn.



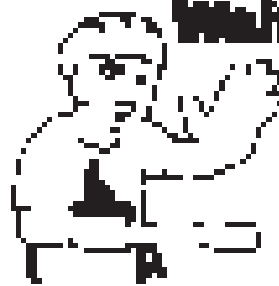


Hand Signals



Left turn, Right turn

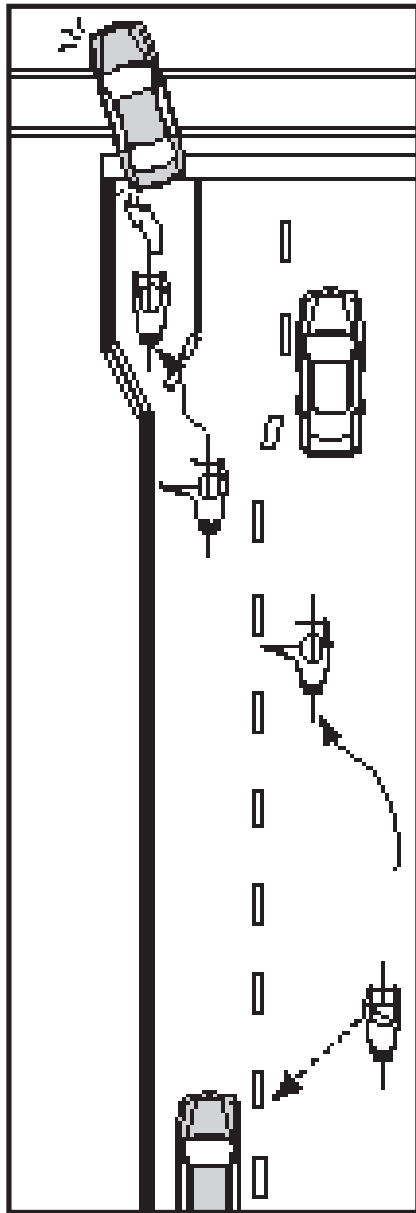
No going
backwards



Thank
you



Stop ahead



Use Hand Signals to communicate your movements. You can also use hand signals to point out road obstacles, show commands and express thanks for receiving the right of way.

Make Noise by shouting out to get drivers' attention or to warn others of your position.

Never wear headphones when cycling.

Hearing traffic can be nearly as important as seeing it. Hearing an emergency vehicle, an accelerating car engine or a horn honk from an alley alerts you of a car's position.

Turn left from the left turn lane. First look behind you for a gap in traffic. When traffic allows, signal left and change lanes into the left-turn lane. If there is more than one turn lane use the one farthest to the right. Move into the intersection when clear and wait for a gap in oncoming traffic. When a gap appears, finish the turn onto the right side of your new lane. Watch for pedestrians in the crosswalk when turning.

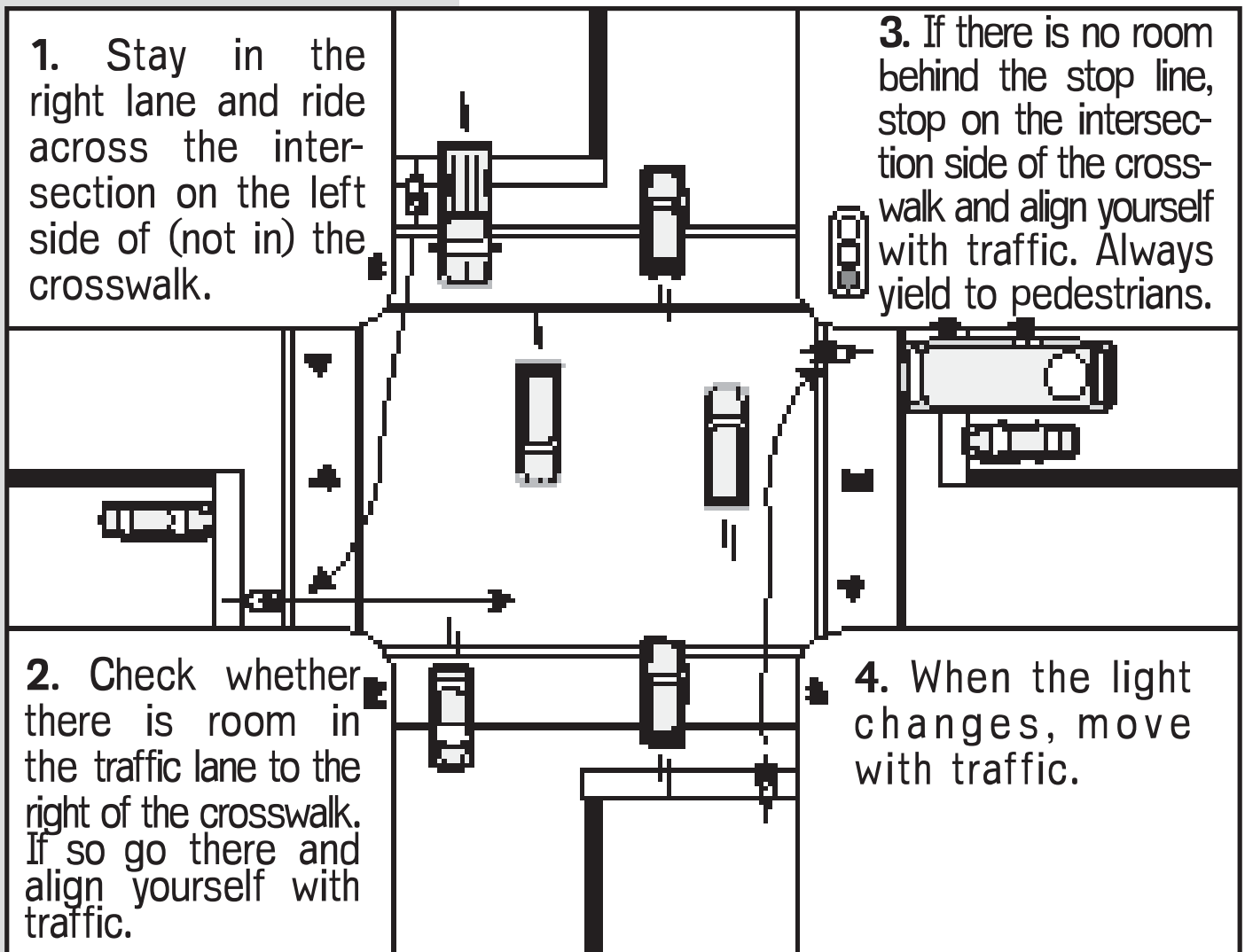
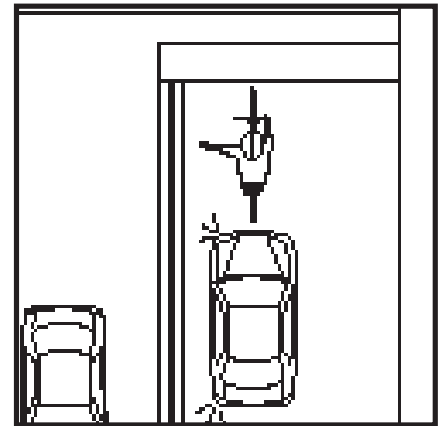


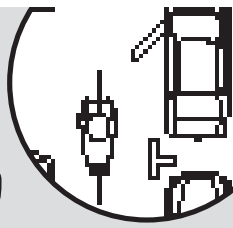


Turning

Turn left from the center of the lane if there is no turn lane. Leave room for vehicles going straight to pass on the right.

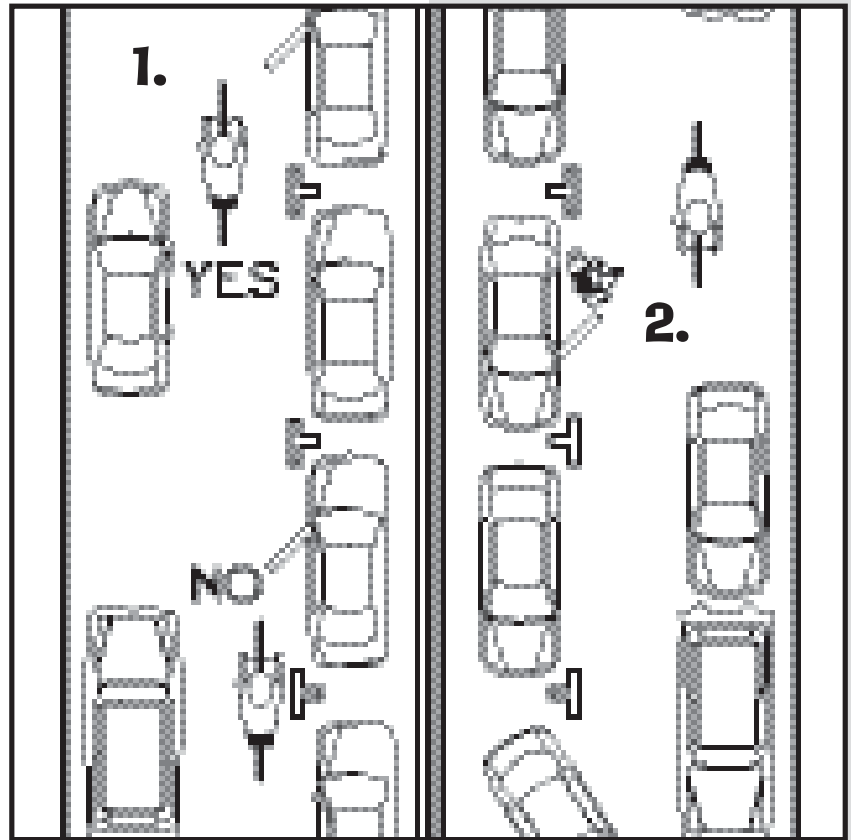
Use the **box left turn** if you can not merge left before you reach an intersection. Use caution, look for turning vehicles and always yield to pedestrians when using the box left turn.



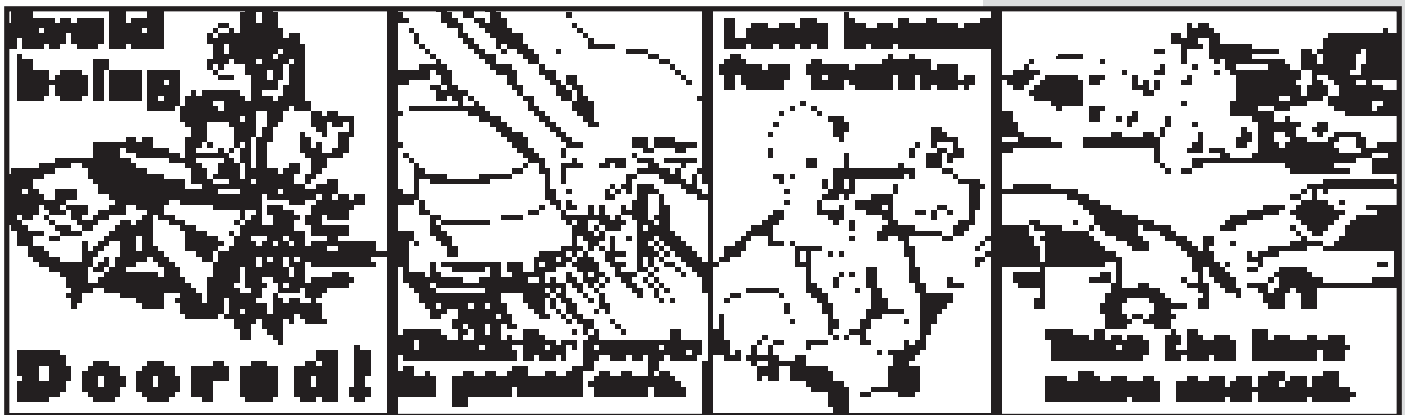


The “Door Zone”

The “**door zone**” is the 3-4 feet along the left side of a parked car where an opening door can hit and seriously injure a cyclist. When riding in a bike lane ride on the left side of the lane. Ride at least 3 feet away from parked cars on the street **(1)**. Take the full lane if there’s no room to safely pass open car doors and to avoid exiting passengers **(2)**.



Look inside parked cars and their side rearview mirrors when passing and move outside the “door zone” if you see exiting passengers. Watch behind you for traffic when moving out of the “door zone” and into the full lane. A bike mirror helps you see behind to know if cars are approaching.





What to Do in a Crash

Stay down

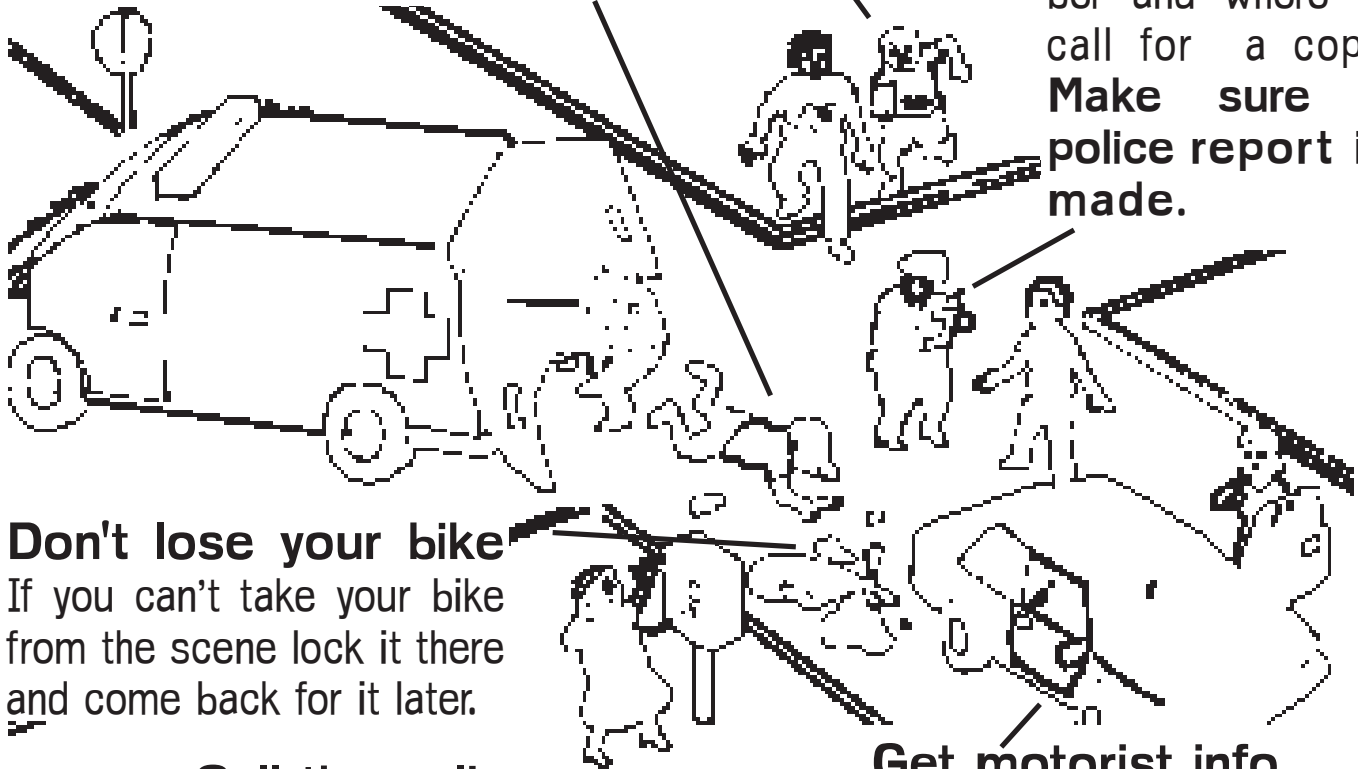
Do not move unless your safety is in danger. Prevent further injury and draw attention to the scene by staying down until police arrive.

Get witness info

Get witness' name, address and phone number.

Get police info

Get officer's name, badge number, the police report number and where to call for a copy. **Make sure a police report is made.**



Don't lose your bike

If you can't take your bike from the scene lock it there and come back for it later.

Call the police

Have someone call for the police and ambulance. Report driver and vehicle information if accident is a hit and run.

Get motorist info

Get name, address, phone number, driver's license and plate, car description, and insurance info from every vehicle driver involved.

Stay calm

After a crash you get very excited. You may not notice an injury and aggravate it further. You may also suffer from shock because of excitement. Try to stay calm and focus on the situation. Get treated by paramedics and go to the hospital if necessary. Have someone else gather information for you if you are unable. Have emergency contact information in your wallet or printed inside your helmet. For more information about what to do after a crash, visit www.activetrans.org/knowyourrights/after-a-crash or call 312.869.HELP



Streets for Cycling

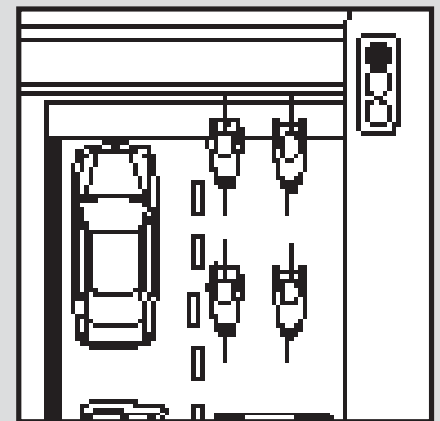


Don't know where to bicycle in Chicago? Check the ***Chicago Bike Map***. Hundreds of streets were considered and thousands of miles ridden to select the most convenient and appropriate routes. Many of the recommended routes will help you get around situations unfriendly to bicycling (such as expressways). While routes throughout Chicago are identified, some areas of the city have fewer choices than others. To view or get a copy of the map go to the Chicago Department of Transportation Bicycle Program's website at www.ChicagoBikes.org.



Riding in Groups

Riding a bike isn't only a great way to get around on your own, but it can be a great time with friends too! Remember a few things when riding with a group. **Be responsible for yourself. Be aware of your position** and the position of those around you. **Announce obstacles to fellow riders.** When maneuvering through intersections stay close and when appropriate, ride side by side and take the lane.



Ride two across the lane and move as a group.



SAFE CYCLING IN CHICAGO
www.ChicagoBikes.org



19



Bikes on Transit

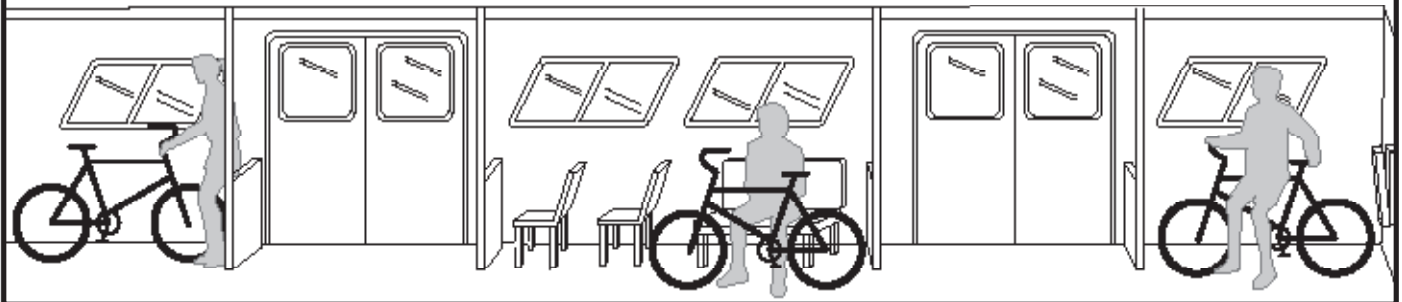
To make cycling even more convenient, the Chicago Transit Authority (CTA) welcomes bicycles on trains and buses through the year-round **CTA Bike & Ride** program.

You can bring your bike on CTA trains weekdays except during rush hour (7am-9am and 4pm-6pm) and any time during weekends and holidays (except July 3rd). You can also put your bike on the front of a CTA bus bicycle carrying rack anytime. There is no extra charge for taking your bike with you on the CTA. Taking your bike on the CTA can allow you to make longer trips that you may not be able to do with your bike or the CTA alone. For more info about bikes on the CTA call **888-YOUR-CTA** or go to **www.transitchicago.com** and check out the CTA's *Bike & Ride* brochure. Metra trains also allow bicycles during non-rush hours. Two bikes are allowed per train. Ask the conductor to direct you to the appropriate bike storage area; it varies by train car type. **You must bring a bungee cord to secure your bike on a Metra train.** Check the train schedule for more information at metrarail.com.

Stand near either end of the train car holding your bike securely. Do not block exits.

When sitting, place your foot near the wheel to prevent bike from rolling. Don't block the aisle and be aware of the space your bike occupies.

Use wheelchair space if unoccupied. Move if space is needed.



You can also take your bike on all Pace suburban buses. For trip-planning, route, fare and schedule information call **847-364-PACE** or visit **www.pacebus.com**. For travel and trip planning on CTA, Pace and Metra call RTA information at **836-7000**.

You can take your bike across the state or across the country by bus, train and plane.

Greyhound Bus: bicycles must be packed in a carrying case or box, securely fastened and checked. An additional fee may be charged.

Go to **www.greyhound.com** for more info.

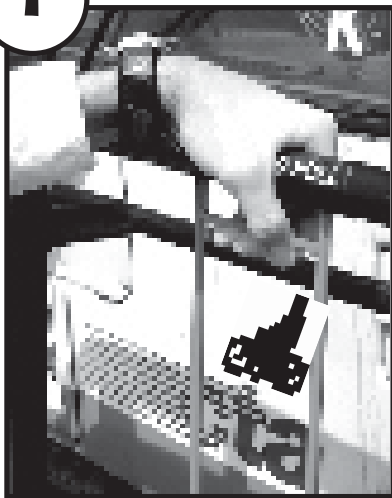
Amtrak: has roll-on service on some lines or check as baggage on others. Go to **www.amtrak.com** for more info.

Bicycle accommodations vary between airlines. For recommended airlines visit the **League of American Bicyclists** at **www.bikeleague.org**.

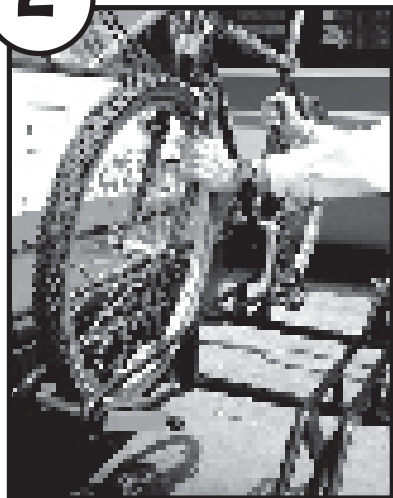
Bikes on CTA and Pace Buses

1. Alert bus driver of bike rack use, squeeze handle and lower rack. If bike rack is full wait for the next bus.
2. Place bike in empty space closest to the bus. The first bike in faces the curb, the second bike faces the street.
3. Secure the support arm over the front wheel. **Do not lock bike to rack.** Board bus and pay fare. Notify driver when leaving bus.

1 Pull rack down



2 Put bike on

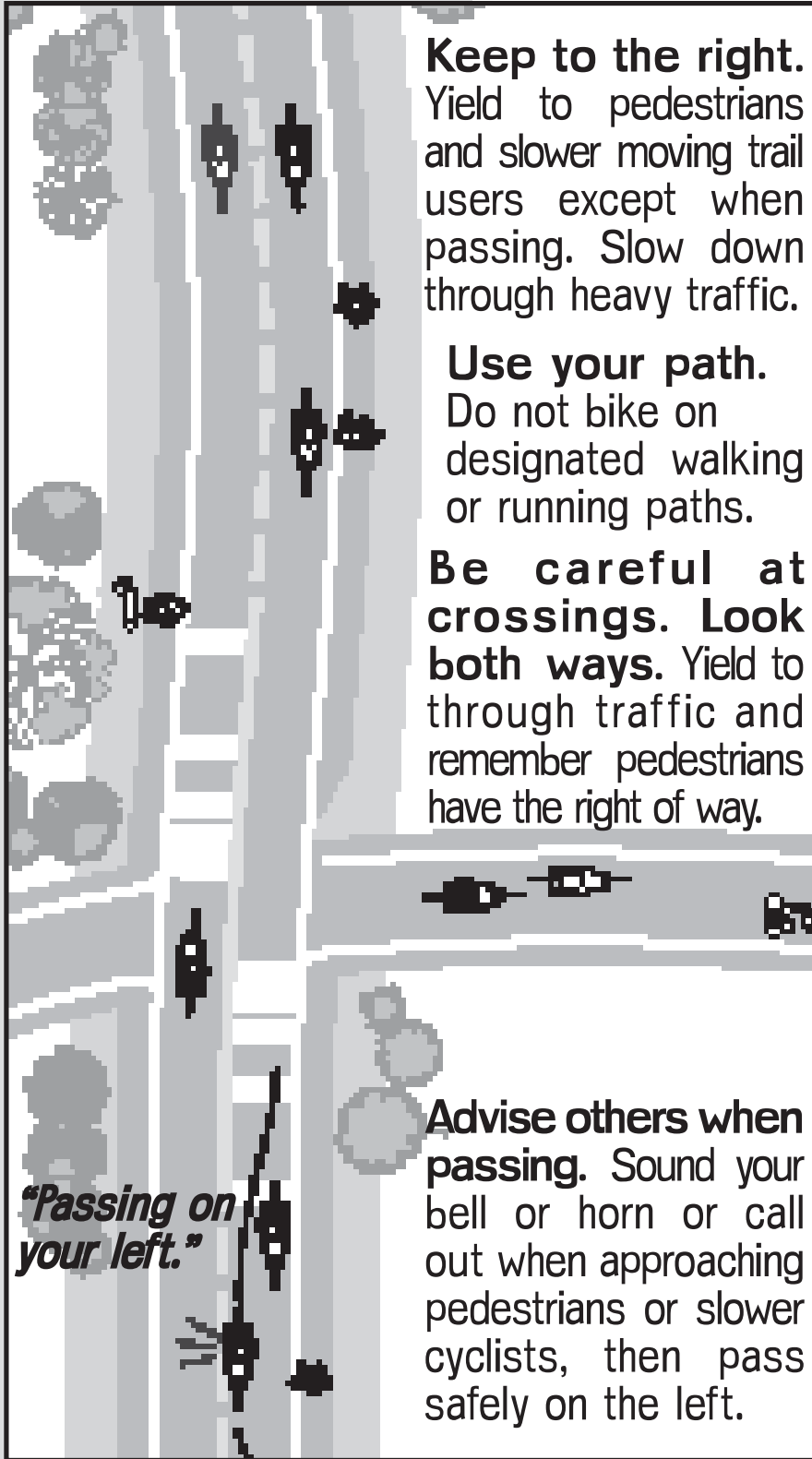


3 Secure wheel





Off Street Cycling



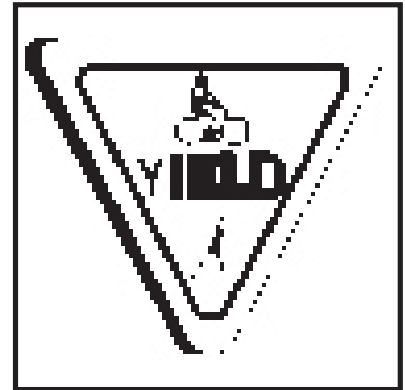
Keep to the right. Yield to pedestrians and slower moving trail users except when passing. Slow down through heavy traffic.

Use your path. Do not bike on designated walking or running paths.

Be careful at crossings. Look both ways. Yield to through traffic and remember pedestrians have the right of way.

"Passing on your left."

Advise others when passing. Sound your bell or horn or call out when approaching pedestrians or slower cyclists, then pass safely on the left.



Biking on Campus is a great way to get to classes and elsewhere around school. Most schools have shared use paths for cyclists and others. Obey posted signs, yield to pedestrians and be aware of any special path rules your school may have.

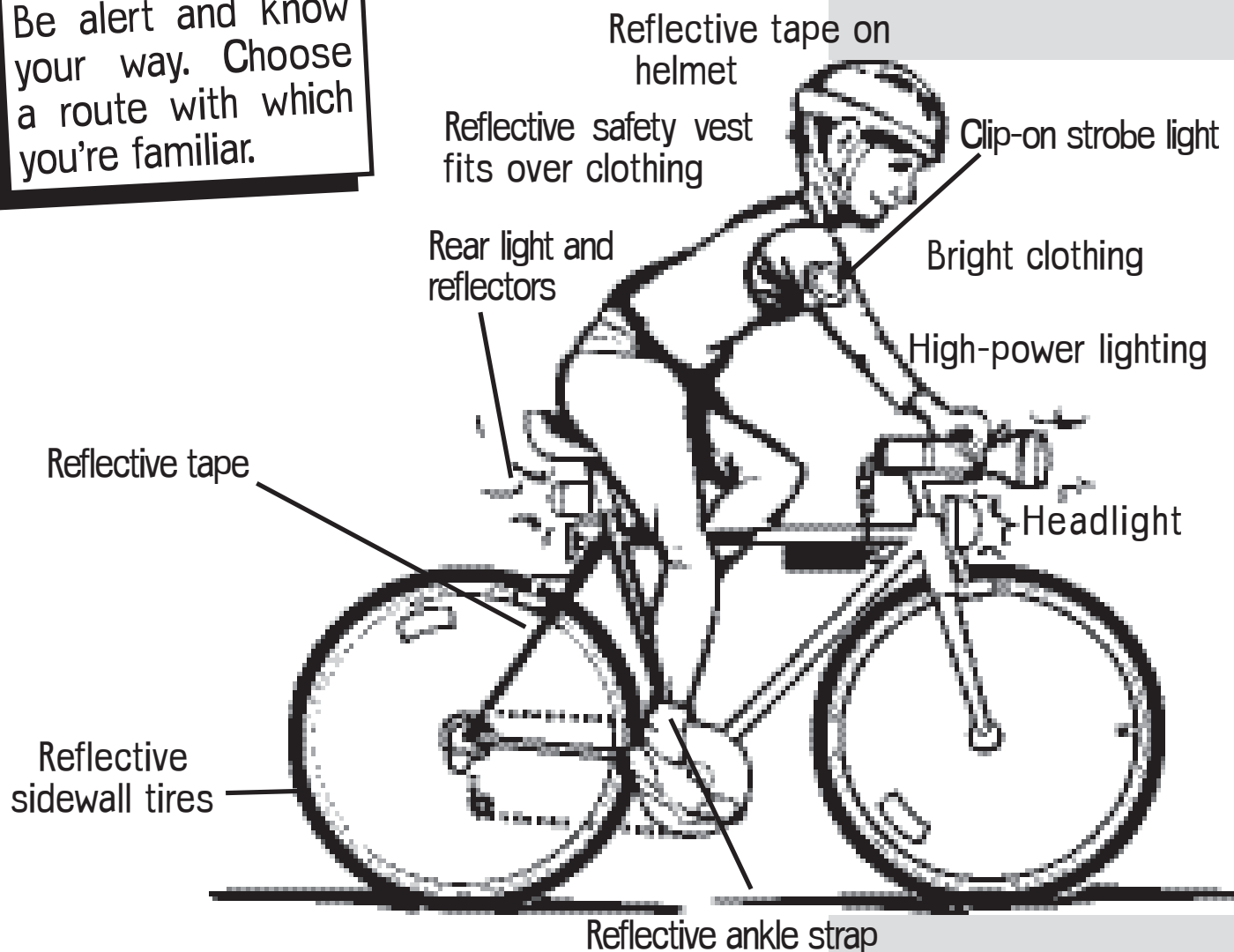




Riding at Night

Ride with extra caution at night. It is harder to see drivers and predict their moves. There are many tired drivers at night and some may be drunk. Be alert and know your way. Choose a route with which you're familiar.

The first rule of riding at night is to **BE SEEN!** Both Chicago and Illinois law require a front light and a rear reflector when riding at night. Add a rear light to be more easily seen. LED lights are cheap, bright and long lasting. Generators power lights from your own energy. High-power lighting systems are very visible and can light the darkest ways. Reflectors and reflective tape keep you and your bike in the spotlight.



SAFE CYCLING IN CHICAGO

www.ChicagoBikes.org





Riding in Bad Weather

You can bike in all weather year round with the right equipment. You'll be warm and dry biking while others wait in the cold for their car to warm up or bus to arrive. For more info visit www.bikewinter.org.

Ski goggles prevent tears from the cold.

A balaclava covers your head, neck and ears and fits under your helmet.

Ski or "lobster" gloves keep hands warm and allow use of brakes and shifters.

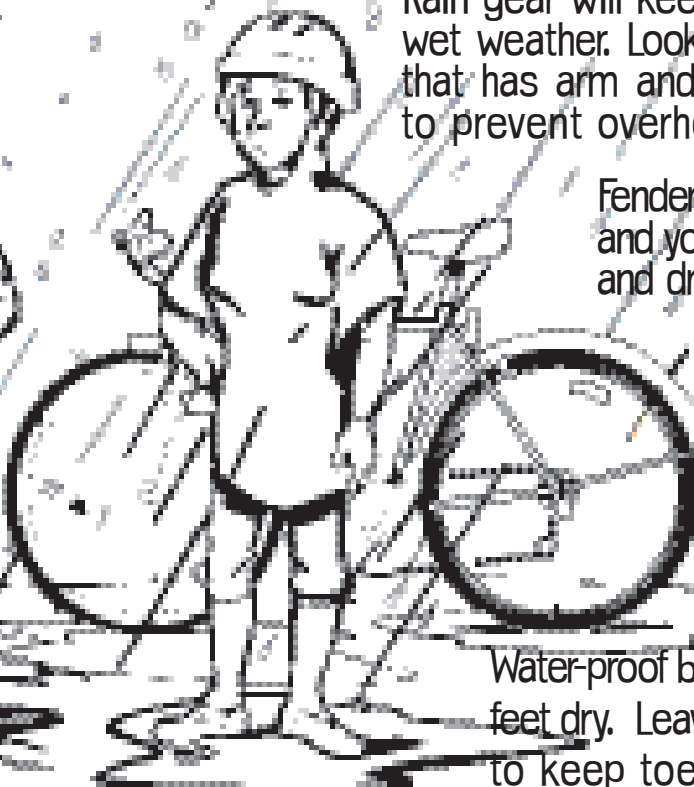
Shoe covers keep feet warm and dry.



Rain gear will keep you dry in wet weather. Look for a jacket that has arm and back vents to prevent overheating.

Fenders keep you and your bike clean and dry.

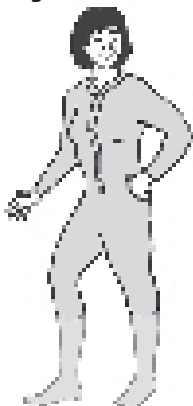
Water-proof boots keep your feet dry. Leave wiggle room to keep toes warm.



Dress in layers when dressing for cold weather.

Base Layer

Wear fabric that wicks moisture away like polypropylene, polyester, nylon or silk.



Middle Layer

Wear an insulating layer that will hold heat like wool or fleece. Two layers is often enough except for very cold weather.



Outer Layer

A weather proof outer layer will keep you warm and dry in wet conditions. Overlap clothes at the neck, wrist, waist and ankle.



Links and Resources

City of Chicago Bike Program: www.chicagobikes.org

City of Chicago's Bicycling Ambassadors: www.bicyclingambassadors.org

Active Transportation Alliance: www.activetrans.org

League of Illinois Bicyclists: www.bikelib.org

IDOT Bicycling: <http://www.dot.il.gov/bikemap/bikehome.html>

Illinois Secretary of State: <http://www.cyberdriveillinois.com/>

Chicago Transit Authority: www.transitchicago.com

Pace Bus: www.pacebus.com

Metra: www.metrarail.com

Crash Support Hotline: www.activetrans.org/crashsupport 312.869.HELP

Bicycle Helmet Safety Institute: www.bhsi.org

Ask Mr. Bike: <http://mrbike.com>

The Chainlink: www.thechainlink.org

Chicago Cycling Club: www.chicagocyclingclub.org

Chicago Bike Winter: www.bikewinter.org

Critical Mass: www.chicagocriticalmass.org

Working Bikes Cooperative: www.workingbikes.org

Windy City Cycling Club: www.windycitycyclingclub.com

Cycling Sisters: www.cyclingsisters.org

UIC College of Cycling: www.bikeuic.org

Loyola Bike Club: www.homepages.luc.edu/~jarter/Loyola_Bike_Club.html

DePaul Cycling: www.campusrec.depaul.edu

Blackstone Bicycle works: www.experimentalstation.org/blackstone

West Town Bikes: www.westtownbikes.org

The Recyclery: www.therecyclery.org

XXX Racing: www.xxxracing.org

Major Taylor Cycling Club Chicago: www.mtc3.org

Beverly Bike Club: www.beverlybikeclub.org

