

BIKE TO METRA

Your guide to bicycle commuting to and from the Naperville Metra Station, 105 E. 4th Avenue



For many Metra commuters, riding a bicycle to the station is a feasible alternative to driving. Bike commuting offers some great benefits, including:

- Reducing the stress of finding vehicle parking
- Parking closer to the trains
- Saving money on gas and parking fees
- Playing a part in helping the environment
- Getting the daily physical activity we all need to be healthy and fit
- Starting your day feeling mentally and physically stronger

This brochure offers you tips on how to successfully begin bicycle commuting.

SELECTING A BICYCLE

Select the right bike for your commute. There's no need to compete with Lance Armstrong! Use a bike that is affordable and can withstand the weather. Check that your seat and handlebars are adjusted for a comfortable fit. Make sure your bike is tuned up with fully inflated tires, working brakes, and smooth shifting gears.

FINDING A ROUTE

Plan your bike route by using this map or asking other cyclists for advice. Avoid busy streets whenever possible. Instead, look for streets with low vehicle traffic and speeds, good lane width, and stoplights at busy intersections. Try a test ride of your route so you'll know how much time you will regularly need, including the time needed to park and lock your bike at the station.

Loading your bike onto a Pace bus can become part of your commute—or serve as a backup ride home if needed. Find bus route information and learn how to use bicycle racks on buses at www.pacebus.com.

CLOTHING

Some bicycle commuters ride wearing their work clothes, while others change once they arrive at work. If changing at work, roll clothes to minimize wrinkles and store them in a messenger bag, backpack, bike basket, or panniers. Another option is to drive to work once a week and bring along a supply of clothes.

GOING GREEN AND STAYING CLEAN

- Ride at an easy pace.
- Fenders can keep water and mud off of you.
- Showers may be available at work or a nearby health club.
- Deodorant and baby wipes are inexpensive, and are great products to help you smell fresh and stay clean.

HOW TO STAY SAFE

- Bikes fare best when cyclists act and are treated like other drivers and vehicles on the road.
- Ride on the right with the traffic flow and follow all signs and signals.
- Ride predictably and in a straight line.

WHAT TO DO WITH YOUR BIKE

Bike racks offer the best place to store your bike. Covered bicycle parking is located adjacent to the Naperville Metra Station on the south side of the tracks as well as on the north side of the tracks.

When locking your bike, please take note of the following:

- Secure any items or equipment that can be removed from your bike, or else take it with you.
- Invest in a good quality U-lock and secure both the frame and wheels, if possible. If using a cable lock, keep the cable tight so it is hard for thieves to cut.
- If the bike racks are full, lock your bike to something that cannot be taken apart or easily lifted. No trees, please!

Metra allows bikes on many reverse commute, off-peak hour, and weekend trains. Learn more at www.metrarail.com or call (630) 836-7000.

- When passing a parked vehicle, be alert for opening doors.
- Always wear a helmet.
- Wear bright clothing, and use lights on the front and rear of your bike if riding at night, dusk, or dawn.
- Never assume a car recognizes your presence.
- Cycle defensively.

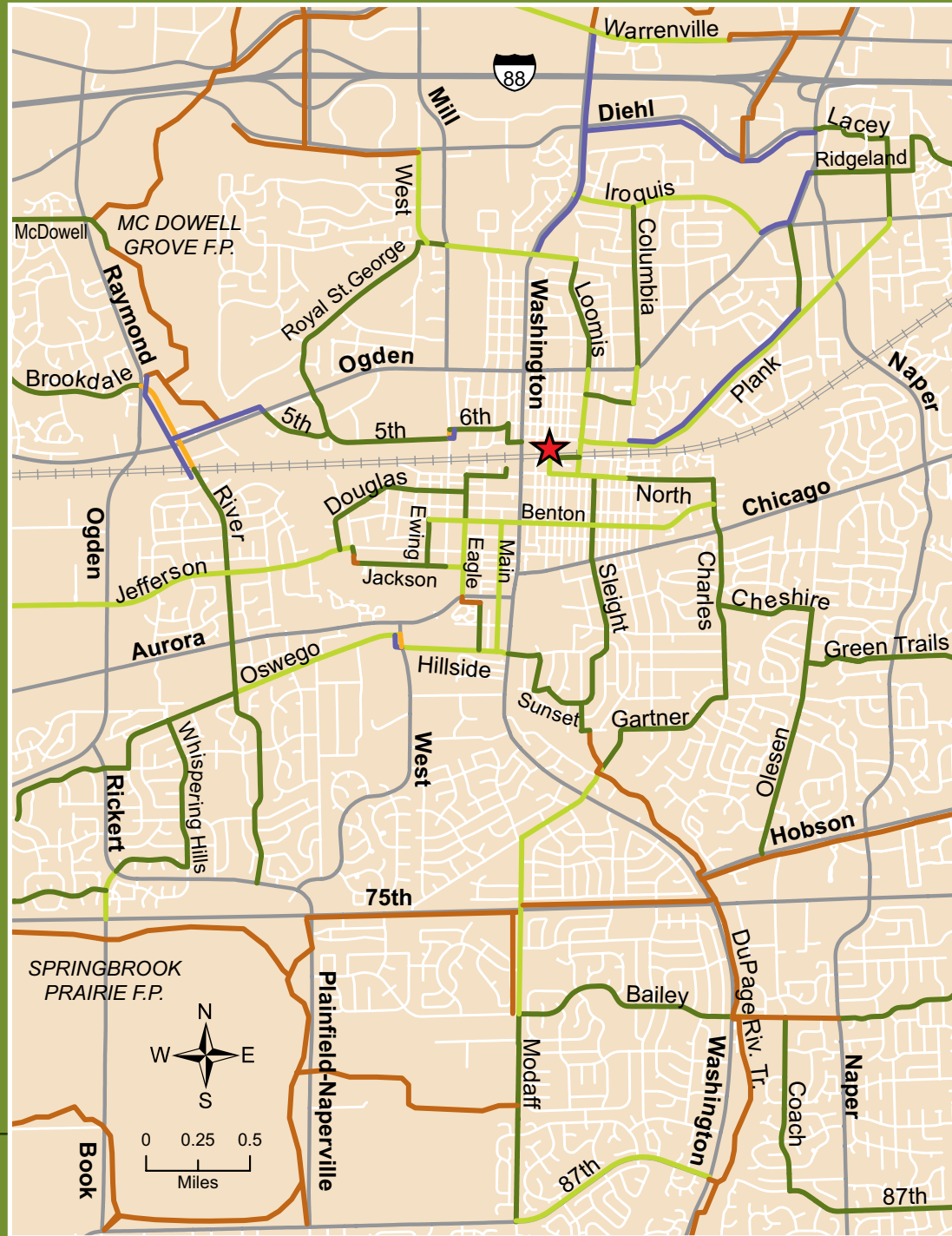
For more safe riding tips, visit www.bikelib.org.

BICYCLING JUST KEEPS GETTING BETTER!

The first few days may be rough and include forgotten items and logistical challenges. Stick with it. As the days go by, you will get into a routine and find ways to make the commute easy and fun.

You will also become more accustomed to riding in traffic and handling yourself on the bike. In addition, you will feel good about doing something healthy for yourself and the environment, and you will lighten your mental load by not having to search for a place to park your vehicle.

NAPERVILLE METRA STATION



LEGEND

This map depicts roads, sidewalks, and riding and hiking trails that provide bicycle access to the Naperville Metra Station. Some roads also provide access to recreational areas. Roads are labeled as follows:

- Roads designated with a dark green line typically have lower traffic volume and speed, wider road width, and/or fewer intersections and traffic control devices.
- Roads designated with a light green line typically have higher traffic volume and speed, narrow road widths, more lanes of traffic, and/or multiple intersections or traffic control devices.
- Roads designated with an orange line are recommended for use by cyclists who are most comfortable riding on-street. The map indicates parallel sidewalk routes for those who are less comfortable riding on-street.
- Trails
- Sidewalks

Other Symbols

- Railroad
- Metra Station

For the complete bike map of Naperville, visit www.naperville.il.us/bikemap.aspx.

NOTICE AND DISCLAIMER: The conditions and traffic of roads, sidewalks, and shared-use riding and hiking trails depicted on this map, and the general description of roads above, may change from time to time. Illinois traffic laws (625 ILCS 5/11-1502 et seq.) apply to persons riding bicycles. Bicyclists shall be subject to all duties applicable to drivers of motor vehicles. This map is intended as an information resource for bicyclists and is *not* a substitute for each individual's exercise of reasonable care and good judgment while cycling. NO express or implied warranty is made with respect to the safety or condition of the roads, sidewalks, or riding and hiking trails depicted on this map. The unpredictable change of traffic, road, and weather conditions require each cyclist to constantly assess each route as to its suitability and safety for use. Bicyclists on the roads, sidewalks, and riding and hiking trails ASSUME ALL RISKS AND RESPONSIBILITIES for their own safety, and for the safety of any minors in their care.

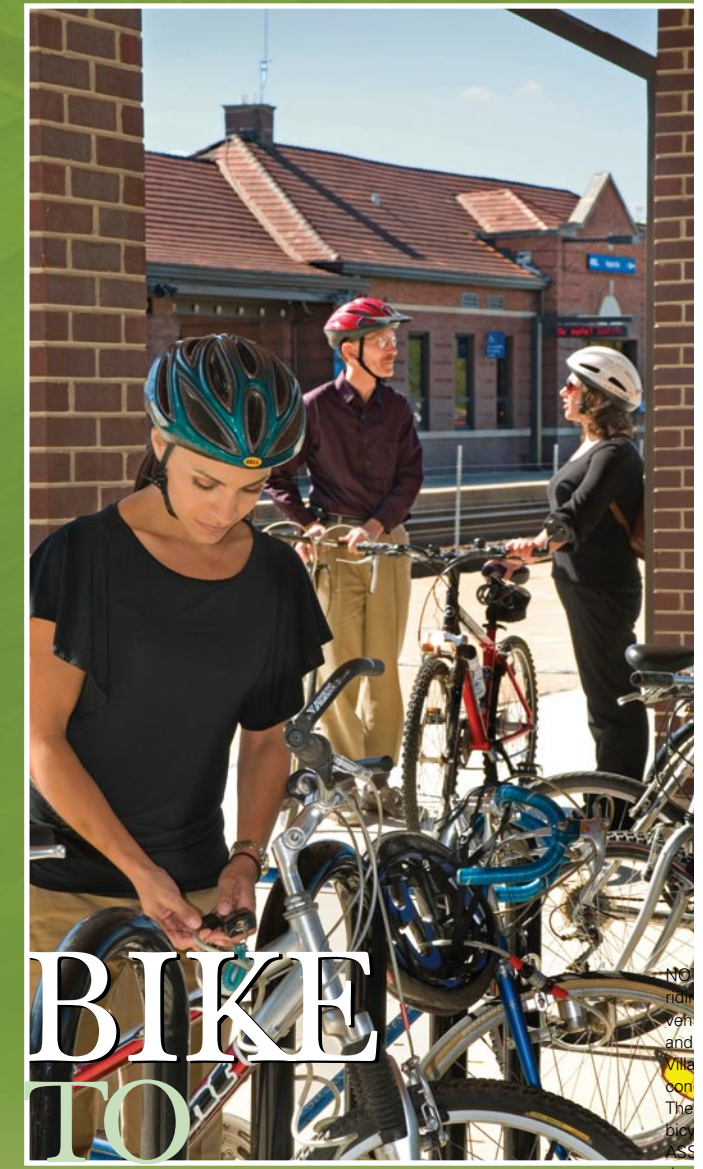
CREDITS

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 League of Illinois Bicyclists, www.bikelib.org
 Published April 2010

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GET INVOLVED
 The Naperville Bicycle and Pedestrian Advisory Committee (BPAC) guides, supports and advises the City of Naperville on bicycle and pedestrian issues. BPAC typically meets the third Monday of each month in Room 247 of the Municipal Center. Residents and visitors are welcome to attend. For more information visit www.naperville.il.us/bpac.aspx.

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