

# Naperville Bike Month

JUNE 2010

## SCHEDULE OF EVENTS-

### Saturday, June 5, 2010

- Reuse and Recycle Extravaganza—9 a.m. to 3 p.m. Donate old or used bicycles and bicycle parts at 1960 Lucent Lane. For more information visit [www.naperville.il.us/reuserecycle.aspx](http://www.naperville.il.us/reuserecycle.aspx).

### Monday, June 14, 2010

- Naperville Bike Day—Take the challenge to travel only by bicycle all day!
- Bike to Metra— Commute by bike to either the Naperville or the Route 59 train station to receive a gift bag, coupons, and biking information. (sponsored by DuPage County and Active Transportation Alliance)

### Monday, June 21, 2010

- Bicycle and Pedestrian Advisory Committee Meeting— Become involved in city planned bicycle and pedestrian initiatives, 7 p.m. in room 247 of the Municipal Center. For more information visit [www.naperville.il.us/BPAC.aspx](http://www.naperville.il.us/BPAC.aspx).

### Summer 2010

- Opening of Segment 4 of the DuPage River Trail to complete the connection from 87th Street to Knoch Knolls Park and DuPage River Sports Complex.



## Tips For Bikers:

- \* Always wear a helmet
- \* Always bring water, a cell phone, and a map
- \* Be prepared for the weather (rain gear etc.)
- \* Make sure your bike is properly lighted and bring extra batteries
- \* Use a backpack if there is no carriage structure on your bike
- \* Use a strap or bandana to keep pants away from the chain
- \* Always position a U-lock so that the keyway is facing down towards the ground. Don't position the lock close to the ground, that makes it easier to break.



# Naperville

## Short Trip Destinations:

- ⇒ Grocery store (for small trips)
- ⇒ Library
- ⇒ Farmer's market
- ⇒ Health club/yoga studio
- ⇒ Park
- ⇒ Church
- ⇒ Dining experience
- ⇒ Work
- ⇒ Train station

## BENEFITS

### Good for your health

Biking can easily fulfill the recommended 30 minutes of activity per day. Ride for just 3 hours a week, and you can cut your risk of heart disease and stroke in half.

### Good for the environment

Motorized vehicles account for 70% of the carbon monoxide emitted. On average 1 pound of carbon monoxide is emitted per mile. Riding to work everyday could reduce your carbon foot print by 12,000 pounds. Riding a bike instead of driving an automobile is an easy way to benefit the environment.

### Good for your wallet

According to [Bikeleague.org](http://Bikeleague.org), the average annual price of keeping an automobile running is at least \$3,000. The cost of running a bike for a year is less than \$300.

## Resources

[www.naperville.il.us/bikesafety.aspx](http://www.naperville.il.us/bikesafety.aspx)

[www.bikelib.org](http://www.bikelib.org)

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