

Cycling for Transportation



Riding your bike for everyday trips

Ride Illinois Goals

- Bike-friendly roads
- More trails and improved trails
- Favorable legislation and policies
- Cyclist and motorist education
- Sharing our love of cycling
- Top 5 Bicycle Friendly State ranking

Making Illinois better through biking!



Building Community

#rideILcommunity



Pedaling forward **together!**



*Ride Illinois aspires to connect with and advocate for all Illinois residents who ride a bike for recreation or transportation – regardless of age, race, ability, sex, gender or socio-economic status. **Let's pedal forward together!***

“One who rides a bike for transportation is the most admirable and determined type of cyclist.”

Dave Simmons – Ride Illinois



“The greatest threat to our planet is the belief that someone else is going to save it.”

Robert Swan – Arctic Explorer

TREK

Benefits of Cycling

- **Health**
- **Economics**
- **Environment**
- **Community**
- **Infrastructure**
- **FUN!**



Cost of Owning a Car

\$523 – average monthly car payment

\$8,469 – average annual operating cost

25% – value a new car loses in first year

16% – amount of income Americans spend on transportation



Cost of Owning a Bicycle

\$400 – average cost of a quality bike

\$308 – average annual operating cost of a bike

\$85 – annual fuel savings by making two weekly short trips by bike

\$4.6B – amount U.S. cyclists save each year by not driving



Some Statistics

17% – of all U.S. car trips are within 1 mile of home

41% – of all U.S. car trips are within 2 miles of home

48% – of the U.S. population commutes 5 miles or fewer to work

“Riding your bike isn’t a chore, it’s a gift to yourself and your planet!”

Cycling for Transportation

- Commuting to work or school
- Running errands
- Riding to social engagements
- Choosing a route based on destination
- Carrying stuff



Topics We'll Discuss

The Three “R”s

- The **Ride**: your bike and gear
- The **Route**: scouting a route
- The **Rules**: rules of the road



Q: Where do I begin?

A: Start with where you are.

- Start with the bike that you have
- Choose a familiar destination
- Ride to your level of confidence
- Plan your trip
- Focus on safety and comfort
- Enjoy the ride and your accomplishment!



The Ride: Your bike and gear

The Bike

- **Model/Type** – road, hybrid, mountain, cargo, e-bike
- **Size** – frame and wheel size - geometry
- **Components** – gears, brakes, tires
- **Accessories** – racks, lights, locks, panniers, trailers



The Ride: Your bike and gear

Your Gear

- **What you wear** – helmet, clothes, shoes
- **What you carry** – racks, panniers, trailers
- **Stuff for every ride** – Locks, lights, water
- **Just in case** – Tubes, tools and pump



The **Ride**: What bike is right for me?

A: you can use just about any bike for transportation!

- No need to buy a new bike!
- Make sure it is proper size
- Tune up at local bike shop



The **Ride**: What should I wear?

A: you don't need special clothing!

- Focus on comfort
- Dress for the weather
- Brighter colors are more visible
- Factor in distance of the trip
- Be prepared for your destination
- Wear a helmet



The Ride: What should I bring?

A: the phrase “be prepared” applies to cyclists too!

- ID card
- Cell phone
- Lock
- Water
- Cash or credit card



The **Ride**: Just in Case

Basic tools for the most common problems

- Spare tube or tire repair kit
- Multi-tool and tire levers
- Hand pump
- Serviceable and easy to carry.

The **Ride**: What can I use to haul stuff?

A: there are lots of options available!

- Backpack
- Frame bag
- Trunk bag
- Panniers
- Cargo trailer
- DIY solutions



The **Ride**: How should I lock my bike?

A: follow these tips to make sure your bike is secure!

- Choose the right lock
- Lock your bike to a solid object
- Lock your bike in a well-lit area
- Lock according to value
- Make sure what you lock to can't be cut
- Get a tight fit
- Position lock off ground with keyhole facing down



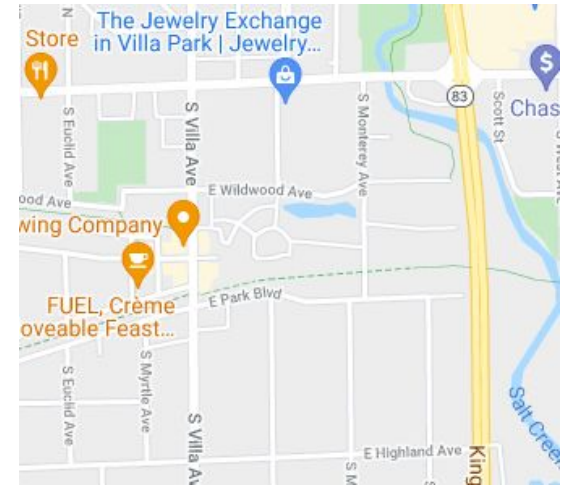
The **Ride**: Maintenance

- ABC Quick Check - every ride
- The Basics
 - Fixing flats
 - Lube
 - Adjustments
 - Cleaning
- Find a good mechanic
- Invest in some good basic tools
- Keep track of your maintenance activities



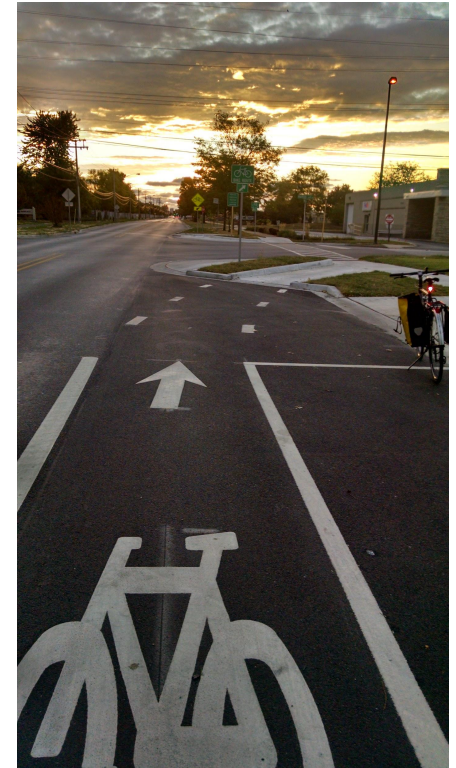
The **Route**: From here to there

- **Scout the route** – car routes are not necessarily bike routes
- **Facilities** – bike facilities, traffic controls, on-street parking, lighting, etc.
- **Traffic** – volume, speed, vehicles
- **Conditions** – surface conditions, visibility, obstructions, shoulders, curbs, curb cuts, utilities



The **Route**: Scout the Route

- **Bike lanes**: on-street bike facilities
- **Trails/paths**: side paths & multi-use trails
- **Low stress streets**: residential streets, moderate volume arterials
- **Shoulders**: streets with wide shoulders
- **Other options**: alleys, utility easements, “goat paths”, short cuts



The **Route**: Scout the Route

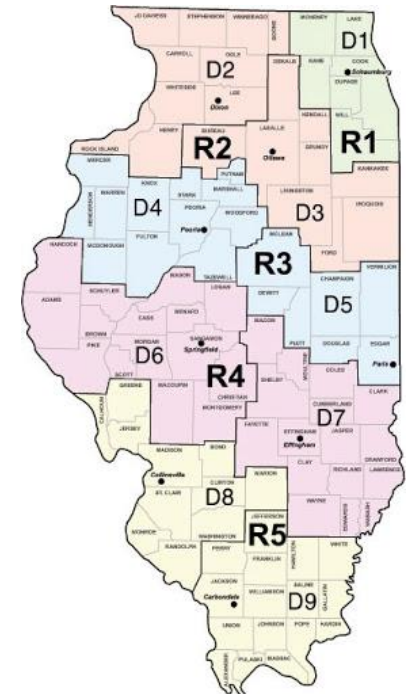
Safety Tips

- Avoid expressway interchanges
- Cross arterial streets at controlled intersections (lights)
- Beware of on-street parking (door zones)
- Avoid riding on sidewalks
- No salmon cycling (against the flow)
- Be mindful of visibility and lighting: direct, ambient and natural.

The **Route**: Scout the Route

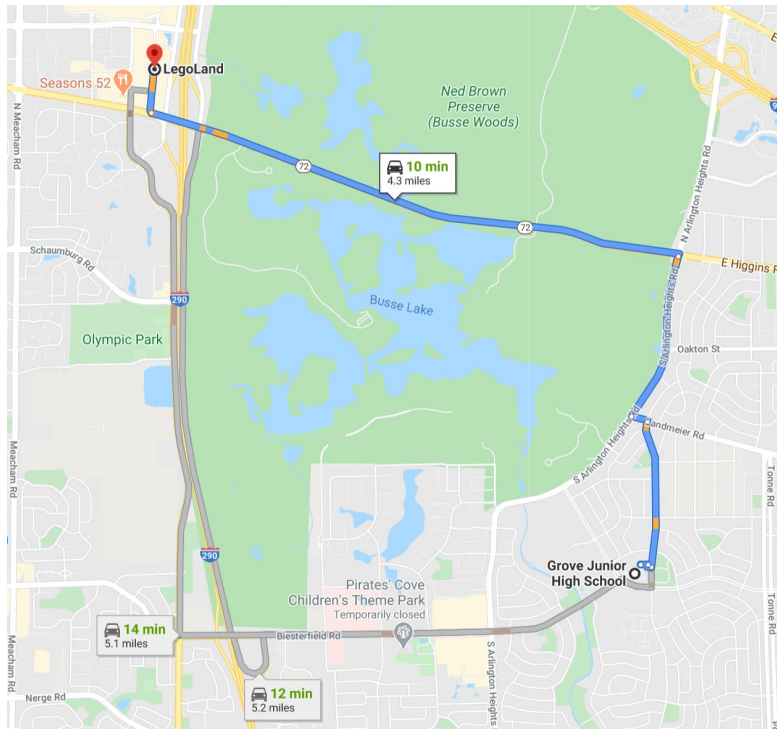
Search for a good route

- Google Maps (and satellite)
- Community bike maps
- IDOT bike maps
- Apps – Strava, Ride with GPS
- Local bike shop
- Other cyclists
- Make time to scout the route

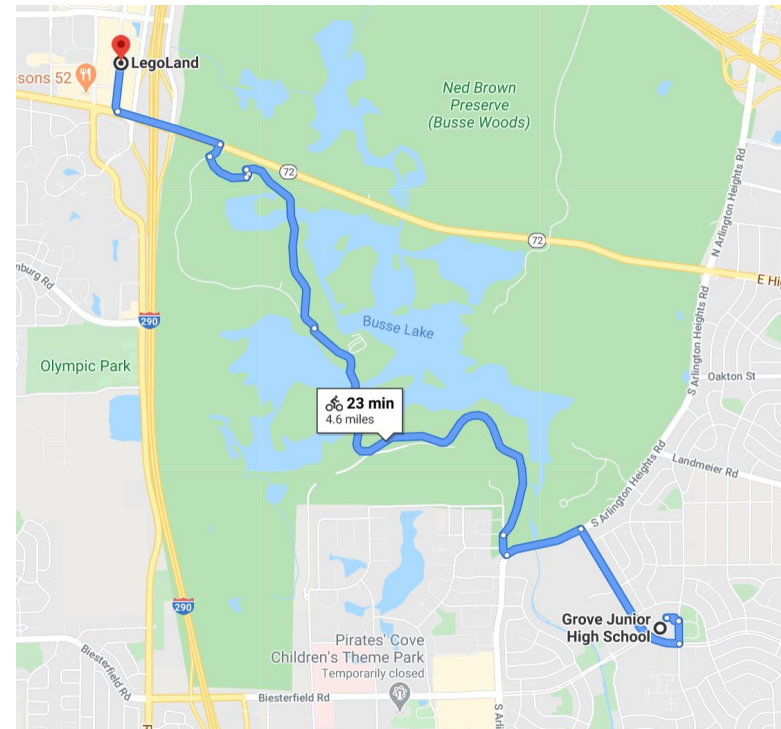


The Route: e.g. Grove Junior HS to Lego Store

By Car



By Bike



The **Rules**: Arrive Safely

- **Traffic Laws**: state and local laws governing vehicles
- **Culture**: Unwritten rules in different conditions and places
- **Behavior**: “vehicular cycling” – visible, predictable, communicate – situational awareness
- **Physics**: Aware of the dynamics of motion - mass, velocity, force



The **Rules**: Traffic laws apply to cyclists

General principles of the rules for bikes:

- Bikes, as vehicles, have the same rights and responsibilities as motor vehicles.
- Bikes are legally obligated to follow the rules of the road including – stop signs, traffic signals, one-way streets.
- Ride on the right and move in the same direction as traffic.
- Bikes do NOT have a presumed right of way.
- First come – first served - yield to crossing traffic and when changing lanes.
- Statutes (laws) vary by jurisdiction.

The **Rules**: Culture of traffic

- Behavior varies by community and location
- Residential traffic is different than commercial arterials
- Morning and afternoon rush hours
- Weekend or weekday
- Presence of pedestrians and cyclists
- Purposeful or casual users of trails

Barriers to (Transportation) Cycling

“It’s not easy being green.” – Kermit the Frog

- Time
- Weather
- Infrastructure/Parking
- Perception
- Motorists
- Occasion or event
- Amount/size of items



Be a Smart Cyclist!

“Cyclists fare best when they act and are treated as drivers of vehicles”



- Be visible
- Be predictable
- Follow the rules
- Communicate with other road users

- Learn more: rideillinois.org/safety/education or bikeleague.org/ridesmart

Other Stuff: ‘Smart Cycling’

“Baseball (and cycling) is ninety percent mental – the other half is physical” – Yogi Berra

- Heads Up – Pay attention – i.e. get off the phone.
- Mind your speed.
- Stay Calm – use your head, don’t lose it.



Other Stuff: How can I make a difference?

A: Advocate for better biking in Illinois!


- League of American Bicyclists
- Ride Illinois
- Active Transportation Alliance
- Rails to Trails
- Local bike/advocacy club
- Ride often!




Other Stuff: Support Ride Illinois

- Ride often for recreation and transportation
- Follow the 'Rules of the Road' on every ride
- Promote Ride Illinois to friends and family
- Take and share [BikeSafetyQuiz.com](https://www.bikesafetyquiz.com)
- Share your suggestions and concerns
- Follow us on Facebook, Instagram, and Twitter
- Become a Ride Illinois member!
- Attend the 2022 Illinois Bike Summit

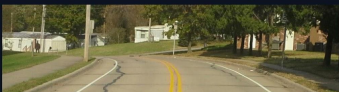
There are Many Reasons to Become a Ride Illinois Member




Make cycling **BETTER** and **SAFER** for all!




Influence the **FUTURE** of transportation!




Feel a sense of **PRIDE** for being involved!



Support **NONPROFIT** bike advocacy!



Share your **LOVE** of cycling with others!



Join or donate at rideillinois.org

Other Stuff: **BikeSafetyQuiz.com**

- Bronze, Silver, & Gold levels in each quiz
- Range of 25-33 questions per quiz
- Based on relevant Illinois traffic laws
- Spanish and PDF versions available too!

Adult
Bicyclist

Child
Bicyclist

Motorist /
Drivers Ed

Truck
Driver

Time for Questions



Let's Stay in Touch!



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