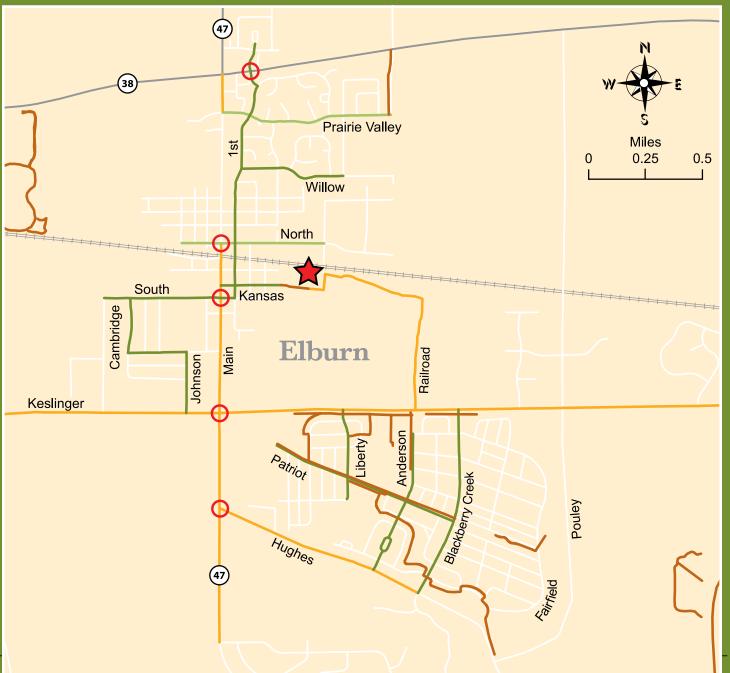
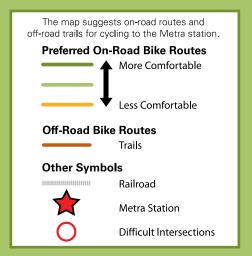
ELBURN METRA STATION



LEGEND



ABOUT THIS MAP

The map identifies on-road routes and off-road trails for cycling to the Metra station. The roads shown in the network are rated using three relative levels of cyclist comfort. These ratings are to be used by adult cyclists who have at least a moderate level of traffic tolerance. (Other cyclists may choose other routes appropriate for their abilities.) As much as possible, roads with lower traffic volume and speed, ample width, and fewer stop signs are identified as preferred routes. Intersections with stoplights are preferred for crossing the busiest streets. Though many of the streets are less than ideal, local cyclists judged them as the best available in the area.

NOTICE AND DISCLAIMER: Illinois traffic laws (625 ILCS 5/11-1502) apply to persons riding bicycles. Bicyclists shall be subject to all duties applicable to drivers of a motor vehicle. This map is published as an aid to bicyclists by the Village of Elburn, Illinois and is not intended to be a substitute for a person's use of reasonable care. The Village of Elburn, Illinois makes no express or implied warranty as to the safety or condition of the roads indicated to bicyclists for shared bicycle/motor vehicle use. The unpredictable change of traffic, road, and weather conditions will require the bicyclist to constantly review all routes for suitability. Thus bicyclists using this map ASSUME ALL RISKS AND RESPONSIBILITIES for their own safety when cycling on the routes indicated on this map.

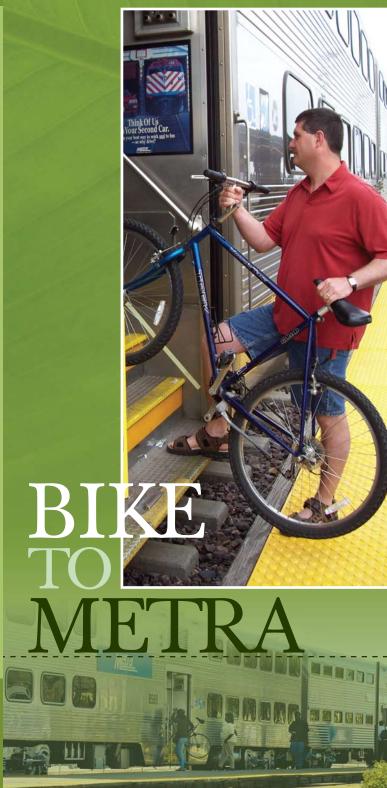
CREDITS

League of Illinois Bicyclists, www.bikelib.org Photos: Jon Cunningham and Erin Willrett.

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> > Published May 2009

ELBURN METRA STATION



BIKE TO METRA

Your guide to bicycle commuting to and from the Elburn Metra station



PARKING & LOCKING

Park your bike at one of the wave racks located on the west side of the Metra station. When locking your bike:

- Secure any items that can be removed from the bike, or take them with you.
- Use a good quality U-lock and lock it through both the frame and wheels, if possible. If using a cable lock, keep the cable tight so it's difficult for thieves to cut. Do not use a low quality lock.
- If the bike racks are full, lock your bike to something secure that cannot be taken apart or easily lifted. Do not lock your bike to small trees, anything wooden, signposts that easily lift out of the ground, or chain-link fences.

Metra allows bikes on many reverse commute, off-peak hour, and weekend trains. Learn more at www.metrarail.com.

CLOTHING & CARRYING CAPACITY

Some bicycle commuters ride wearing their work clothes. Others wear special clothing and change once they reach the office. If changing clothes at work, roll your clothes to minimize wrinkles and store them in a messenger bag, backpack, basket, or other carrying item.

SAFETY ON THE ROAD

- Always ride on the right side of the road with the flow of car traffic and obey all traffic signs and signals.
 Riding against car traffic is illegal and unsafe.
- Ride predictably and in a straight line.
- Use hand signals if you are changing lanes or making a turn.
- Always wear a helmet.
- When passing a parked vehicle, be alert for opening doors.
- Use lights on the front and rear of your bike if riding at night or dusk. Consider wearing bright clothing.
- Never assume a driver sees you. Try to make eye contact. For more safe riding tips, visit www.bikelib.org.

SAFETY AROUND RAILROADS

Only cross railroad tracks at marked crossings. Do not take
illegal shortcuts over railroad tracks in order to get to the Metra
station more quickly. Ride and walk your bike on roads and
sidewalks only. Do not ride or walk on or alongside railroad
tracks or railroad right-of-way, even for short distances. Not
only are these actions unsafe, but they are also trespassing.







or many Metra commuters, riding a bike to the station is feasible. Bicycle commuting offers some great benefits:

- Reduce the stress of finding vehicle parking and park closer to the trains
- Save money on gas and parking fees
- Play a part in helping the environment
- Get the daily physical activity we all need to be healthy and fit
- Start your day feeling better mentally and physically

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

SELECTING A BICYCLE

Whether you are buying a new bike or using one from the garage, choose something affordable that will withstand poor weather. Visit your local bike shop and get measured so you can find a bike that fits you the best. Adjust the seat and handlebars accordingly. Make sure your bike is tuned up with fully inflated tires, working brakes, and smooth shifting gears.

SELECTING A ROUTE

Plan your bike route by using this map or asking other cyclists for advice. Opt for streets with low vehicle traffic and speeds, wider lane widths, and stoplights at busy intersections. Take a test ride of your route ahead of time so you'll know how much time you will usually need. Factor in the time it takes for you to park and lock your bike at the station.

Consider putting a rack on the back of your bike. Items can be bungeed to bike racks directly, stored in bags (called panniers) that are hung from the sides of the rack, or placed in a crate or basket affixed to the rack. Carrying items on a bike rack is generally more comfortable than having heavy items on your back while riding.

STAYING CLEAN

- Ride at an easy pace on the way to work to minimize sweating.
- Use fenders to keep water and mud off of you.
- Ask if your workplace or a nearby health club offers showers for bicyclists.
- Carry deodorant and wet wipes as an inexpensive way to stay fresh.

The fine for trespassing is \$250 and/or 25 hours of community service. You will not be allowed on the train if Metra sees you.

- Do not cross railroad tracks while the gates are lowered, lowering, or raising. Even if you cannot see a train, or if a train has just passed, do not assume it is safe. Only cross when the gates are completely raised.
- Do not cross railroad tracks while the lights are flashing, even if you do not see a train. Wait until the red railroad crossing lights stop flashing, and then cross.
- Look! Listen! Live! Stay Off, Stay Away, Stay Alive!

COMMUTING & MORE

The first few days of bike commuting are usually the most difficult—stick with it! Over time you will find a routine that works for you, will get used to riding with car traffic, and will remember to bring all of the items you need.