





# BIKE TO METRA

*Your guide to bike commuting to and from the Winfield Metra Station*



## SELECTING A BICYCLE

Select the right bike for your commute. No need to compete with Lance Armstrong! Use a bike that's 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.

## WHAT TO DO WITH YOUR BIKE

Bike racks are available in downtown Winfield and the Winfield Metra station.

When locking your bike:

- 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's hard for thieves to cut.

## GOING GREEN AND STAYING CLEAN

- Ride at an easy pace.
- Fenders can keep water and mud off 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

- Cyclists fare best when they act and are treated like others on the road.
- Ride on the right with the traffic flow and follow all signs and signals.
- Ride predictably and in a straight line.
- 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 or dusk.



**F**or many Metra commuters, riding a bicycle to the station is feasible. Bike 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 mentally and physically better

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

- If the bike racks are full, lock your bike to something that cannot be taken apart or easily lifted.

Bicycles are permitted on all weekday trains arriving in Chicago after 9:30 a.m. and leaving Chicago before 3:00 p.m. and after 7:00 p.m., and on all weekend trains. Learn more at [www.metrarail.com](http://www.metrarail.com) or call 630-836-7000.

## CLOTHING

Some bicycle commuters ride wearing their work clothes, 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: drive once a week and bring a supply of clothes to work.

- Never assume a car driver recognizes your presence.
- Cycle defensively.

## 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'll lighten your mental load by not having to search for a place to park your vehicle.