

LAKE FOREST METRA STATIONS

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LEGEND

The map suggests on-road routes and off-road trails for cycling to Metra stations.

Preferred On-Road Bike Routes

- Dark Green Line: More Comfortable
- Light Green Line: Less Comfortable

Off-Road Bike Routes

- Blue Line: Trails
- Light Blue Line: Sidewalks

Other Symbols

- Black Line with Cross-Ticks: Railroad
- Red Star: Metra Stations
- Red Circle: Difficult Intersections

ABOUT THIS MAP

This map identifies on-road routes and off-road trails for cycling to Metra and exploring the community. The roads shown in the network are rated using three relative levels of cyclist comfort and are geared to adults who have at least a moderate level of traffic tolerance. Other cyclists may choose alternate 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. Though some 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 City of Lake Forest, Illinois and is not intended to be a substitute for a person's use of reasonable care. The City of Lake Forest, 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

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Discover how easy and fun a two-wheeled commute can be!



BIKE TO METRA



BIKE TO METRA

*Your guide to bike commuting
to and from the Lake Forest area
Metra Stations*



SELECTING AND PREPARING A BICYCLE

Find a bike that's affordable and can withstand the weather. Position your seat and handlebars for a comfortable fit. Make sure your bike is tuned up with fully inflated tires, working brakes, and smooth shifting gears. A bike shop can help you adjust the bike and find accessories, such as a helmet, lights and a lock. Consider installing fenders, as well as baskets or panniers.

FINDING A ROUTE

Plan your trip by using this map or asking other cyclists for advice. Look for streets with low traffic and speeds, good lane width, and stoplights at busy intersections. If the sidewalk is the only viable option, reduce speed, pay extra attention at intersections, and yield to pedestrians. Do a test ride to learn roughly how much time your trip takes, including locking the bike.

All Pace buses can carry two bicycles. Route information and instructions for loading bikes is at www.pacebus.com. Metra also allows bikes on many reverse-commute, off-peak hour, and weekend trains. Learn more at www.metrail.com.

SECURING YOUR BIKE

When locking your bike:

- Look for a spot that is well lit, covered, and near activity.
- Use a high quality U-lock to secure the frame and at least one wheel to the rack if possible.
- Consider using an extra lock to fasten your rear wheel to the bike frame.
- Secure any removable items on your bike, or take them with you.
- Whenever possible, use a bike rack. No trees or street furniture, please!

STAYING SAFE

- Follow all signs and signals.
- Ride to the right in the direction of traffic.
- Be predictable and ride in a straight line whenever possible.
- Ride in single file, or conditions permitting, no more than two abreast.
- When passing parked vehicles, watch for opening doors.
- Use a helmet, high-visibility clothing, and front and rear bike lights.
- Never assume a driver sees you. Try to make eye contact.

Cyclists fare best when they act and are treated like others on the road! For more information on safe riding and bike laws, see www.bikelib.org/safety-education/adults.

KEEPING UP APPEARANCES

Cycling does not require specialized clothing. Many people simply wear their regular outfits, while others change at their destination. If carrying clothes, roll them to minimize wrinkles. Use an ankle strap to protect pant legs from the chain, or install a chain guard. Another option is to bring a week's supply of clothes to work. If concerned about sweat, ride at a leisurely pace or plan to freshen up at your destination. Some offices have showers; health clubs are another option. Learn more about balancing biking and professional attire at www.bikelib.org/maps-and-rides/bike-commuting.

STICKING WITH IT

It can take a few days—and some logistical experimenting—to gain comfort and confidence with bike commuting. You might be sore at first if you have not been in the saddle for a while. Don't give up! Over time, you will likely settle into a routine, become more accustomed to riding in traffic, and discover how easy and fun a two-wheeled commute can be.

Cycling to Metra can be a pleasant and convenient commuting option. Benefits include:

- Starting the day with physical activity and a mental boost
- Playing a part in helping the environment
- Reducing the stress of finding vehicle parking
- Saving money on gas and parking fees
- Parking closer to the trains

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