Lane Positioning

Always ride on the right with the traffic flow. You'll be more visible to cars, especially at intersections. And, it's the law.

Be rideable. Ride in a straight line and learn how to look behind you without swerving.

Intersection Positioning

At intersections without turn lanes:
1. Go straight, move slightly to the center of the lane — more so if traffic is stopped for a signal — to avoid getting squeezed to the curb by right-turning cars.
2. To turn right, signal your intention and stay to the right.
3. To turn left, check for traffic behind you, signal your intent, and merge into the left part of the lane (if one lane) or left lane (if more than one lane). You also have the option of making a "pedestrian style" left turn. Go straight through the intersection, stop, turn your bike left 90 degrees, and then cross again.

What is LIB?

The League of Illinois Bicyclists (LIB) is the statewide advocacy group for Illinois cyclists, promoting bicycle access, education, and safety. Staff and volunteers provide resources including promotion of bike-friendly roads; more trails and funding; education of cyclists and motorists; and favorable legislation. Check out our website at BikeLIB.org for our latest newsletter and a wealth of resources including maps, safety info for cyclists, a video for motorists, and more.

LIB relies heavily on dues and donations from bicyclists like you. Join over 1,400 Illinois cyclists who support LIB by becoming a member at BikeLIB.org/join.

About This Map

This map was produced by the League of Illinois Bicyclists with input from Rockford Metropolitan Agency for Planning (RMAP), the City of Rockford and local cyclists. It is intended to encourage bicycling as a healthy and enjoyable form of recreation and an energy-efficient, economic, and non-polluting form of transportation.

Sidestep Bicycling

When biking on sidewalks (trails along roads) or side walks, be aware of possible conflicts at side streets, business entrances, and driveways. Look each way before crossing and assume that you are not visible to oncoming drivers. Try to make eye contact and ride defensively. It is also important to be considerate of pedestrians.

Riding in the Bike Lane

Always ride in the direction of traffic. Signal before turning, watch for turning vehicles cutting across the bike lane and drivers in parked vehicles pulling out or opening their door into your path.

Bike 1: Ride on the side of a bike lane when it is not used to park cars to avoid colliding with opening car doors. You may cycle outside of a bike lane that does not provide a safe distance from parked cars.

Bikes 2 and 3: Move out of the bike lane when necessary to avoid hazards or to prevent getting "right hooked" by overtaking right-turning vehicles (Bike 2). Make left turns from the left side of the road, or from the bike lane (Bike 3). To leave the bike lane, you should look backward, signal, and yield to traffic before merging with it.

Bike 4: Expect cars preparing for a right turn into a driveway or intersection street to enter the bike lane. Never attempt to pass a right-turning vehicle on its right, even if there is room for you to get by in the bike lane.

Bike lanes increase safety by encouraging cyclists to ride in the right direction and providing a dedicated lane for cycling. Do not assume that cars will never ride in bike lanes or that you must cycle inside a bike lane when you feel it is unsafe to do so.

Other Information

Status on Roads: By state law, bicyclists are granted the same rights and subject to the same duties as the roads use as motorists. Traffic laws apply to cyclists — ignoring them hurts our public perception. Cyclists fare best when we act and are treated like other vehicles on the road.

Ride in the Direction of Traffic: It’s the law and it makes you more predictable and visible to other road users. Occasionally, check traffic behind you. Become proficient in looking over your shoulder without swerving and considering getting a rear view mirror.

Riding Side by Side: Riding two abreast is permitted as long as the normal and reasonable movement of traffic is not impeded.

Be Predictable: Use hand signals and eye contact to signal your intentions to drivers.

Wear a Helmet: Your brain is worth protecting! Wear the helmet low in the front to protect the forehead. Adjust for a snug fit:
1) EYES: You should see the headlight (and not the helmet) at night.
2) EARS: Straps should form a "Y" over the head.
3) MOUTH: Straps should be loose enough to fit a finger comfortably between them, but tight enough that the helmet is pulled tightly on your head when your mouth is open wide.

Trail Etiquette:

Keep single file when possible.
Announce intend to pass when near someone.
When you are proceeding.

Visibility: Use white front and red rear lights at night or in poor visibility conditions; flashes are particularly effective. At night, a front light and a rear reflector are required by law. Reflector-tape clothing or clothing that is reflective can help you be more visible.

Car Doors: Never ride closer than three feet to a parked car; opened car doors can be a great threat to a cyclist’s safety.