

# BIKE TO METRA

*Your guide to bike commuting to and from the Highland Park and Highwood Metra Stations*



**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.*

## 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 offer the best place to store your bike.

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.
- If the bike racks are full, lock your bike to something that cannot be taken apart or easily lifted. No trees, please!

In addition, call the City and let us know if the racks are consistently full, so that additional racks may be added, if necessary.

Take your bike with you! That way, you'll have your ride with you on both ends of your trip. Metra allows bikes on many reverse commute, off-peak hour, and weekend trains. Learn more at [www.metrarail.com](http://www.metrarail.com) or call 847-836-7000.

## 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.

## 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 – Remember That Your Bike Is a Vehicle!

- Bikes fare best when cyclists 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.
- Never assume that the driver of a car sees you.
- Cycle defensively.

For more tips on safe riding, see [www.bikelib.org](http://www.bikelib.org).

## 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.

# HIGHLAND PARK METRA STATIONS

## HIGHLAND PARK METRA STATIONS

### FINDING A ROUTE

Plan your bike route by using this map or asking other cyclists for advice. Avoid busy streets whenever possible. Instead, look for streets with low vehicle traffic and speeds, good lane width, and stoplights at busy intersections. Try a test ride of your route so you'll know how much time you will regularly need, including the time needed to park and lock your bike at the station.

Loading your bike onto a Pace bus can become part of your commute – or serve as a backup ride home if needed. Find bus route information and learn how to use bicycle racks on buses at [www.pacebus.com](http://www.pacebus.com).



## LEGEND

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

**Preferred On-Road Bike Routes**

- Thick green line: More Comfortable
- Thin green line: Less Comfortable
- Orange line: Less Comfortable

**Off-Road Bike Routes**

- Orange line: Trails
- Blue line: Sidewalks

**Other Symbols**

- Black line with cross-ticks: Railroad
- Red star: Metra Stations
- Green circle: Ped/Bike-activated signals
- Grey triangle: City Hall
- Blue triangle: Police Station
- Red triangle: Fire Stations

### ABOUT THIS MAP

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

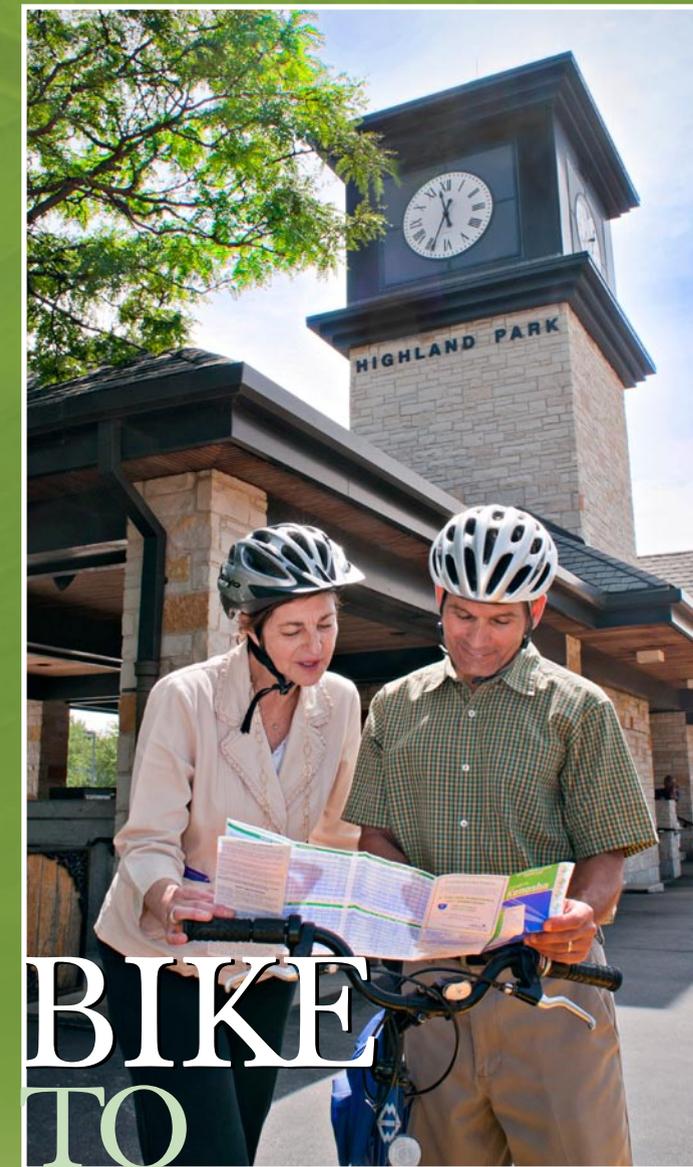
**NOTICE AND DISCLAIMER:** Illinois traffic laws (625 ILCS 5/11-1502) apply to persons riding bicycles. Bicyclists shall be subject to all duties applicable to drivers of a motor vehicle. This map is published as an aid to bicyclists by the City of Highland Park, Illinois and is not intended to be a substitute for a person's use of reasonable care. The City of Highland Park, 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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