

Welcome Friends!



ride
ILLINOIS

The webinar will begin shortly

Ride Illinois Goals

- Bike-friendly roads
- More trails and improved trails
- Favorable legislation and policies
- Cyclist and motorist education
- Share our love of cycling with others

We're make biking better for you!

No Matter Where You Ride in IL,
We're Making Biking Better for You!



- Bike-Friendly Roads
- More and Improved Trails
- Favorable Legislation
- Cyclist and Motorist Education

Ride Illinois is a member-supported nonprofit organization dedicated to **making biking better** across Illinois.

Learn more at rideillinois.org
Contact us at info@rideillinois.org



Join or donate at rideillinois.org

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FKLAW ILLINOIS



**The Original
Bike Taxi**



DERO
A PLAYCORE Company



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ILLINOIS

Working Statewide for Better Biking

www.rideillinois.org
info@rideillinois.org

Q: How can I support Ride Illinois?

- Ride often for recreation and transportation
- Follow the 'Rules of the Road' on every ride
- Promote Ride Illinois to friends and family
- Take and share BikeSafetyQuiz.com
- Share your suggestions and concerns
- Follow us on Facebook, Instagram, and Twitter
- Become a Ride Illinois member!
- Attend the 2020 Illinois Bike Summit



2020 Illinois Bike Summit



Infrastructure
Education
Inclusion

- Keynote speakers, breakout sessions, coffee talks and awards
- Content is relevant for advocates and professionals
- \$20 for Ride Illinois members. \$60 for non-members
- Visit illinoisbikesummit.org to learn more

Cycling for Transportation



ride
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Riding your bike for everyday trips

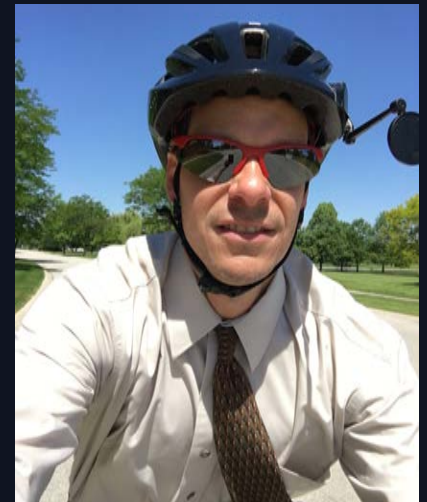
“The greatest threat to our planet is the belief that someone else is going to save it.”

Robert Swan – Arctic Explorer

TREK

“One who chooses to ride a bike for transportation is the most admirable and determined type of cyclist.”

Dave Simmons – Ride Illinois



Four Types of Cyclists

To determine what you require in a bikeway facility

- Strong and Fearless
- Enthused and Confident
- Interested, but Concerned
- No Way, No How



Benefits of Cycling

- For your **health**
- For the **environment**
- On your **finances**
- For your **community**
- On **infrastructure**



Some Health Statistics

38 – number of states in which in bike commuting has increased

14% – percent of youth (ages 10 to 17) in Illinois are obese

48% – adolescents who bike are less likely to be overweight as adults

32% – percent of adults in Illinois are obese

30 – minutes of daily biking lowers a woman's risk of breast cancer

Cost of Owning a Car

\$523 – average monthly car payment

\$8,469 – average annual operating cost

25% – value a new cars loses in first year

16% – amount of income Americans spend on transportation



Cost of Owning a Bicycle

\$400 – average cost of a quality bike

\$308 – average annual operating cost of a bike

\$85 – annual fuel savings by making two weekly short trips by bike

4.6B – amount U.S. cyclists save each year by not driving



Let's Break it Down Further

\$0.62 – average cost per mile to drive a car

\$0.10 – average cost per mile to ride a bike

\$5.20 – savings for every 10 miles cycling for transportation

100-290 – average “miles per gallon” for a bicycle



Some Statistics

??% – of all U.S. car trips are within 1 mile of home

??% – of all U.S. car trips are within 2 miles of home

??% – of the U.S. population commutes 5 miles or fewer to work

“Riding your bike isn’t a chore, it’s a gift to yourself and your planet!”

Some Statistics

17% – of all U.S. car trips are within 1 mile of home

41% – of all U.S. car trips are within 2 miles of home

48% – of the U.S. population commutes 5 miles or fewer to work

“Riding your bike isn’t a chore, it’s a gift to yourself and your planet!”

Recreation vs Transportation

Comparing two common types of cyclist

Recreational Cyclist

- Rides during “free time”
- Rides for exercise or sport
- Rides during nice weather
- Wears special clothing
- Prefers established routes & trails
- Small bag for carrying essentials

Transportation Cyclist

- Rides anytime of the day or night
- Rides to get places or run errands
- Will ride in inclement weather
- Rides in regular clothing
- Chooses route based on destination
- Uses bags or trailer for hauling stuff

Topics We'll Discuss

Transportation Cycling Tips

- Where to begin and choosing a route
- The right bike
- Helmet fit
- Clothing and accessories
- Locking your bike
- Hauling stuff
- Laws and the 'Smart Cycling Philosophy'
- Barriers to cycling for transportation



Q: Where do I begin?

A: Start with short trips and know your limits!

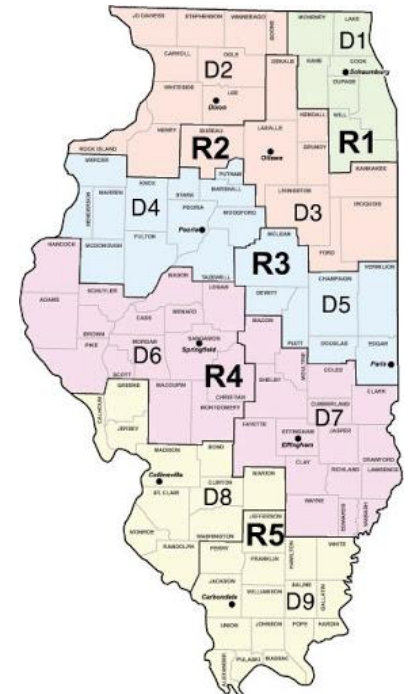
- Choose a nearby destination
- Ask yourself, “Can I bike there?”
- Plan your route before you leave
- Focus on safety and comfort
- Enjoy the ride and your accomplishment!



Q: How do I choose a route?

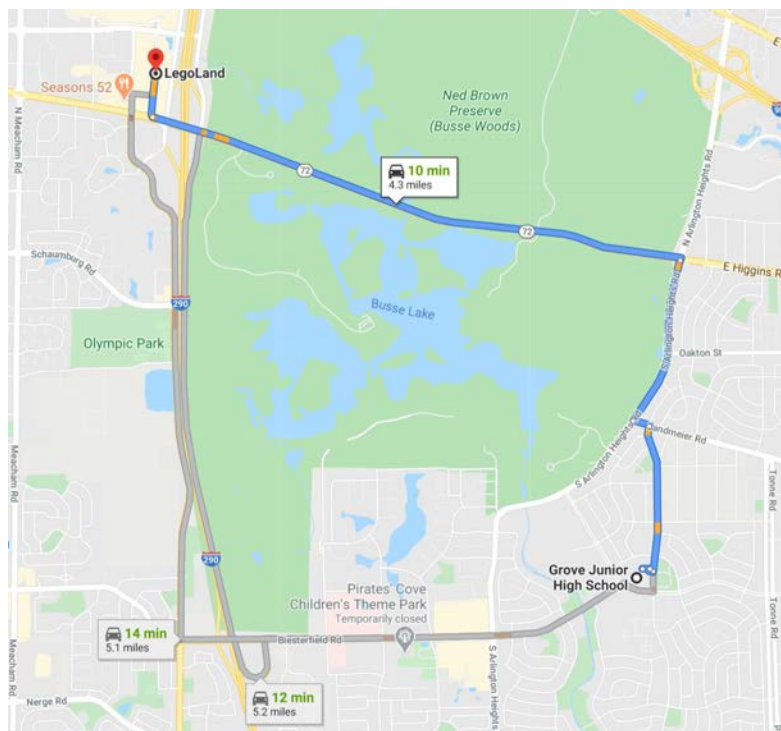
A: there are apps, maps, and online tools available!

- Apps
- Community bike maps
- IDOT bike maps
- Strava Global Heat Map
- Local bike shop
- Other cyclists

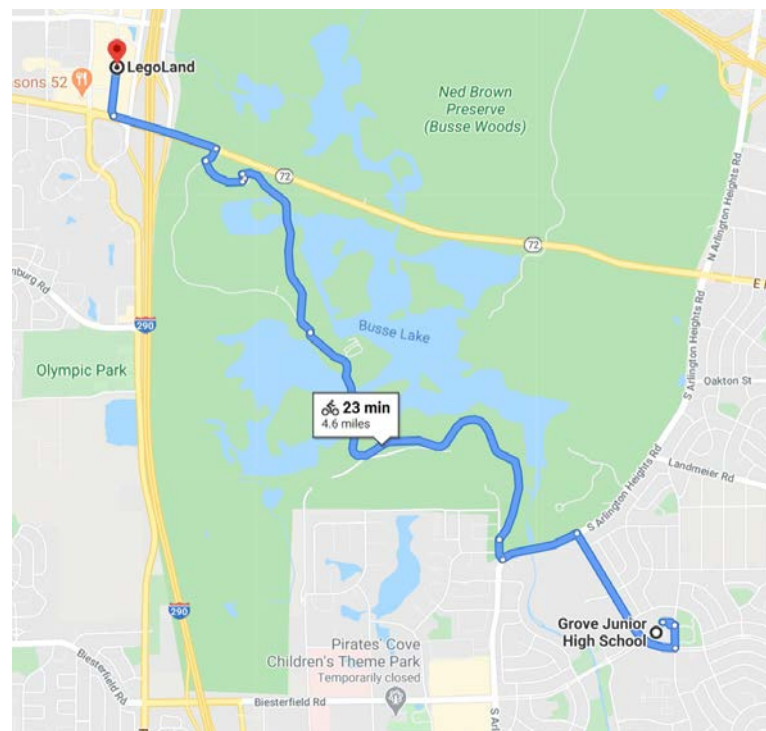


Example: Grove Junior HS to Lego Store

By Car



By Bike



Q: What bike is right for me?

A: you can use just about any bike for transportation!

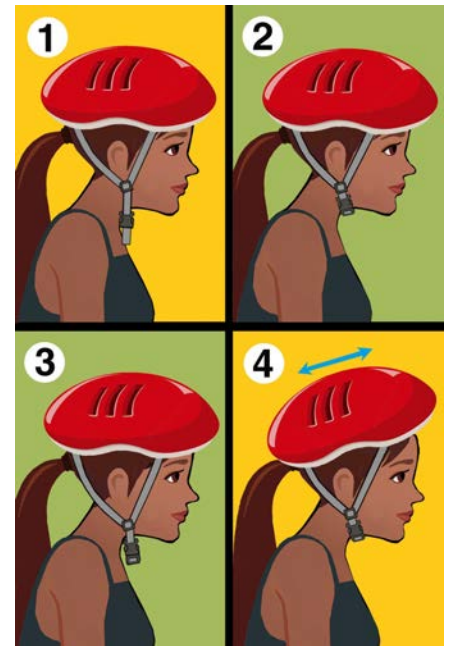
- No need to buy a new bike
- Make sure it fits you
- Do ABC Quick Check
- Get tune up, as needed
- Where to buy a bike



Q: Do I have to wear a helmet?

A: you don't have to, but we highly recommend it!

- Types of helmets
- Proper fitting
- CPSC or ANSI certification
- When to replace?
- Set a good example!



Q: What should I wear?

A: you don't need special clothing!

- Focus on comfort
- Dress for the weather
- Brighter colors are more visible
- Factor in distance of the trip
- Be prepared for your destination



Q: What items should I bring with me?

A: the phrase “be prepared” applies to cyclists too!

- ID card
- Cell phone
- Lock
- Water
- Cash or credit card



Q: How should I lock up my bike?

A: follow these tips to make sure your bike is secure!

- Choose the right lock
- Lock your bike to a solid object
- Lock your bike in a well lit area
- Lock according to value
- Make sure what you lock to can't be cut
- Get a tight fit
- Position lock off ground with keyhole facing down



Q: What can I use to haul stuff?

A: there are lots of options available!

- Backpack
- Frame bag
- Trunk bag
- Panniers
- Cargo trailer
- DIY solutions



Q: What traffic laws apply to cyclists?

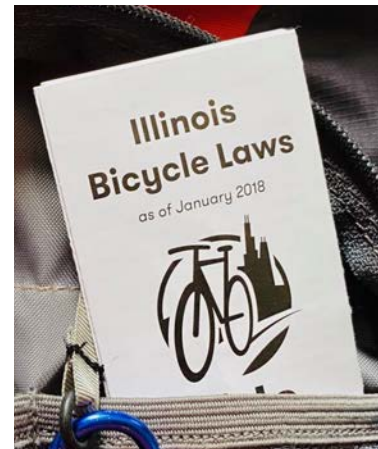
A: many of the same laws that apply to motorists!

- IL Vehicle Code
- Some exceptions
- Riding on the sidewalk
- Laws to protect cyclists
- You represent ALL cyclists
- Bike Law webinar

(625 ILCS 5/11-1502) (from Ch. 95 1/2, par. 11-1502)

Sec. 11-1502. Traffic laws apply to persons riding bicycles. Every person riding a bicycle upon a highway shall be granted all of the rights, including, but not limited to, rights under Article IX of this Chapter, and shall be subject to all of the duties applicable to the driver of a vehicle by this Code, except as to special regulations in this Article XV and those provisions of this Code which by their nature can have no application.

(Source: P.A. 99-785, eff. 1-1-17.)



Q: What is the ‘Smart Cycling Philosophy’?

A: “Cyclists fare best when they act and are treated as drivers of vehicles”

- Foundation of LAB’s education program
- “Drive” your bike!
- What would you do...?
- Communicate, be visible, and be predictable
- Learn more at bikeleague.org/ridesmart



BikeSafetyQuiz.com

- Bronze, Silver, & Gold levels in each quiz
- Range of 25-33 questions per quiz
- Based on relevant Illinois traffic laws
- Spanish and PDF versions available too!

**Adult
Bicyclist**

**Child
Bicyclist**

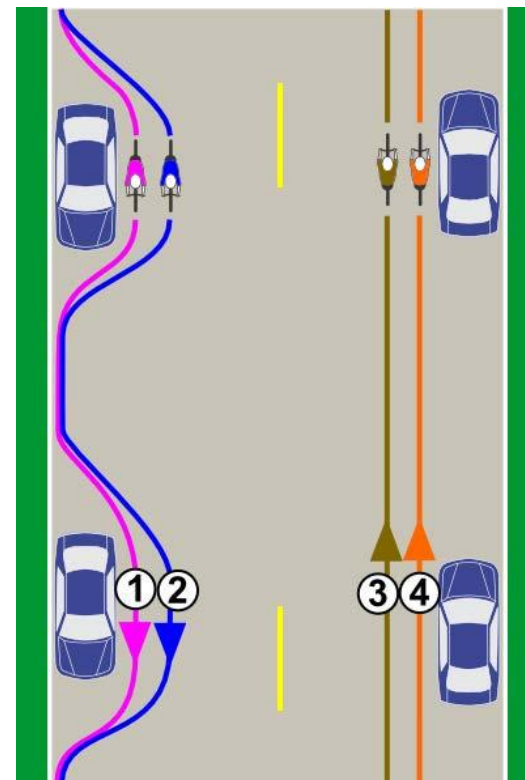
**Motorist /
Drivers Ed**

**Truck
Driver**

Sample BSQ Question

Which is the best path to take on a road with many parked vehicles?

- Magenta path
- Blue path
- Brown path
- Orange path



Barriers to (Transportation) Cycling

“It’s not easy being green.” – Kermit the Frog

- Time
- Weather
- Infrastructure/Parking
- Perception
- Motorists
- Occasion or event
- Amount/size of items



Q: How can I make a difference?

A: advocate for better biking in Illinois!

- League of American Bicyclists
- Ride Illinois
- Active Transportation Alliance
- Rails to Trails
- Local bike/advocacy club
- Ride often!



Time for Questions



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Please keep in touch!

Let's Stay in Touch!



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