

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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PKLAW ILLINOIS



**The Original
Bike Taxi**



DERO

A PLAYCORE Company



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Working Statewide for Better Biking

www.rideillinois.org
info@rideillinois.org

Get back on your bike!



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Tips and useful info for new and returning cyclists

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

Transportation 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!”

Benefits of Cycling

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



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



Q: What bike is right for me?

A: a good bike doesn't have to cost an arm and a leg!

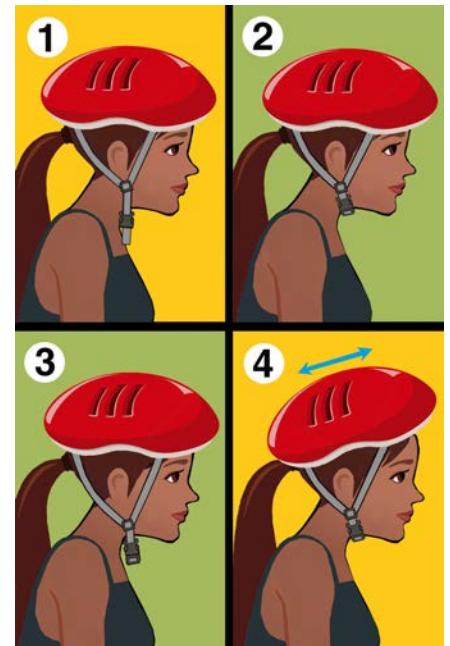
- Types of bikes
- Proper sizing
- ABC Quick Check
- Basic maintenance
- Where to buy



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 when I ride?

A: you don't need special clothing to ride a bike!

- Exercise or recreation
- Running errands
- Commuting
- Racing or touring
- Riding at night



Q: What items should I bring with me?

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

- Wallet or ID
- Spare inner tube
- Pump or CO2 cartridge
- Multitool
- Cell phone



Q: What is the best way to stop?

A: here are some tips to stop quickly and safely

- Use both brakes when stopping
- Right hand controls rear brake
- Left hand controls front brake
- Stay in saddle until stopped
- Lean bike and put foot down
- Different types of brakes



Q: Do I have to change gears?

A: changing gears increases comfort and efficiency

- Right hand controls rear derailleur
- Left hand controls front derailleur
- Higher number = harder to pedal
- Lower number = easier to pedal
- Change one gear at a time
- Aim for comfortable cadence



Q: How can I keep my bike in good shape?

A: below are some tips for maintaining your bike

- Basic maintenance
- ABC Quick Check
- Fix-a-flat
- Online resources
- Local bike shop



Q: What traffic laws apply to cyclists?

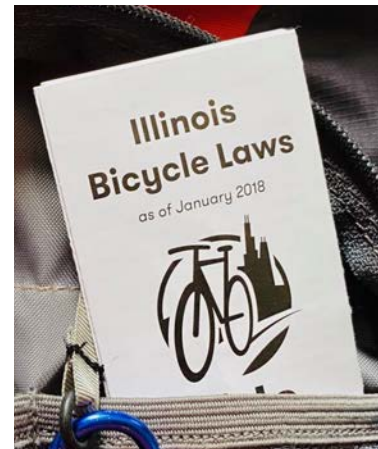
A: many of the same laws that apply to motorists!

- 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: How can I be safe while riding on trails?

A: obey trail etiquette guidelines for everyone's safety!

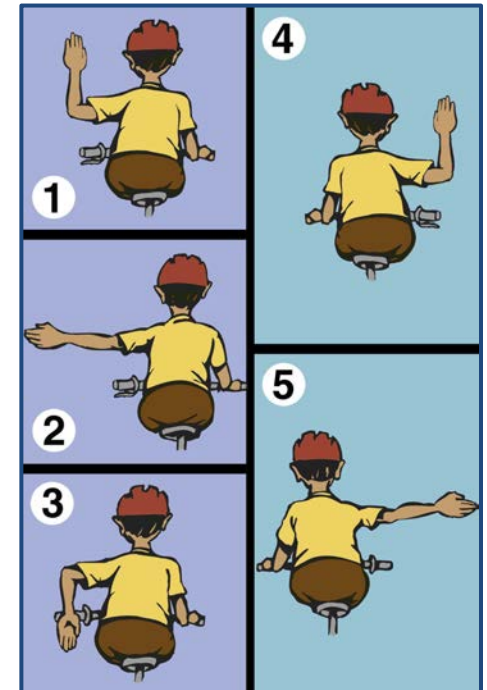
- Announce when passing
- Ride right, pass left
- Slow down for pedestrians
- Move off trail when stopped
- Don't be that guy!



Q: How can I be safe while riding on roads?

A: obey traffic laws, communicate, and be predictable!

- Read beyond the headlines
- Smart Cycling Philosophy
- Ride as far right as practicable
- Crash prevention skills
- BikeSafetyQuiz.com
- Don't be that guy!



BikeSafetyQuiz.com

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

Adult
Bicyclist

Child
Bicyclist

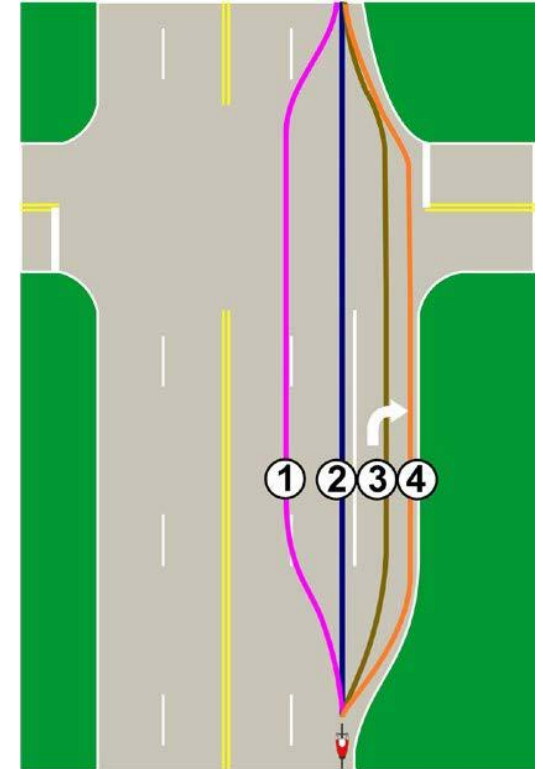
Motorist /
Drivers Ed

Truck
Driver

Sample BikeSafetyQuiz Question

Q: When going straight at an intersection WITH a right turn-only lane, where should you ride?

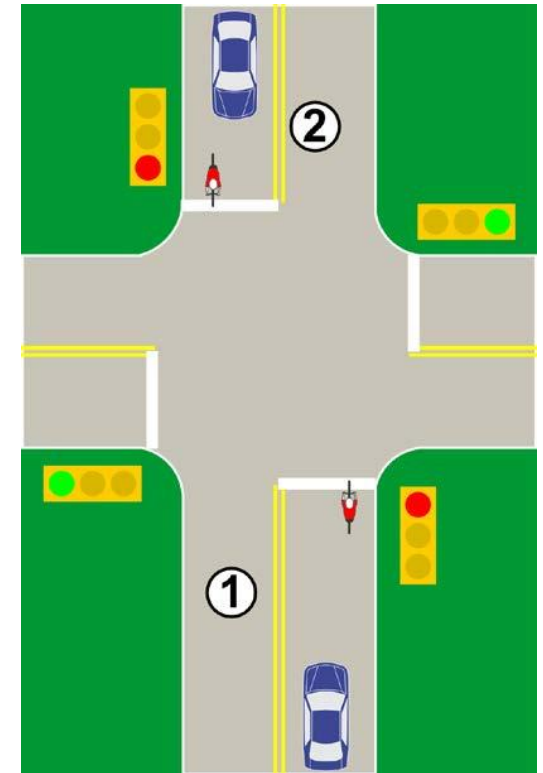
- Position #1
- Position #2
- Position #3
- Position #4



Sample BikeSafetyQuiz Question

Q: A motorist approaches a red light where only a bicyclist is stopped and waiting. Where should the motorist stop the vehicle to wait for a green?

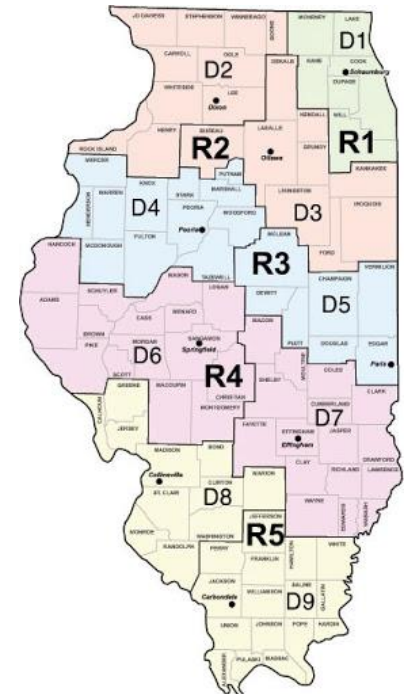
- #1: far behind the cyclist
- #2: closer to the cyclist



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



Q: How can I encourage others to join me?

A: tell them the ways cycling has benefited you!

- But it's not about you!
- Start with a short ride
- Share your enthusiasm
- Offer encouragement
- Teach the ABC Quick Check



Q: How can I safely ride with my kids?

A: focus on safety, offer incentives, and ride often!

- Encourage helmets from an early age
- Ride behind kids
- Introduce signs and road markings
- Decide when kids can ride on road
- Be careful near driveways
- Check out Chicago Family Biking



Q: How can I make a difference?

A: advocate for better biking and join Ride Illinois!

- League of American Bicyclists
- Ride Illinois
- Active Transportation Alliance
- Rails to Trails
- Local bike club
- Just ride!



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
- Follow us on Facebook, Instagram, and Twitter
- Become a Ride Illinois member
- Attend the 2020 Illinois Bike Summit on 9/15
- **Schedule a webinar for your library!**



Time for Questions



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Please keep in touch!

Let's Stay in Touch!



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