



# BIKE TO METRA

*Your guide to bike commuting  
to and from the Tinley Park area  
Metra Stations*



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

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

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

## 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](http://www.pacebus.com). Metra also allows bikes on many reverse-commute, off-peak hour, and weekend trains. Learn more at [www.metrail.com](http://www.metrail.com).

## SECURING YOUR BIKE

When locking your bike:

- Look for a spot that is well lit 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 and in the direction of traffic.
- Be predictable and ride in a straight line whenever possible.
- When passing parked vehicles, watch for opening doors.
- Ride in single file or, conditions permitting, no more than two abreast.
- 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](http://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](http://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.