Bicycle Rules and Safety Tips

- ***Before You Ride***
  Wear a helmet and wear brightly-colored, close-fitting clothes. Snug-fitting clothing not only cuts down on wind resistance, but is less likely to get caught in your equipment. Make sure your bicycle is in tip-top condition. Check tires, chains, brakes, and other moving parts. If you are not sure how to check your bicycle, visit a bicycle shop or talk to a more experienced bicyclist. Plan your route carefully. This map may help you avoid more hazardous routes which will contribute to a safer and more pleasant trip.

- ***When Riding***
  Obey all traffic safety laws and rules as if you were driving an automobile, including all traffic signs, signals, and pavement markings.
  Ride as close as practicable and safe to the right-hand curb or edge of the roadway, expect to avoid hazards such as grates, broken glass or road debris.
  Ride single file on trails and no more than two abreast on roads.
  Watch for signs prohibiting bicycles. Be aware that in Illinois bicycles are prohibited on all interstate highways, freeways, and tollways. Other roads may also prohibit bicycles and are marked as such.

- ***Night Riding***
  Take extra precaution when riding at night. When riding at night, you must have the following:
  1. Front white light visible for a distance of at least 500 feet.
  2. Red rear reflector visible for a distance of up to 600 feet or a steady or flashing red rear light visible from 500 feet.
     You should also wear brightly-colored clothing with reflector stripes for high visibility.

- ***Making Turns***
  Use hand signals for turns and stops:
  1. For a left turn, extend your left arm out.
  2. For a right turn, extend your right hand out or bend your left arm 90° at the elbow with your hand pointing upward.
  3. For a stop, bend your left arm 90° at the elbow with your hand, pointing downward.

  A left turn may be made in one of two ways:
  1. Like a car:
     Use the left-turn lane or left-most lane, stay to the right-hand side of the lane, make your turn when safe and legal to do so;
  2. Like a pedestrian:
     Stay to the right side of the road, cross straight ahead when safe and legal to do so, after crossing, wait at corner for signal or safe passage cross again when safe and legal to do so.

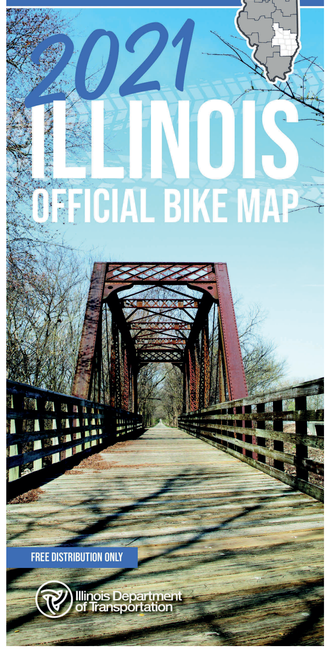
- ***Riding on a Sidewalk***
  Local ordinance may prohibit bicyclists from using sidewalks. Where permitted, bicyclists must yield to pedestrians and give audible signals before passing them. Bicyclists using sidewalks have all the rights and duties of pedestrians. Ride slowly. If you wish to ride fast, ride on the road.

- ***Designated Bicycle Lane***
  When the bicycle lane is properly marked on city streets, the bicyclist should always stay within these boundaries. As bicyclists are riding in their designated lane, they should be aware of parked vehicles and the possibility a motorist could unexpectedly open the door. The "Dutch Reach" method is completed when the motorist reaches across with the hand farthest from the vehicle door when preparing to exit. By performing this simple method, the motorist may automatically turn their body to the vehicle door, thereby, forcing them to look for oncoming bicyclists or other traffic. Some municipalities have roadways with designated bike lanes. Even if bicyclists are not present, vehicles are not allowed to drive, park, idle in this space or pick up passengers in these designated lanes. Bicyclists may need to ride outside a bike lane and motorists should be prepared to safely move around them. The bicyclist must be aware of the directions a moving vehicle is traveling when properly completing a left or right turn.

Information courtesy Illinois Secretary of State and Ride Illinois.

SOUTHEASTERN ILLINOIS - DISTRICT 7

2021 ILLINOIS OFFICIAL BIKE MAP



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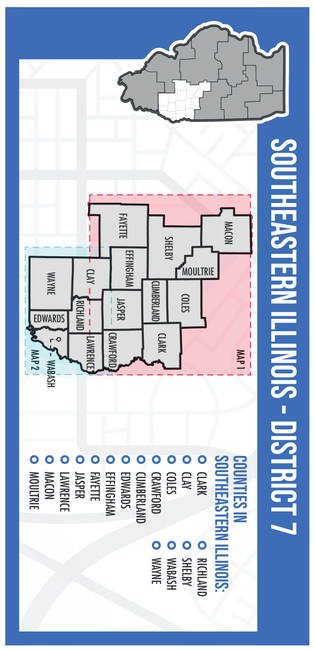

SOUTHEASTERN ILLINOIS - DISTRICT 7

COUNTIES IN SOUTHEASTERN ILLINOIS:

- CLARK
- CLAY
- COLES
- CRAWFORD
- CUMBERLAND
- EDWARDS
- EFFINGHAM
- FAYETTE
- JASPER
- LAWRENCE
- MACON
- MOULTRIE
- RICHLAND
- SHELBY
- WABASH
- WAYNE

MAP 1

LEGEND

BIKE ROUTES
- MOST SUITABLE FOR BICYCLING
- CAUTION ADVISED
- NOT RECOMMENDED FOR BICYCLING
- BICYCLES PROHIBITED
- GRAVEL, OILED GRAVEL, EARTH OR OILED EARTH ROADS — Use at your discretion

ROUTE MARKERS
- INTERSTATE ROUTE MARKER
- U.S. ROUTE MARKER
- STATE ROUTE MARKER
- COUNTY ROUTE MARKER

- ROADSIDE TABLE
- UNINCORPORATED TOWN
- GENERAL AVIATION AIRPORT
- COMMERCIAL AIRPORT
- STATE POLICE
- COVERED BRIDGE
- COLLEGE/UNIVERSITY
- HISTORIC SITE
- RAILROAD
- WATER
- COUNTY BOUNDARY
- TOWN
- STATE PARK & WILDLIFE AREA

0 0.5 1 2 3 4 5 Miles
0 0.75 1.5 3 4.5 6 7.5 9 Kilometers

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