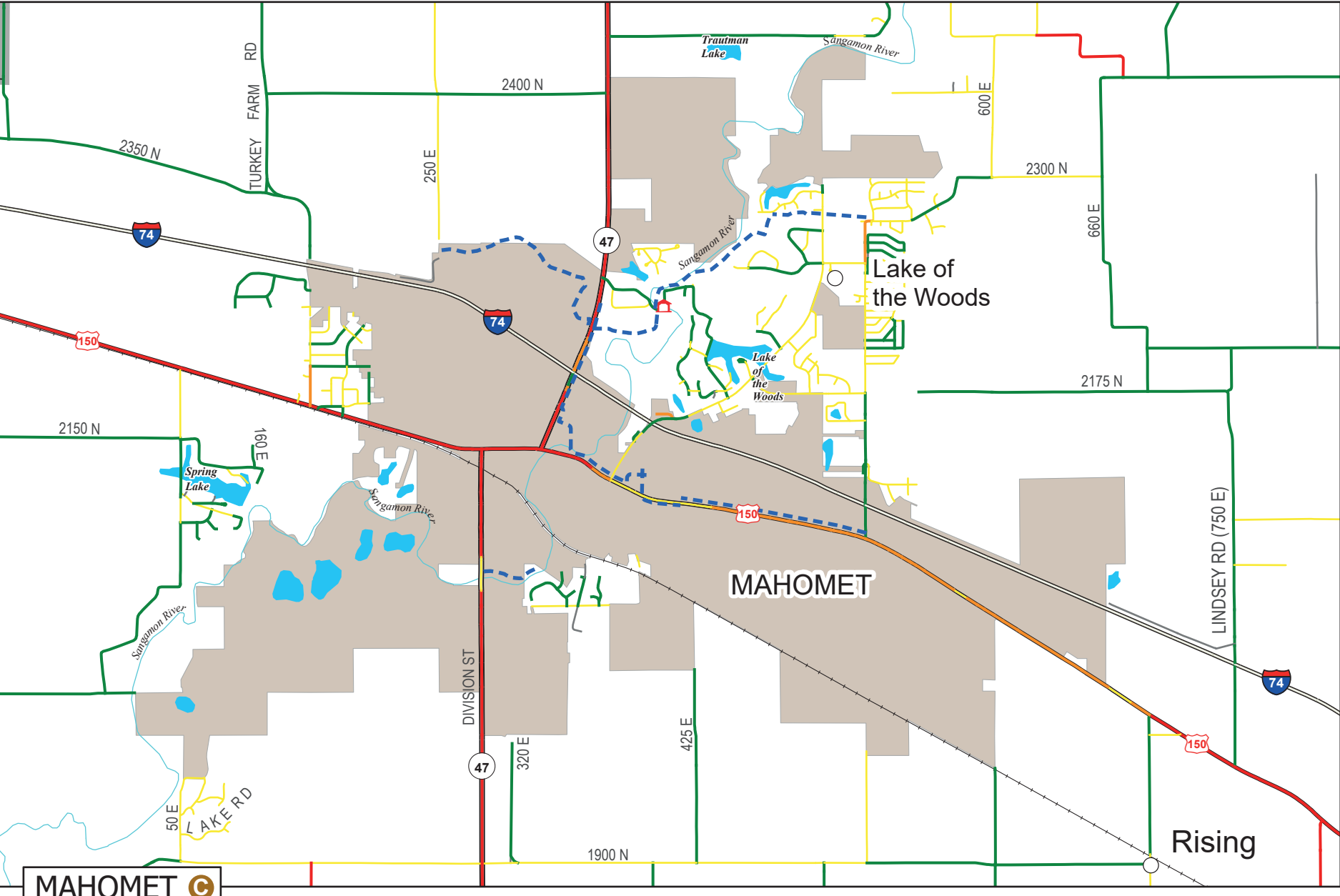
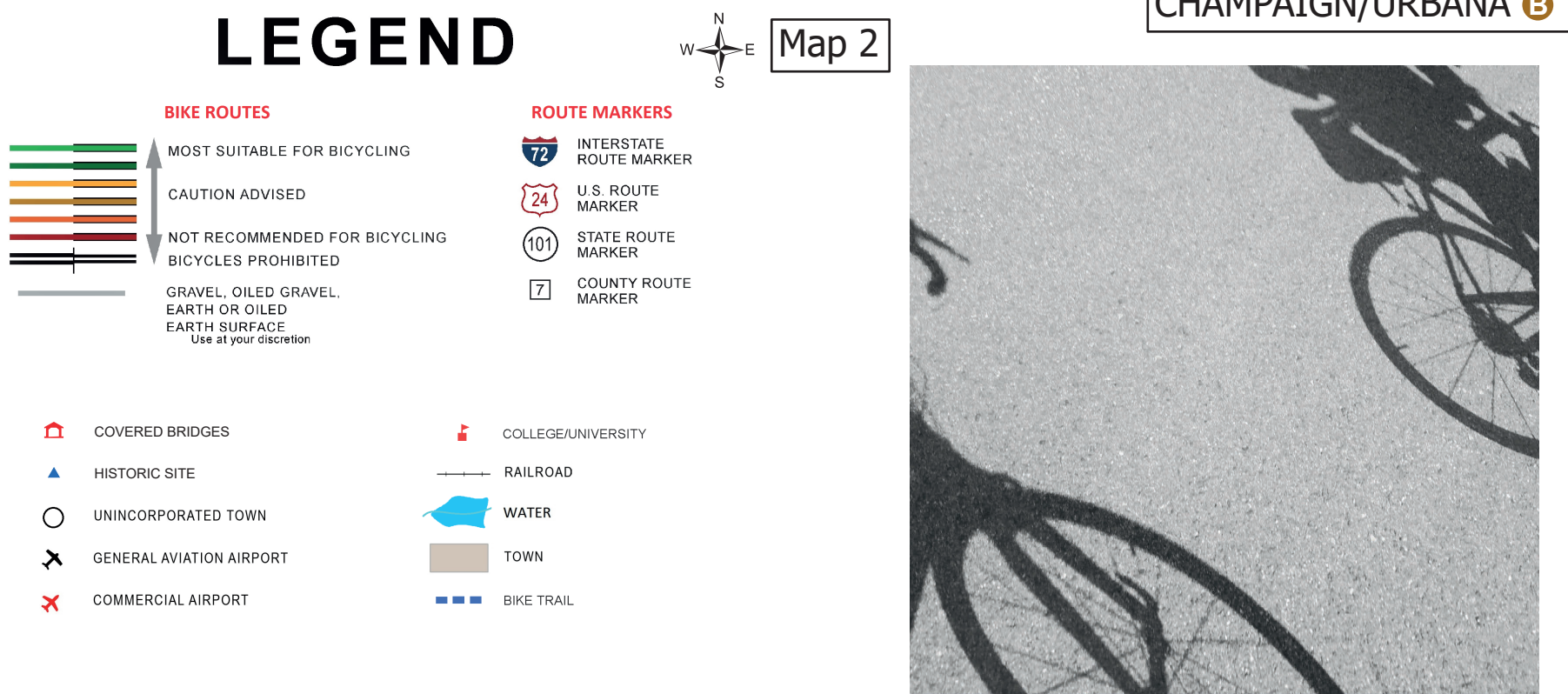
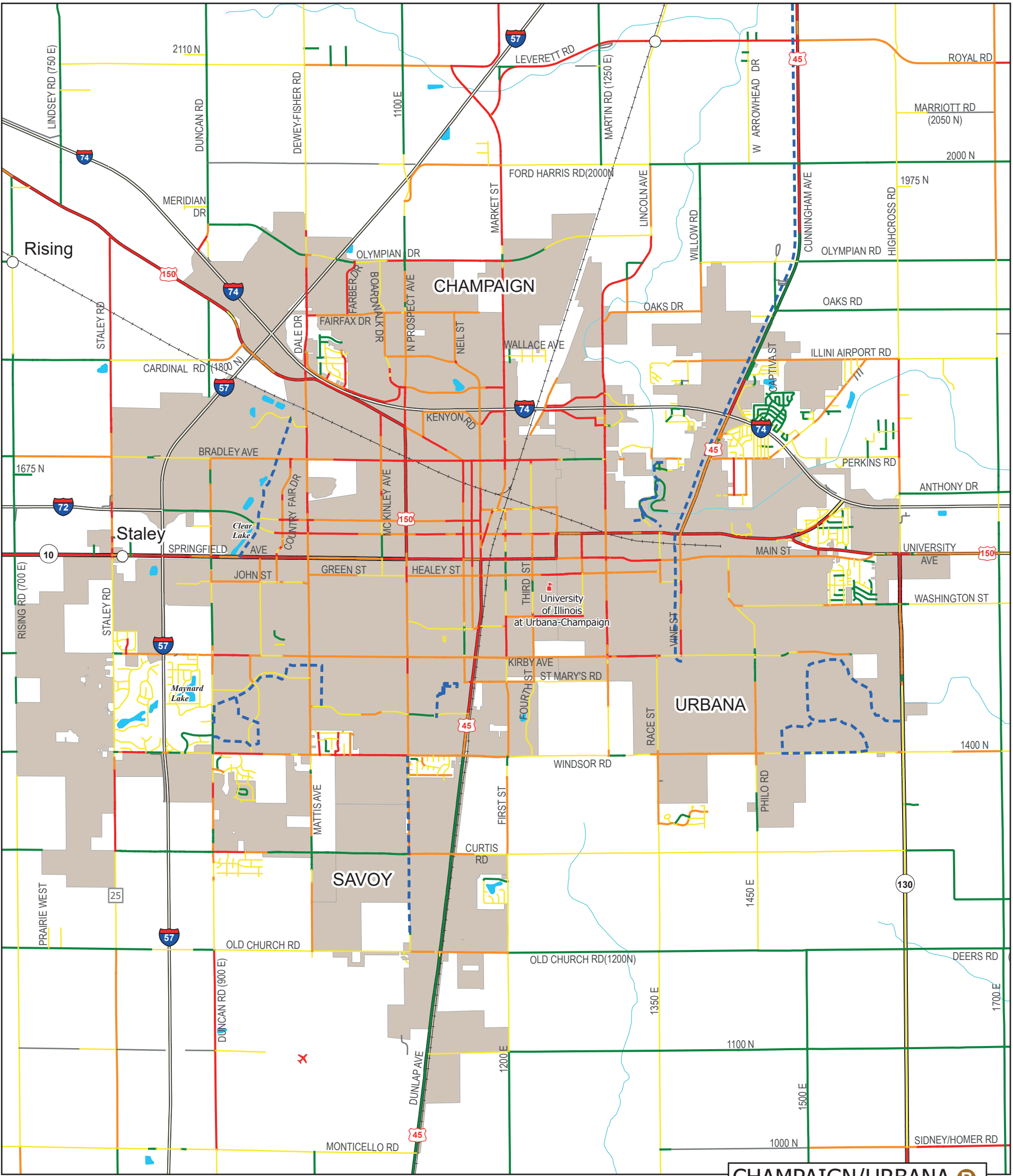
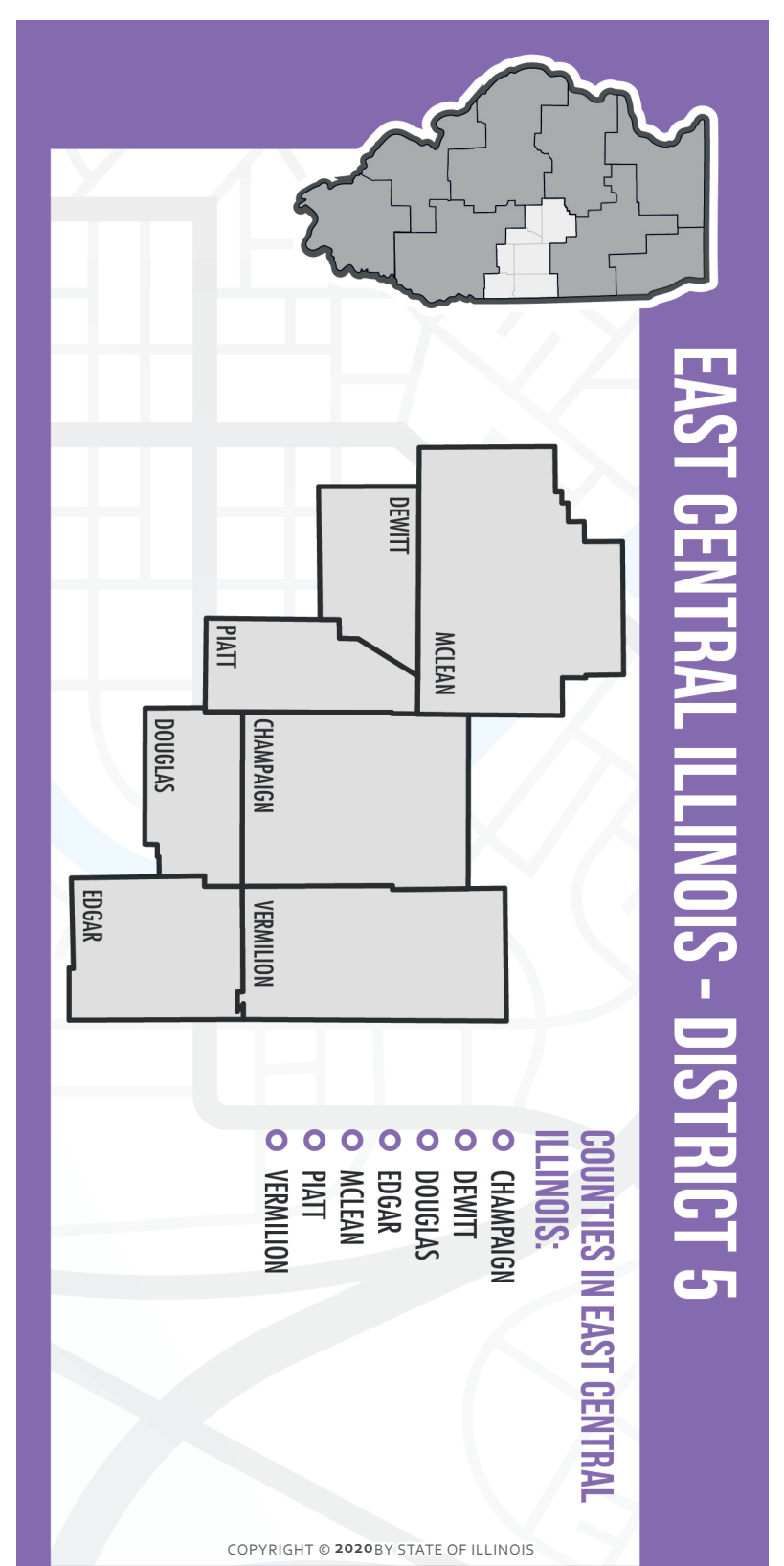
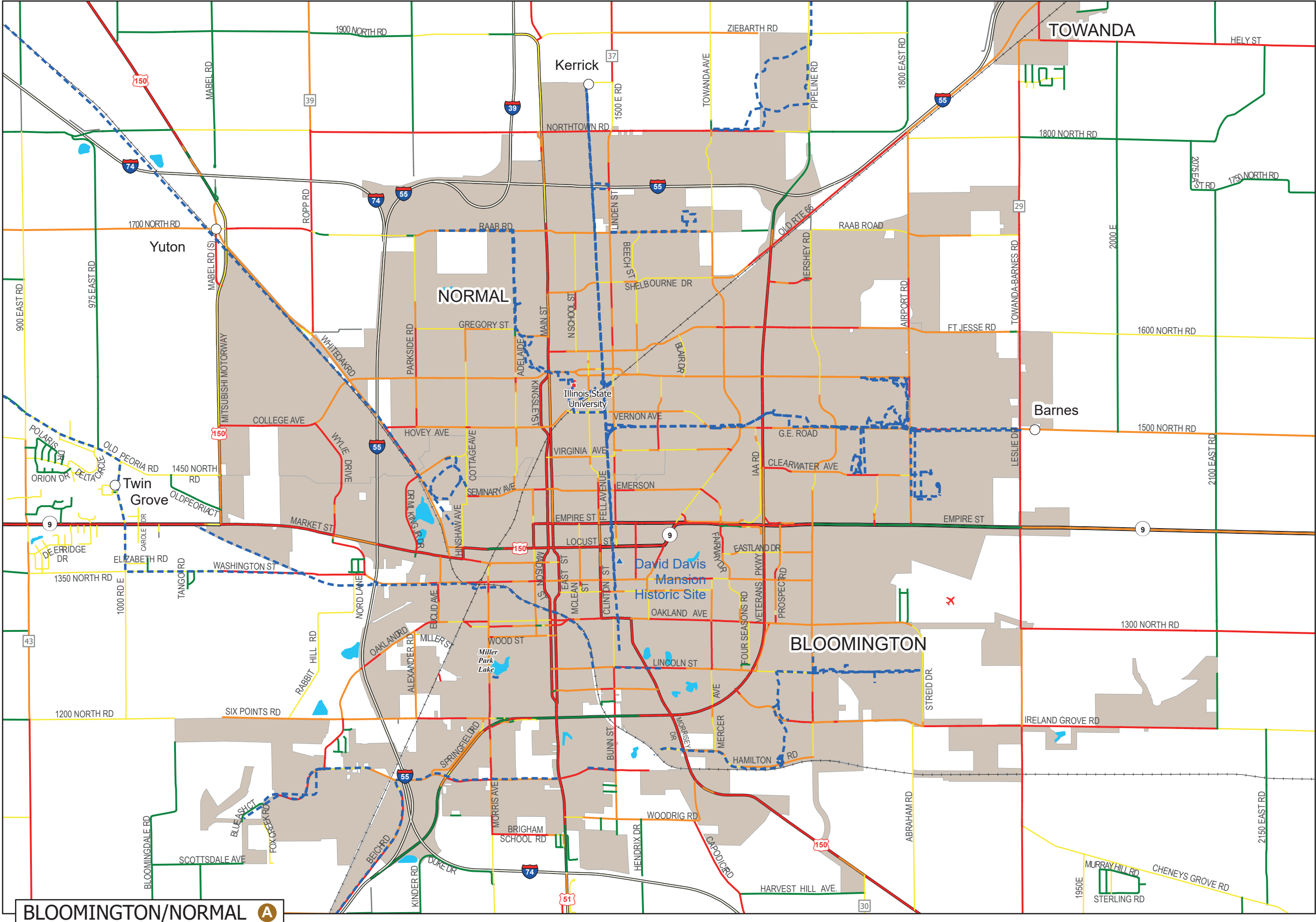


Bicycle Rules and Safety Tips

- 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, except to avoid hazards such as grades, 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:
 - Front white light visible for a distance of at least 500 feet.
 - Red rear reflector visible for a distance of up to 500 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:
 - For a left turn, extend your left arm out.
 - For a right turn, extend your right hand out or bend your left arm 90° at the elbow with your hand pointing upward.
 - For a stop, bend your left arm 90° at the elbow with your hand, pointing downward.Left turn may be made in one of two ways:
 - 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.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 bicycles from using sidewalks. Where permitted, bicyclists must yield to pedestrians and give audible signals before passing them. Bicycles 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 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, etc. 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.



Helmets...
one piece of equipment you can live with.

Be Prepared
Studies have shown that a cyclist not wearing a helmet is between two and three times more likely to suffer a head injury in a crash than one who is wearing a helmet. The League of American Cyclists recommends that cyclists frequently check their helmet for wear and damage and replace the helmets every few years and/or in the event of a crash, in accordance with manufacturers' recommendations.

Buy the Right Helmet
The Consumer Product Safety Commission (CPSC) recommends that you only purchase helmets that have been manufactured in accordance with recognized safety standard, ASTM. Look for a sticker indicating this safety standard on the inside of the helmet.

Please...
...to prevent injuries, wear a helmet. You can live with it.

Same Roads, Same Rules, Same Rights

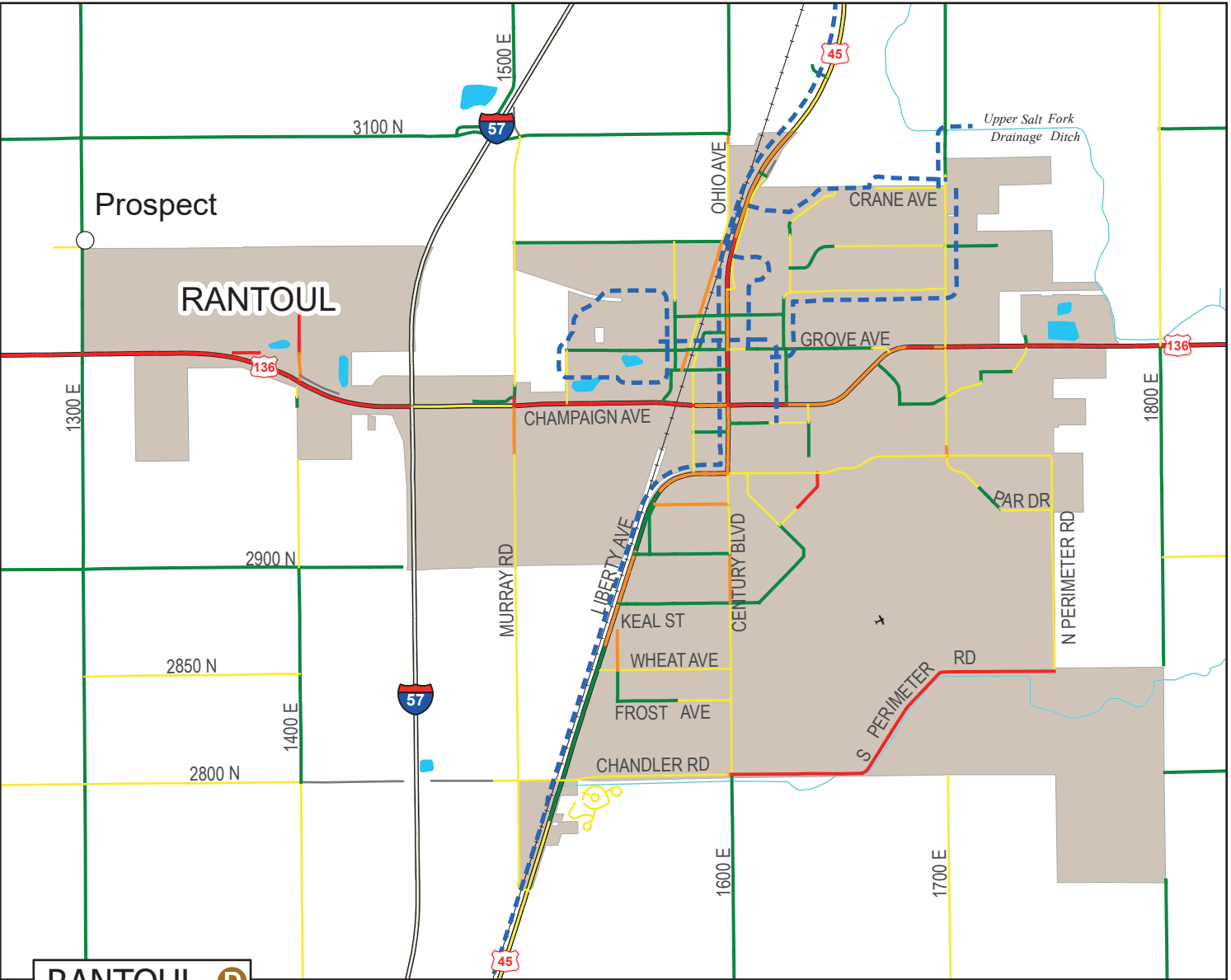
Important Addresses and Phone Numbers
Emergencies - Dial 911

- Amtrak**
1-800-USA-RAIL... www.amtrak.com
- Bike Advocacy Organizations**
National Center for Bicycling & Walking (NCBW)
NCBW is a resident program at Project for Public Spaces, Inc.
NCBW was established in 1977 as the Bicycle Federation of America, Inc. NCBW's mission is to create bicycle-friendly and walkable communities.
www.bikewalk.org, email: info@bikewalk.org
- Active Transportation Alliance, 35 E. Wacker Dr, Suite 1782, Chicago, IL 60601, 312-427-3323. The mission of Active Transportation Alliance is to advocate for walking, bicycling, and public transit to create healthy, sustainable and equitable communities. www.actv.org
- League of America Bicyclists, 1612 K Street NW, Suite 1102, Washington, DC 20006, 202-422-1333. Mission: To lead the movement to create a Bicycle-Friendly America for everyone. As leaders, our commitment is to listen and learn, define standards and share best practices to engage diverse communities and build a powerful, unified voice for change. www.bikeleague.org
- Ride Illinois, 815 Leicester Rd #314, Elk Grove Village, IL 60007, 630-216-9282. The statewide bike advocacy organization works for bike-friendly roads and trails, for favorable legislation, and to educate cyclists and motorists. www.rideillinois.org
- Bus Service**
Greyhound, 800-231-2222
www.greyhound.com
- Department of Natural Resources (State Parks and Recreation Areas)**
IDNR, One Natural Resource Way, Springfield, IL 62702-1271, 217-782-6302 IDNR
www.dnr.illinois.gov, e-mail: dnr.parksadmin@illinois.gov
- Campgrounds, Public**
Illinois Department of Natural Resources (IDNR)
One Natural Resource Way, Springfield, IL 62702-1271, 217-782-6302 IDNR
www.dnr.illinois.gov, e-mail: dnr.parksadmin@illinois.gov
- Hiking Opportunities**
IDNR, One Natural Resource Way
Springfield, IL 62702-1271, 217-782-6302
www.dnr.illinois.gov, e-mail: dnr.parksadmin@illinois.gov
- Historic Agencies / Organizations**
Preservation Services, #1 Old State Capital Plaza, Springfield, IL 62701-1507, 217-782-4836
www.2illinois.gov/dnrhistori
- Road Conditions (Winter) / Road Construction (Spring/Summer/Fall)**
1-800-452-4368, www.gettingaroundillinois.com
- Secretary of State (Bicycle Education / Safety)**
Illinois Secretary of State, Driver Services Department, Traffic Safety Division, 2701 S. Dirksen Pkwy., Springfield, IL 62723, 217-782-6212
www.s2bdrivellinois.com

- State Agencies**
Illinois Department of Natural Resources, Office of Public Services, One Natural Resources Way, Springfield, IL 62702-1271, 217-782-6302
www.2illinois.gov/dnr
- Illinois Department of Transportation, 2300 S. Dirksen Pkwy., Springfield, IL 62764, 217-782-7820
<http://idot.illinois.gov>
- Illinois Historic Preservation Office, #1 Old State Capital Plaza, Springfield, IL 62701-1507, 217-782-4836
www.2illinois.gov/dnrhistori
- Illinois State Police, 801 South Seventh Street, P.O. Box 19461, Springfield, IL 62794-9461
<http://isp.illinois.gov>
- Illinois Secretary of State, Driver Services Department, Traffic Safety Division, 2701 S. Dirksen Pkwy., Springfield, IL 62723, 217-782-6212
www.s2bdrivellinois.com
- State Police**
District 6--(DeWitt, McLean, and Livingston Counties)
800 Old Airport Rd., Pontiac, IL 61764, 815-844-1500
District 10--(Champaign, Coles, Douglas, Edgar, Macon, Moultrie, Piatt, Shelby, and Vermilion Counties) P.O. Box 110, Pesotum, IL 61863, 217-867-2050
District 12--(Clark, Clay, Crawford, Cumberland, Effingham, Fayette, Jasper, Lawrence, Marion, and Richmond) 401 Industrial Dr., Suite A, Effingham, IL 62401, 217-347-2711
www.illinoispolice.org
- Tourism Bureaus**
Illinois Tourism Bureau, 800/2-CONNECT
www.enjoyillinois.com
- Arcola Chamber of Commerce, 135 N. Oak, P.O. Box 274, Arcola, IL 61910, 217-268-4530, www.arcolachamber.com
- Bloomington-Normal Convention & Visitors Bureau, 3201 CIRA DR., Suite 201, Bloomington, IL 61704, (800) 433-8226 / 309-655-0033
www.visitbloom.com
- Champaign County Convention and Visitors Bureau, 17 E. Taylor St., Champaign, IL 61820, 800-369-6151, 217-351-4133
www.visitchampaigncounty.org
- City of Clinton, 118 W. Washington St., P.O. Box 378, Clinton, IL, 61727, 217-935-9438
www.clintonillinois.com
- Danville Area Convention and Visitors Bureau, 100 West Main Street, Suite 146, Danville, IL 61832, 217-442-2096
www.visitdanville.com
- Decatur Area Convention and Visitors Bureau, 202 E. North Street, Decatur, IL 62523, 800-331-4479 / 217-423-7000
www.visitdecatur.com
- Illinois Amish Country
www.illinoisamishcountry.com 217-543-2766
217-762-2583
<https://makemonticello.wordpress.com>
- Tuscola Visitors Center, 214 N. Main St., Tuscola, IL 61953, 800-441-9111
www.tuscolo.org

Central Illinois Information

- Welcome to East Central Illinois**
This map is one of nine bicycle maps for the State of Illinois. It covers a region from Bloomington and Champaign southeast to Paris. Counties covered are Champaign, DeWitt, Douglas, Edgar, McLean, Piatt, and Vermilion as well as portions of adjacent counties. We hope you will find it helpful in planning your next bike trip in north-central Illinois. While you are cycling, we invite you to stop and take in many of the scenic and historic wonders of this region.
- The following is provided to give information about east central Illinois. In it you will find information about natural and scenic features, plant and animal life, important phone numbers and addresses, and helpful tips to make your central Illinois bicycling trip more pleasant. Enjoy your trip in our beautiful state.
- The Terrain**
This region is prime farmland. Long-distance bicyclists will love the very flat terrain of east central Illinois. The terrain becomes more rolling in the southern third of the region, primarily due to the number of larger streams and rivers that cut through it. Only a few challenging hills exist.
- Lakes, Rivers, and Streams**
This area is dominated by several state parks and recreation areas. These areas are popular boating, fishing, and swimming destinations for people from all over the state. There is plenty of camping, and numerous boat access points.
- Although many rivers and streams wind through the area, there are few public access points for fishing or boating. A notable exception is the Middle Fork of the Vermilion River. A section of this river has been designated as a Wild and Scenic River, the only one in Illinois.
- Plants and Animals**
One of the most heavily farmed regions of the state, bicyclists are most likely to encounter corn and soybeans. Many birds and animals have adapted to farmed areas, while along streams and lakes and in state parks and conservation areas, a number of native species flourish. In August and September, the rows of corn are seven feet high, forming living walls on each side of the road.
- Typical wooded areas fall under two broad categories: oak-hickory uplands and elm-ash-soft maple bottomlands. Other species found are beech--more prevalent in the eastern half of the region--and widely scattered groves of sugar maple, as well as walnut, sycamore, willow, cottonwood, horse chestnut, and gum. Pine trees exist almost exclusively in plantations and are not native to the area. A few native stands of tall-grass prairie are still in existence--primarily on protected lands.
- A number of animal species feed at home in the corn and soybean fields, most prominent being the red-winged blackbird roosting in fences and rebarbed poles next to fields. Robins, blue jays, and a number of other birds also are common in farmed areas.
- Deer are ubiquitous, as well as the squirrel. In wooded areas raccoons and rabbits are more common. Less common, but still frequently spotted, is a variety of non-poisonous snakes such as the garter and the prairie king. Poisonous species are quite rare. Frogs of all types live in streams and lakes and can be heard most summer nights. Occasionally, small lizards may be spotted.



The Rating System - Bicycle Level of Service
In an effort to provide cyclists with information on the suitability of roads for cycling in the state, the Illinois Department of Transportation (IDOT) calculated a bicycle level of service (BLOS) (1) for thousands of road segments. IDOT maintains a computer database of most roads in the state and used this to generate six scales of bicycle service. These scales were color-coded on these maps, from bright green for most suitable to dark red for least suitable. The following factors are included in the calculation of the BLOS.

- Traffic volumes - average daily traffic, peak traffic volumes and directional traffic
- Speed of traffic
- Percentage of truck traffic
- Pavement condition
- Lane and shoulder widths and number of lanes
- On-street parking

As an example, a road with moderate traffic may still rate high for suitability if it has wide outside lanes, wide shoulders, and a good road surface. All gravel and earth-based roads are shown as gray and the BLOS has not been calculated for them. These roads are generally unsuitable for bicycling. However, roads with an oil-and-chip surface provide a hard surface suitable for riding and have been included. Bicyclists should exercise caution, however, because the suitability of this and all surfaces can vary with the seasons and the general conditions of the particular road.

All roads that have been assigned colors are reassessed every three years, so it is possible that roadway conditions, and thus ratings, may have changed since the information was gathered. **Who the Rating System is for**
These green/yellow/red ratings are offered only as general information for adult cyclists of average or better than average experience and who are comfortable sharing the road with vehicular traffic. (Note: This map is not intended as a guide for children.) More experienced cyclists may find the yellow roads very satisfactory, but this color may have more value on a person-to-person basis. Inexperienced bicyclists should exercise added caution and ride with more experienced cyclists.

Limitations of the Rating System
Vertical grades (hills) are numerous in the southernmost and northwestern portions of our state. This information is not included in the rating system at this time. An experienced cyclist knows hills can present significant physical challenges and recognizes that precautions should always be taken when cresting hills that could limit the cyclist's visibility to vehicles coming from behind. Cyclists should always ride to the right edge of the roadway and comply with all bicycle rules of the road. We recommend the use of pole-mounted flags for added visibility.

Other Items
Roadways are generally designed to keep rush-hour traffic at a tolerable level. Although the ratings for roadways on this map are partially based on average and peak traffic, roads that are more tolerable at off-peak times may be more intolerable for cycling at rush hour. Additionally, roads around resort or recreational areas (which may be marked green on the map) may be subject to periodic or irregular high-volume traffic. Before you plan a bicycle trip, determine which sites along your intended route are having special events. Not all traffic peaks can be anticipated.

Other Activities
William M. Stoeckel Planetarium, 217/351-2446
www.parkland.edu/planetarium
2400 West Bradley Avenue, Champaign. See the stars, planets, and the larger universe in the second largest planetarium in Illinois.

We have attempted to include as much useful information as possible without cluttering the map. Not all information can be included. We hope this map is a useful guide as you plan your bicycling excursion. **Always wear a helmet and obey the rules of the road. Have a safe and enjoyable trip.**
1) Landis, Bruce, "Real-Time Human Perceptions: Toward a Bicycle Level of Service," Transportation Research Record 1578 (Washington DC, Transportation Research Board, 1997).



- Visitor Information**
Champaign County Convention & Visitors Bureau
17 E. Taylor St., Champaign, IL 61820
800/369-6151
www.visitchampaigncounty.org
- Historic Sites**
Champaign County History Museum, 217/356-1010
102 E. University Ave., Champaign
www.champaigncountyhistory.org
The museum is housed in the historic Cattle Bank and catalogs the history of Champaign County.
- Museums**
Spurlock Museum, 217/333-2360
600 S. Gregory St., Urbana
This fascinating museum displays exhibits from anthropology, botany, zoology, and geology.
- Nature/Outdoor Activities**
With 72 parks in the area (almost 900 acres), picnicking, golfing, swimming, tennis, fishing, baseball, basketball, and a myriad of other outdoor activities are within a few blocks of most parts of town. For more information, contact the Champaign Park District at 217/398-2550, www.champaignparks.com, or the Urbana Park District at 217/367-1544, www.urbaparks.org
- An excellent bike map of Champaign-Urbana is available free of charge by contacting the Champaign County Regional Planning Commission, 1776 E. Washington St., Urbana, IL 61802, 217/328-3315, www.ccrpc.org

The Arboretum, arboretum.illinois.edu.
Lincoln & Florida Avenues - Urbana. The University of Illinois is making a strong statement about preserving the world's natural beauty by constructing a University Arboretum. Visitors can learn and experience nature's four seasons in a single setting.

University of Illinois Idea Garden, www.extension.illinois.edu/cfr/idea-garden.
This site is a national test plot for annual flowers. Spectacular colors grace this garden from mid-summer to early fall.

Allerton Park & Retreat Center, 217/333-3287, allerton.illinois.edu
515 Old Timber Road, Monticello, Illinois 61856. Allerton Park was named one of the seven wonders of Illinois. The park consists of 1,500 acres with sculptures, hiking trails, formal gardens, and a century-old, Georgian-style mansion with a reflecting pond.



- The Arts**
State Farm Center, 217/333-2923 (Information), 217/333-5000 (Tickets) www.statefarmcenter.com
1800 S. First St., Champaign. In addition to college basketball, the State Farm Center hosts many live musical events and other big-name entertainment each year.

Kranert Art Museum/Kinkadee Pavilion, 217/333-1861
www.kam.illinois.edu, e-mail: kam@illinois.edu
500 East Penbody Drive, Champaign. The second largest art museum in Illinois, its collection covers much of the history of art.

Kranert Center for The Performing Arts, 800/KCPATIX (For Tickets) (Tickets) www.statefarmcenter.com
1800 S. First St., Champaign. First-class collegiate basketball, the Fighting Illini, plays here.

Sporting Events
State Farm Center, 217/333-2923 (Information), 217/333-5000 (Tickets) www.statefarmcenter.com
1800 S. First St., Champaign. First-class collegiate basketball, the Fighting Illini, plays here.

Other Activities
William M. Stoeckel Planetarium, 217/351-2446
www.parkland.edu/planetarium
2400 West Bradley Avenue, Champaign. See the stars, planets, and the larger universe in the second largest planetarium in Illinois.