**Bike**

**I DON’T KNOW HOW TO RIDE**
- Learn to ride at any age! Register for a lesson by a League of American Bicyclists Certified Instructor. Lessons usually last 1 hour and cost $50/hour.
- Visit chicagobicycle.org or email info@ChicagoBicycle.org for more information.

**I'M CONCERNED ABOUT BIKING IN CAR TRAFFIC OR AM A BEGINNER**
- Try quiet neighborhood streets and nearby trails where cars are not allowed.
- Bike with others for safer riding.
- Connect with Women Bike Chicago (womenbikechicago.org) and get a bike mentor who will help you navigate the streets of Chicago.
- Connect with Chicago Bike Buddies (chicagobikebuddies.com) to find an experienced bicyclists who will help you gain confidence on the road.

**WHAT SHOULD I WEAR?**
- You can generally wear everyday clothes when you bike. If you prefer, choose thin natural fabrics and sweat-wicking polyester fabrics for staying cool and looking nice.
- Wear bright/reflective clothing and use appropriate lighting (e.g.- white in front, red in rear) and reflectors at night to maximize your visibility.
- Consider an upright riding bike with a chain guard, skirt guard and fenders to keep your clothes free of debris. Use an ankle strap to keep your pants' cuff clean.

**I'M CONCERNED ABOUT GETTING SWEaty**
- 1 mile of walking is equivalent to 3 to 5 miles of biking. If you can walk one mile without breaking a sweat, you won’t have a problem on a short bike ride.
- If needed, plan ahead by bringing deodorant, a towel, or a change of clothes. Store professional clothes at your office to wear once you arrive.

**I DON’T WANT TO MESS UP MY HAIR**
- Consider a simple hairstyle that is less affected by helmets. Or bring a brush.
- Wear a hat or bandana under your helmet to reduce marks from helmets and the effects of wind on your hair.

**WHERE CAN I BUY BIKE GEAR OR A NEW BIKE? WHERE CAN I GET MY BIKE REPAIRED?**
- Try local bike shops for bike repairs, purchasing lights, helmets, locks, clothing, new and used bikes, etc.

**FIND THE BIKE SHOP CLOSEST TO YOU IN THIS CHICAGO BIKE SHOP DIRECTORY:**
- chicagobikeshops.info

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**WHAT IF I’M NOT IN GOOD SHAPE, HAVEN’T BEEN ON A BIKE IN A WHILE, OR HAVE HEALTH ISSUES?**
- It’s all about baby steps! Try riding a block or two on a side street and see how you feel. Most people are surprised at how quickly they are able to build up stamina on a bike. Start by visiting nearby shops, restaurants, parks, and other destinations that are less than a 10 minute bike ride away.
- Bike slowly and at a pace that’s comfortable for you. It’s not a race! Enjoy the breeze, the view, and have fun.
- Try shorter trips or combine trips with transit. Walking and transit may be better options in some cases.

**HOW CAN I CARRY MY GROCERIES OR OTHER ITEMS?**
- You can purchase a bike basket, front and/or rear rack, or panniers at any bike shop.
- You can also make your own basket - try a milk crate!
- A good old-fashioned backpack works too.

**WHAT IF THE WEATHER GETS BAD WHILE I’M ON MY BIKE?**
- Be prepared - bring layers and a rain jacket if you are going on a long bike ride.
- You can also bring your bike on the bus or train if needed (see below).
- To keep your bike seat dry, store a shower cap in your bag or under your bike seat, and put it on your bike seat if it might get wet.

**HOW DO I LOAD MY BIKE ONTO A BUS OR TRAIN?**
- Bikes can be rolled on the CTA trains any time except during holidays and rush hours (7am to 9am, 4pm to 6pm).
- Bikes are welcome on the front racks of buses at all times.
- Visit transitchicago.com/bikeandride/ for more details.

**I’M AFRAID OF GETTING MY BIKE STOLEN**
- Invest in a secure U-lock to lock your frame and at least one wheel to a bike rack or immovable object. For added security, secure your other wheel with a second lock or chain. Never use a chain lock without a U-lock.
- Register your bike with the Chicago Police Department online. Search for “bike registration” at chicagopolice.org.
- If your bike is stolen, you should report it with the police and on the Chicago Stolen Bike Registry: chicago.stolenbike.org.

**HOW DO I CHOOSE A ROUTE?**
- Request a free Chicago bicycle map or download online (chicagocompletestreets.org/resources/cycling/)
- Plan your route with Google Maps (maps.google.com), Goroo Chicago Trip Planner (goroo.com), or any number of smartphone apps, such as RideScout (ridescoutapp.com) or CityMapper (citymapper.com/chicago).

**WHAT ARE SOME BASIC BIKE SAFETY TIPS?**
- Ride with traffic, not against it.
- Obey all traffic laws, signs and signals. Cross major streets at traffic signals.
I'm concerned about biking with my kids

- Communicate with drivers and signal your intentions using hand signals.
- Ride on streets with bike lanes and enough room to ride outside of the "door zone" when riding alongside parallel parked cars.
- Consider riding on residential streets when starting out, even if they take you a bit out of the way.
- Do not ride on the sidewalks. It is illegal for adults (age 12 and over) to ride on sidewalks in Chicago and cars and pedestrians are not expecting it.
- Take the Ride Illinois safety quiz to learn more: bikesafetyquiz.com and learn about bike laws at chicagocompletestreets.org.

I'm concerned about my personal safety while walking

- Be aware of your surroundings. If you feel unsafe, pop into a local shop. Take your cell phone in case you need to call 911 or a friend.
- Walk with others.
- Making eye contact with drivers can help you know whether they see you in crossings. Remember to look both ways before crossing — it's not just for kids.
- Avoid areas with overgrown bushes, confined spaces, or poorly lit areas. Try to find routes with plenty of people around.
- Avoid walking late at night.
- Making eye contact with drivers can help you know whether they see you in crossings. Remember to look both ways before crossing — it’s not just for kids.

I have too much to carry

- Plan ahead and bring along a cart or backpack. In some circumstances, other forms of transportation may be more appropriate.