

Midlothian Bicycle Loop



ACTIVE
TRANSPORTATION
ALLIANCE

Bremen High School



Midlothian Park District

Theft Prevention

Most bike thefts are due to unlocked or improperly locked bikes. Following these tips will help prevent your bike from being stolen.

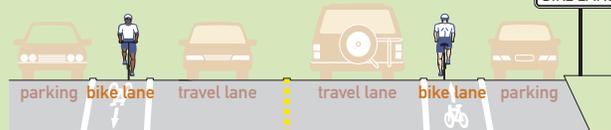
- 🔒 **Never** leave your bike unlocked—not even for a second.
- 🔒 **Always** use a high-quality U-lock or chain. For added security, use both.



- 🔒 Always lock the frame and front wheel to either a rack or pole (see illustration 1).
- 🔒 For extra security, remove the front wheel and lock it with the frame and rear wheel (see illustration 2).
- 🔒 **Note** Some bike locks with cylindrical keys may be opened with a pen or similar object. Check with your local bike shop to determine the need to upgrade or replace your lock.

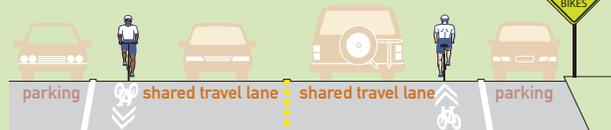
Types of Bikeways

Bike Lanes



- 5' to 6' wide section on each side of the street reserved for bicycle use.
- Usually established on streets with lots of traffic.
- Special pavement markings and signs identify the lanes.

Marked Shared Lanes



- Cars and bicycles share the street.
- Usually established on streets with lots of traffic that are too narrow for bike lanes.
- Special pavement markings direct bicyclists to ride outside the "Door Zone" (see "Door Zone" panel). Markings and signs also encourage cars to share the lane with bicyclists.

Bike Routes



- Cars and bicycles share the lane.
- Many bike routes have signs showing the direction and distance to destinations.
- Bike routes are usually on streets that aren't wide enough for bike lanes but are good streets for biking.

Multi-use Trails



- Paved paths are for bicyclists, walkers, runners, and in-line skaters.

Communicate

State Law (ILCS 9-21-11-2) requires cyclists to obey all the same traffic laws as motorists. Laws like stopping at stop signs, obeying stop lights, and yielding to pedestrians in crosswalks.

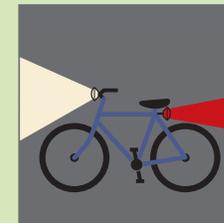


Use hand signals so that drivers know where you're going. Signal all your turns and stops ahead of time. Also, before turning, look over your shoulder for any traffic. Check and only move when it's safe.



Confirm your presence with motorists

Eye contact is good, a wave is even better. If you are unsure if a motorist sees you, use extra caution before proceeding.



See. Be seen. Be heard.

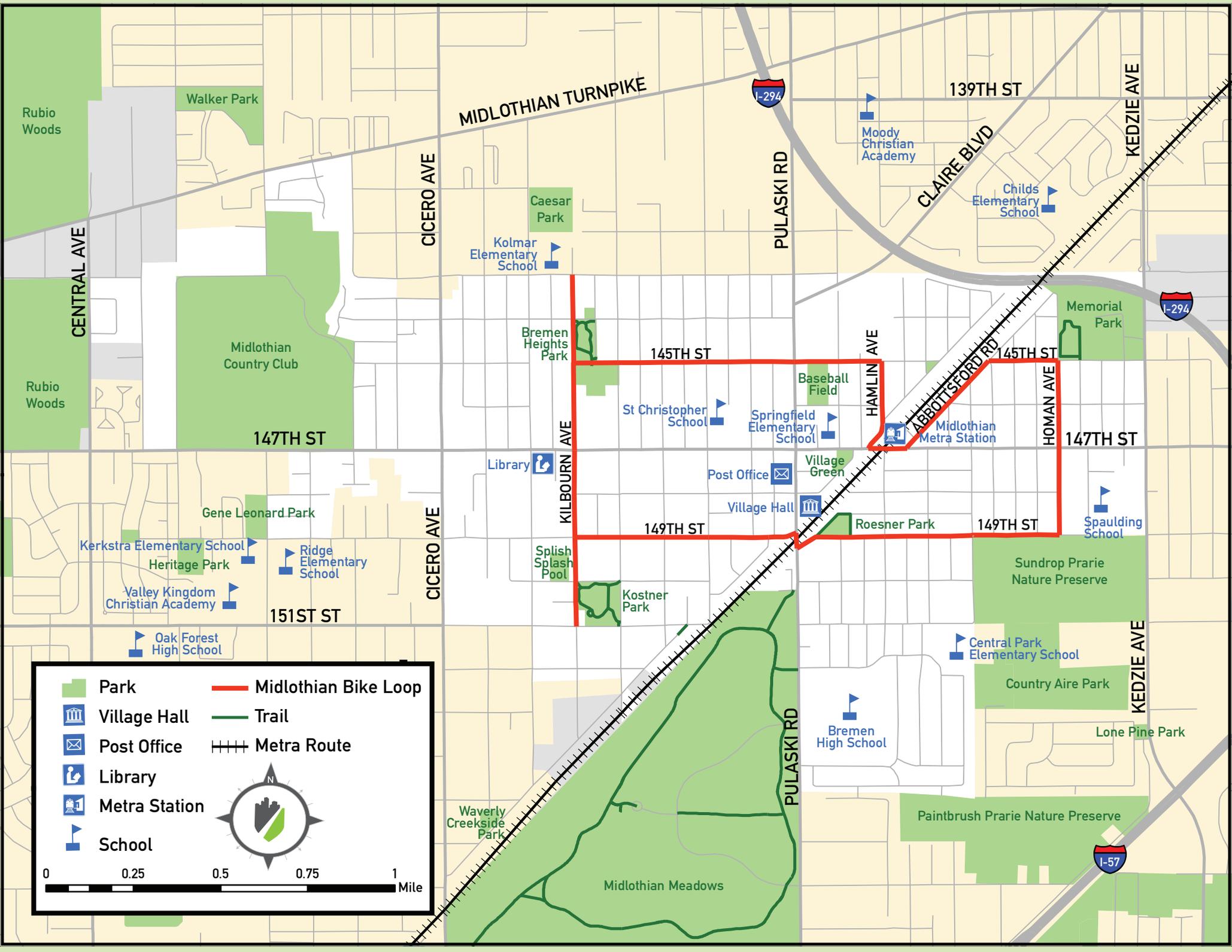
Use lights at night or when visibility is poor. A white headlight and rear red reflector or taillight are required by state law (ILCS 9-21-11-9). Flashing lights are especially effective.

Use bike reflectors, reflective clothing and a bell.



Never use earphones because you won't be able to hear what's going on around you. Using earphones is not only dangerous, it's illegal.

The Midlothian Active Transportation Plan, Map, and Signs were made possible through funding from the Department of Health and Human Services: Communities Putting Prevention to Work (CPPW) grant. CPPW is a joint project between the Cook County Department of Public Health and the Public Health Institute of Metropolitan Chicago.



	Park		Midlothian Bike Loop
	Village Hall		Trail
	Post Office		Metra Route
	Library		
	Metra Station		
	School		
