

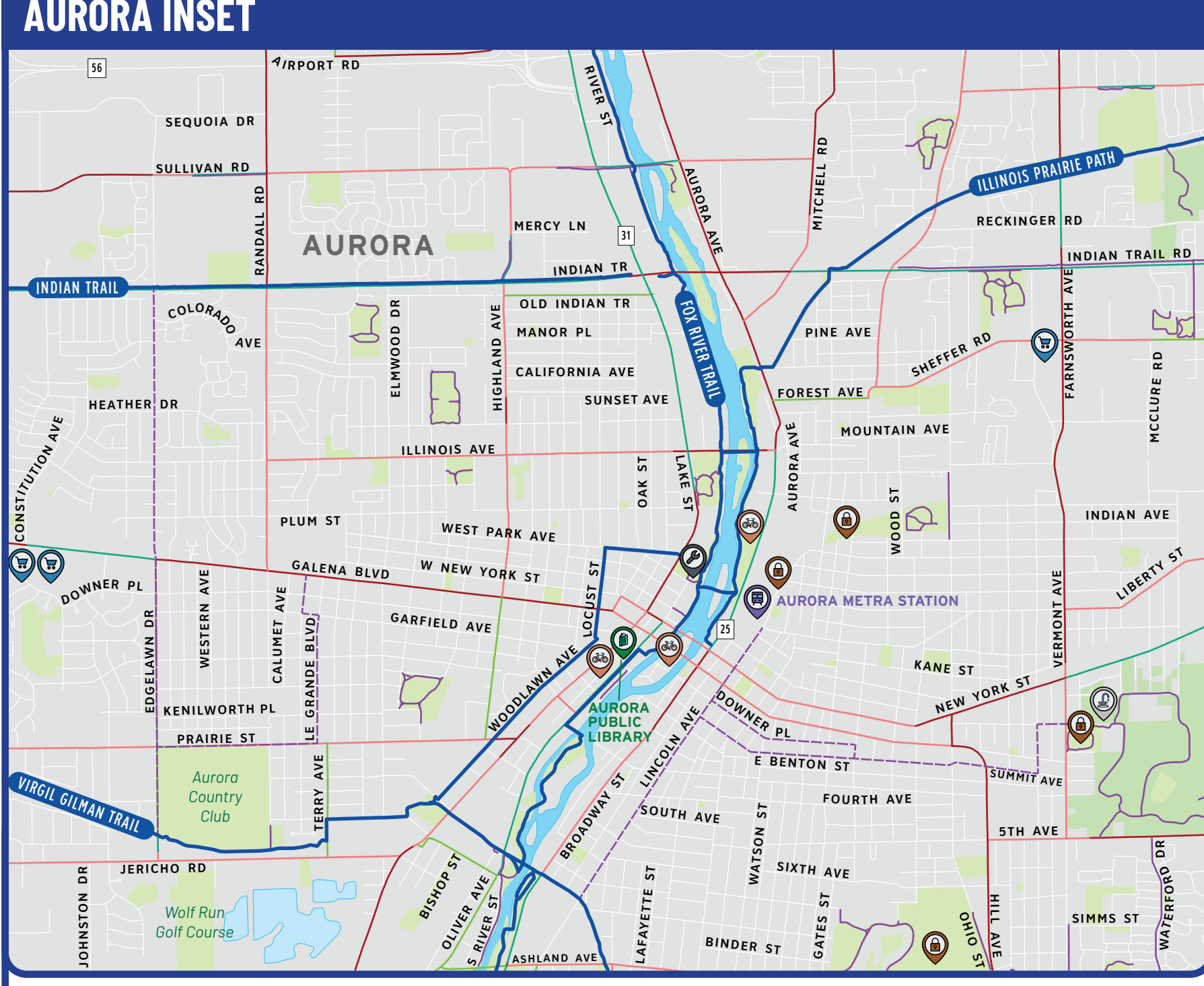
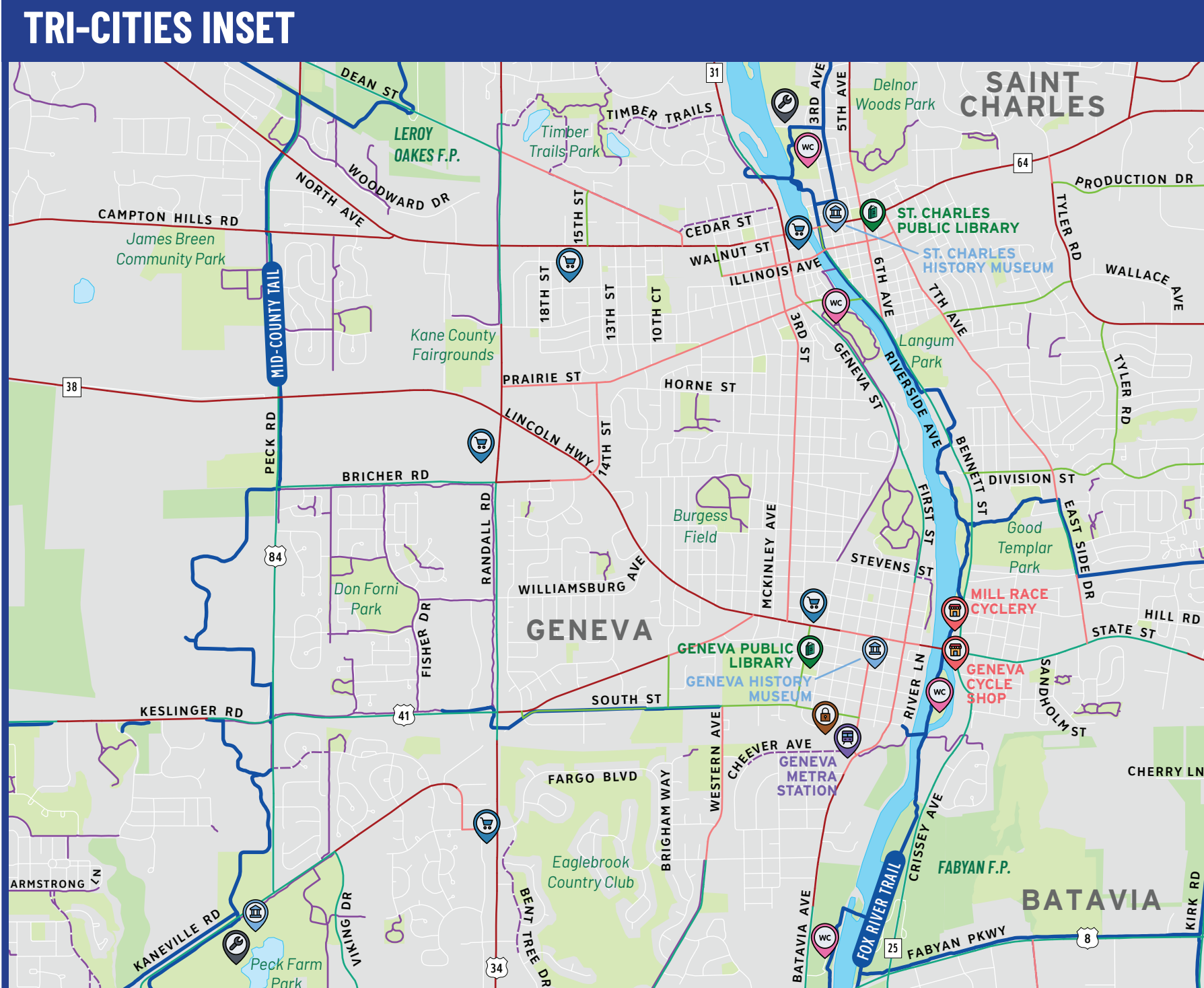
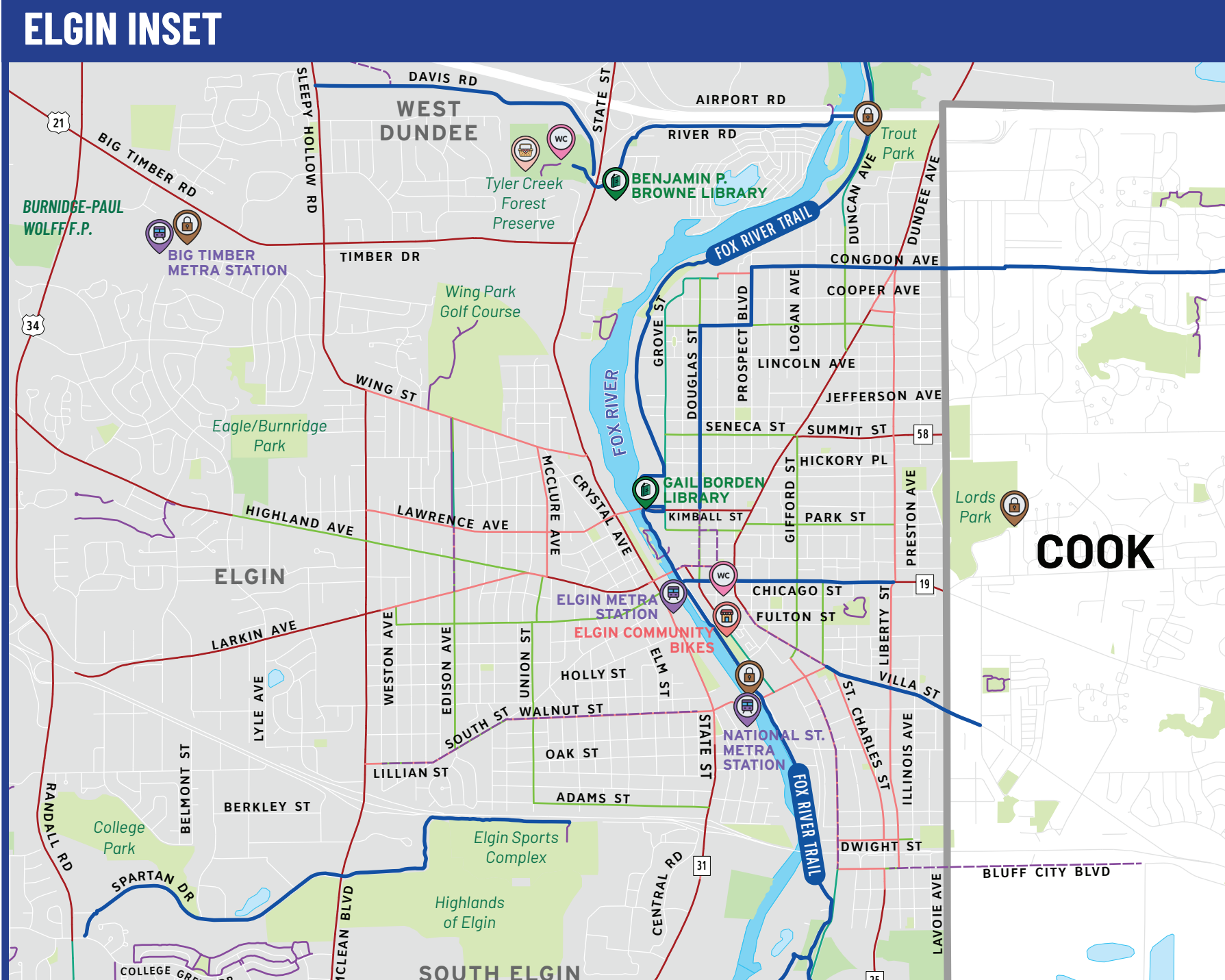
REGIONAL TRAIL **LOCAL TRAIL** **LOCAL ROUTE/LANE** **OPEN SPACE**

LEVEL OF TRAFFIC STRESS

1 2 3 4

BIKE PARKING **BIKE SHARE STATION** **BIKE SHOP** **CONVENIENCE STORE** **LIBRARY** **METRA STATION** **MOUNTAIN BIKING** **MUSEUM**

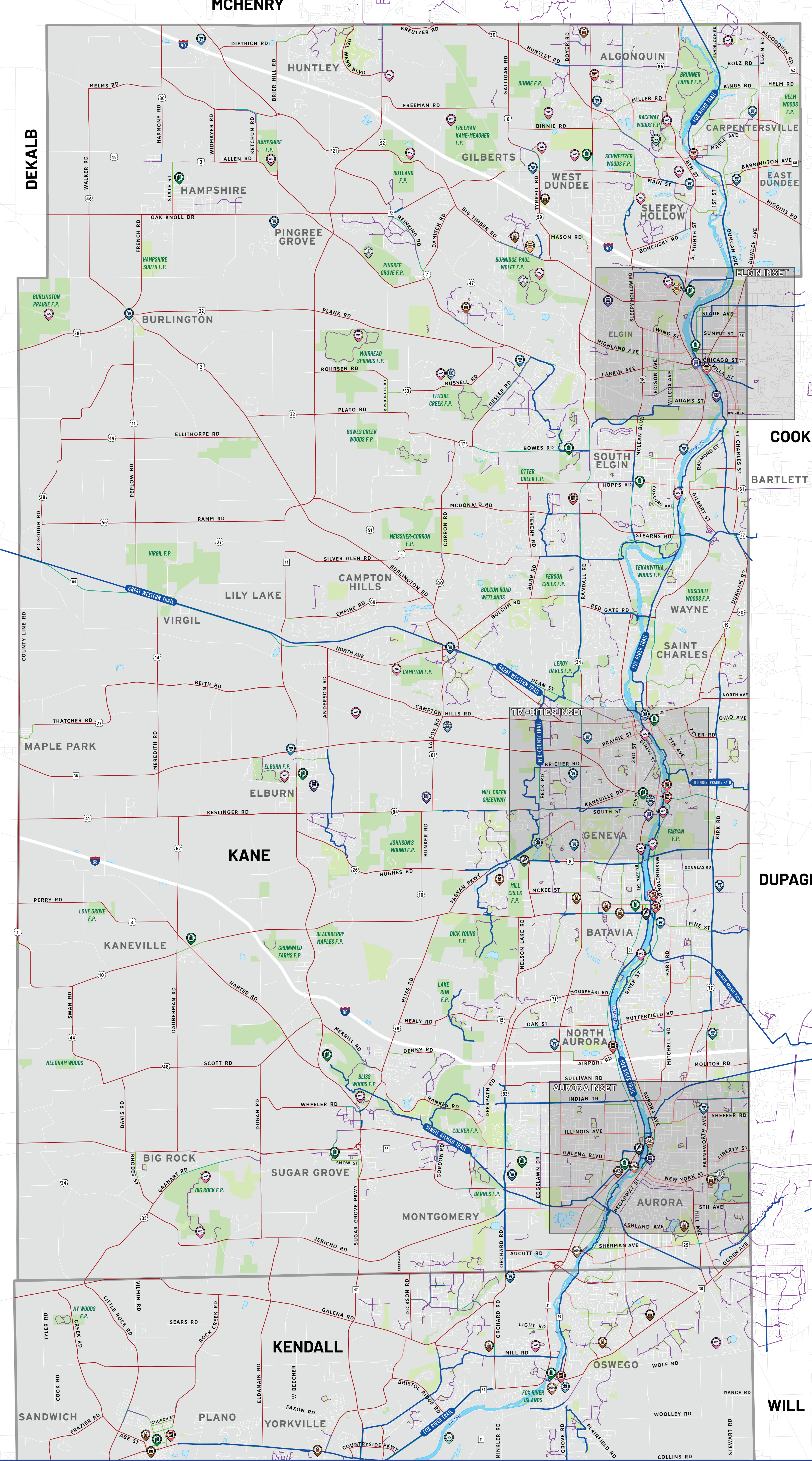
PICNIC SITE **REPAIR KIOSK** **RESTROOM** **WATER**



ONLINE BIKE APPLICATION

- ▶ TRAIL & ROUTE MAP
- ▶ POINTS OF INTEREST
- ▶ BIKE SHOP MAP
- ▶ PARK LOCATIONS
- ▶ FACILITY SURFACE MAP
- ▶ FUTURE FACILITY MAP
- ▶ REGIONAL/LOCAL TRAIL MAP
- ▶ BIKE TRIP DENSITY

[HTTP://KDOT.COUNTYOFKANE.ORG/PAGES/BICYCLE-AND-PEDESTRIAN-RESOURCES.ASPX](http://kdot.countyofkane.org/pages/bicycle-and-pedestrian-resources.aspx)



BICYCLE LEVEL OF TRAFFIC STRESS

People's willingness to bike is influenced by many factors, from seasonal weather conditions to the availability of secure bicycle parking at the beginning and end of their ride, on down to the reliability of their bicycle. Traffic stress, or the level of safety that people biking perceive when traveling due to street design, the amount and speed of traffic, and other environmental factors that they might encounter along a route, plays an outsized role in determining whether someone is comfortable traveling by bicycle.

Bicycle Level of Traffic Stress (BLTS) is a planning approach developed to estimate the perceived safety of different streets and off-street facilities based on design. BLTS can be used to assess the stress of a single street segment, intersection, or an entire network. The tool is powerful because it considers different types of cyclists and the conditions and facilities they would need to feel comfortable.

MORE COMFORTABLE **LESS COMFORTABLE**

LEVEL: 1 SCORE: 0.0-1.0
Comfort Level: The level that most children can tolerate.

LEVEL: 2 SCORE: 1.1-2.0
Comfort Level: The level tolerated by most adults, the "interested but concerned".

LEVEL: 3 SCORE: 2.1-3.0
Comfort Level: The level tolerated by cyclists who are "enthusiast and confident" but prefer having their own dedicated space.

LEVEL: 4 SCORE: 3.1-4.0
Comfort Level: The level tolerated only by "strong and fearless" cyclists.

LEFT **RIGHT** **STOP**

Use hand signals so that drivers know where you are 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 is safe to do so.

MAKE EYE CONTACT
Confirming eye contact with motorists helps them know that you are on the road.

SEE, BE SEEN, AND BE HEARD
Use lights at night or when visibility is poor. A white headlight and rear red reflector are required by law. Flashing lights are especially effective. Use bike reflectors, reflective clothing, and a bell.

PAY ATTENTION
For the safety of yourself and others, never use earphones because you will not be able to hear what is going on around you. Using earphones is not only dangerous, it is illegal.

BE A SMART CYCLIST

- ▶ Always wear a bicycle helmet to reduce the risk of permanent injury or death from a crash
- ▶ The best helmets have stickers on the inside that say "Snell", "ASTM", or "Consumer Product Safety Commission". The sticker indicates that the helmet was manufactured to an acceptable standard.
- ▶ Wear bright clothing, use lights, reflectors, attach a bell, and a mirror to see, be seen and be heard.
- ▶ Consider using the other equipment illustrated below to make your ride safer and more comfortable.