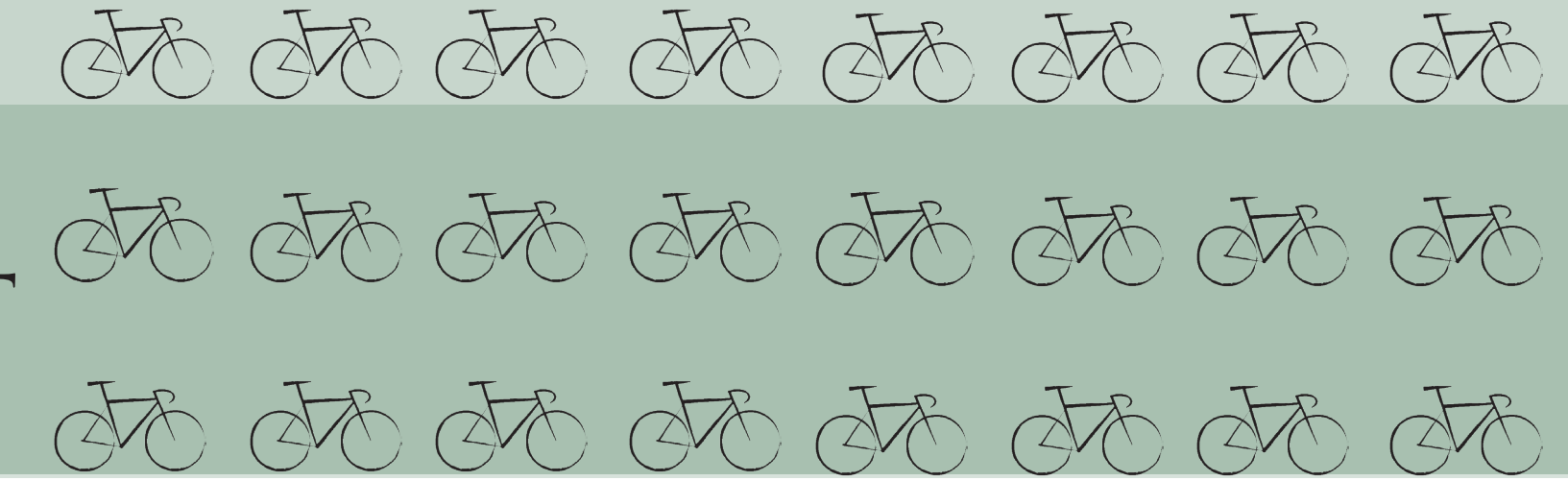


# BIKE FRIENDLY CONCEPTS



The Bicycle Master Plan provides an opportunity for coordination between City Departments and regional partners as infrastructure improvements are proposed. Similar to policies already implemented at the County and State level that require complete streets, the Bicycle Master Plan can serve as a reminder that all capital improvements should consider bicycle improvements as funding becomes available, consistent with the plan.

## ENCOURAGE MODE SHIFT



### WHAT MAKES A CITY A BIKE FRIENDLY PLACE?

*Bicycle parking at key destinations*

*Making all driveways a trailhead and use roads to access designated bike trails*

*Safe intersection crossings for all modes of transportation*

*Bike lanes and pavement markings to alert bicyclists and motorists to share the road*

*Traffic regulations that support bicycle use*

*Covered bike parking at train stations and key employment hubs for commuters*

*Smooth roads*

*Way-finding signage to help cyclists find key destinations*

TELL US WHAT YOU THINK WOULD MAKE LAKE FOREST A BIKE FRIENDLY COMMUNITY

### DID YOU KNOW?

**Bikes are legal.** Illinois law states bicycles are legal vehicles on the road. Despite the law, some motorists insist that bicycles belong only on sidewalks or should be restricted to paths. The problem: sidewalks and paths don't go everywhere bicyclists need to go. Bicyclists are more visible and safer, particularly at intersections, if they ride in the road. *(source: LIB)*

**Short trips can be completed by bike.** Bicyclists starting anywhere within the City of Lake Forest are most likely within a 2-mile radius of a Metra station, the Central Business District and the West Lake Forest Business District.

**People bike in Lake Forest.** A survey conducted by the City of Lake Forest shows that almost 50% of respondents ride 1-3 times per week for the purposes of commuting, running errands, and recreational rides.

**Bicyclists must obey the law.** The most common traffic violation for cyclists include riding against the flow of traffic, failing to stop at stop signs and traffic lights and impeding normal traffic by riding side-by-side or more than two abreast. Riding more than two abreast is prohibited by law, except on paths or roadways designated for exclusive bike use. *(source: LIB)*

**Safety matters.** According to a survey conducted by the City of Lake Forest, 85% of respondents would take a longer route in order to use a marked bike route. Always wear a helmet and highly visible clothing when biking on the road.

**Biking is a form of physical activity.** The U.S. Surgeon General recommends that adults accumulate at least 30 minutes of moderate physical activity most days of the week. You can bike across Lake Forest in that amount of time! *(source: CDC)*

**The bicyclists' safety mantra.** Bicyclists fare best when they act and are treated like other vehicles on the road. Bicyclists, just like motorists, have fewer crashes when they obey traffic laws and follow driving conventions ~ observing the right-of-way, being in the proper lane and intersection positions, signaling and being predictable. *(source: LIB)*

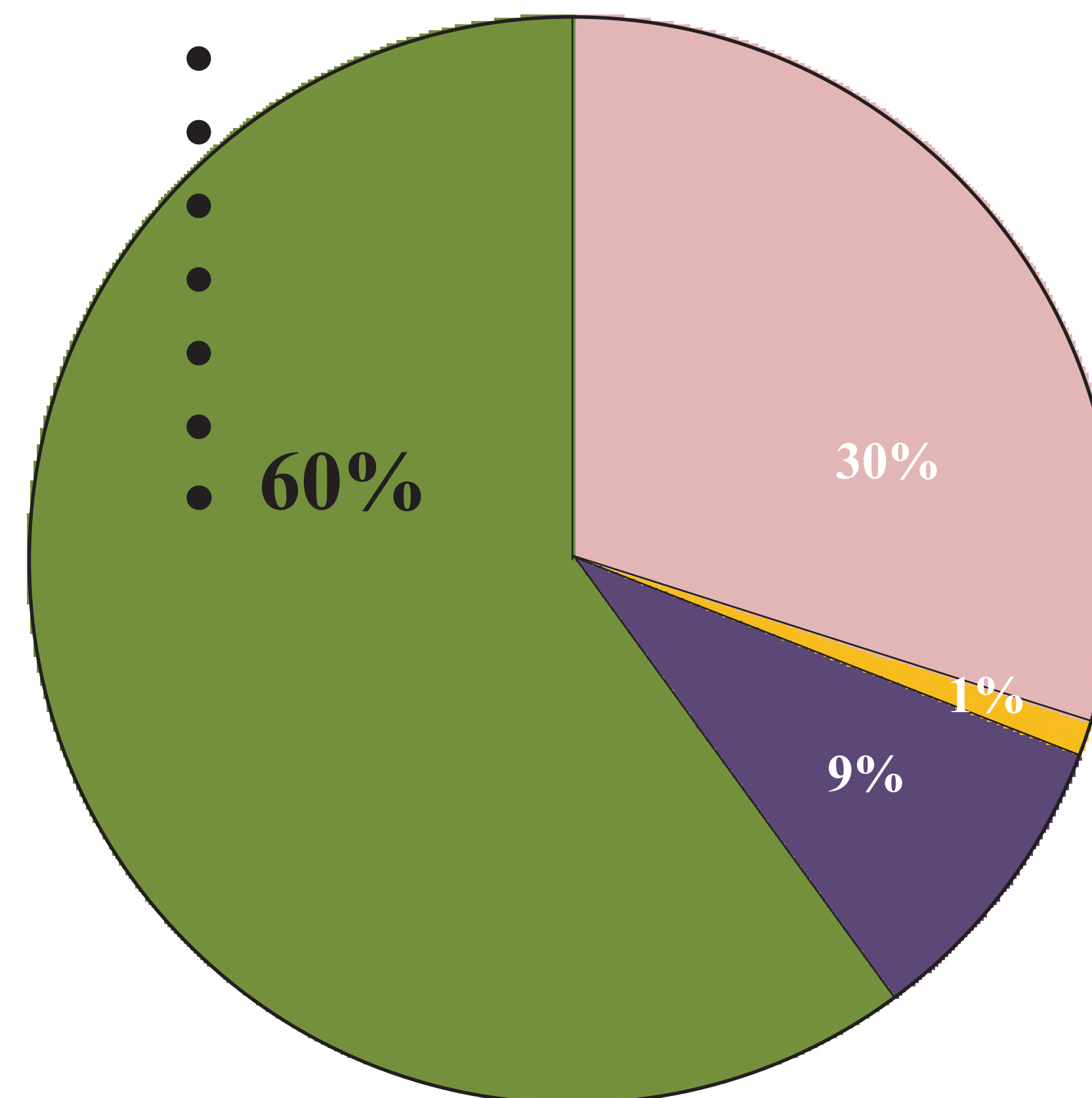
- TARGET GROUP:
- INTERESTED BUT CONCERNED
- The Bicycle Master Plan targets the resident who is interested in biking more, but is concerned with safety and may not be comfortable riding on streets where vehicles are present. Studies have shown that simple improvements to a road can greatly improve the perceived safety of a route for bicyclists. On average, 40% of trips are less than 2 miles. Numerous destinations in Lake Forest fall within this radius for many residents and can become more accessible by bike if the proper tools are implemented on the streets.

#### SURVEY DATA:

**50%** Over 50% of cyclists would be encouraged to bike more if pavement markings and signage were installed in Lake Forest.

**85%** 85% of respondents indicated that it is important that bike routes connect Lake Forest to destinations beyond the city limits.

**80%** 80% of cyclists in Lake Forest stated that they ride for health and recreational purposes. Building a bike network will encourage more utilitarian trips to be completed by bike.



#### TYPICAL U.S. CITY IS COMPRISED OF:

- Interested But Concerned  
Needs encouragement & support
- Confident & Enthusiastic  
Will bike with good road conditions
- Strong & Fearless  
Will bike regardless of road conditions
- Not Interested  
Will not bike regardless of improvements