



League of Illinois Bicyclists



2550 Cheshire Dr., Aurora, IL 60504
www.BikeLIB.org

Board of Directors

Al Sturges, President
Park Forest

Karl Kohlrus, Vice President
Springfield

Chuck Oestreich, Secretary
Rock Island

Jo Ann Budde, Treasurer
Evanston

Mike Bentley
Oswego

Anne Johnson
Murphysboro

Sue Jones
Urbana

Laura Kuhlman
Winfield

Tim O'Hanlon
Peoria

Ann Schonlau
Edwardsville

Rick Strader
Rockford

Barbara Sturges
Park Forest

Doug Welch
Normal

Craig Williams
Oak Park

Advisory Council

Ed Bartunek
Chicago Area Mountain Bikers
Stickney

Bev Moore
Illinois Trails Conservancy
Capron

State Representative Elaine Nekritz
Northbrook

Randy Neufeld
Chicagoland Bicycle Federation
Chicago

Staff

Ed Barsotti, Executive Director
Aurora
630-978-0583
ed@bikelib.org

Nicole Kemerer, Education Manager
Chicago
312-342-6338
nicole@bikelib.org

Shawn McKinney, Project Manager
Springfield
217-899-5125
shawn@bikelib.org

Dean Schott, Outreach Director
Glenview
847-291-7434
dean@bikelib.org

League Offers Advice On Bicycle Commuting

**For Immediate Release
May 12, 2006**

**Contact: Ed Barsotti
630-978-0583**

AURORA, IL -- You're considering using your bicycle to commute to work or school to save on gasoline, but don't know when and how to start.

Consider May 19, which is Bike to Work Day across the nation.

Then turn to the League of Illinois Bicyclists for advice and tips on how to make your commute a positive experience that you will want to repeat. The league can connect you to links that provide all kinds of tips and information on bicycle commuting. And if you still have doubts, you can email the league with your questions and get expert advice.

"Many people have considered bicycling to work, to the train station, to school or to run errands, but for one reason or another just haven't done so," said League Executive Director Ed Barsotti. "With the high price of gasoline these days, the idea for some has become even more appealing. Our goal is to provide the information so people can make wise choices, be confident in those choices and ride safely everyday."

The league through its many resources can provide tips on what kind of bike to use, what kind of equipment to have, what kind of lock to buy and where you lock your bike and what kinds of clothes to wear.

These and many more issues are addressed at the league's website, www.bikelib.org/commute or you can send your questions to the league at commute@bikelib.org.

Here's a quick check list for those considering commuting:

1. Determine your best route to work, look for wide lanes, paved shoulders and quiet streets.
2. Talk to your employer and ask where you can park your bike.
3. Check your bike to make sure it's in good operating condition.
4. Dress for the occasion, wear a helmet and pack a bag with your work clothes or keep a change of clothes at the office.
5. Pump up your tires to make sure they're properly inflated.
6. Don't ride on an empty stomach, eat a good breakfast, you'll need the energy.
7. Get an early start the first day to make sure you reach your destination on time.

#