



### TRAIL HEADS AND AVAILABLE FACILITIES

	Picnic Table	Historic Site	Shelter / Canopy	Parking	Picnic Pony	Bench	Water Fountain	Restrooms	Point of Interest
1 Atwood Wayside / Herb Garden	•	•	•	•	•	•	•	•	
2 Davis Mansion / Jefferson St. Historic District	•	•	•	•	•	•	•	•	
3 Historic Franklin Park	•	•	•	•	•	•	•	•	
4 Children's Discovery Museum	•	•	•	•	•	•	•	•	
5 Camelback Bridge	•	•	•	•	•	•	•	•	
6 Wayside (Allers Shelter)	•	•	•	•	•	•	•	•	
7 Normal Parks & Recreation Office / Amphitheater	•	•	•	•	•	•	•	•	
8 Normal City Hall Access	•	•	•	•	•	•	•	•	
9 Hidden Creek Natural Wayside	•	•	•	•	•	•	•	•	
10 Rosa Parks Commons	•	•	•	•	•	•	•	•	
11 Kerrick Parking and Access Point	•	•	•	•	•	•	•	•	
12 Colene Hoese School Access / Natural Prairie	•	•	•	•	•	•	•	•	
13 Audubon Garden	•	•	•	•	•	•	•	•	
14 Sister Cities Gardens	•	•	•	•	•	•	•	•	
15 Natural Prairie Site	•	•	•	•	•	•	•	•	
16 G.E. Road Access	•	•	•	•	•	•	•	•	
17 Tipton Park	•	•	•	•	•	•	•	•	
18 Rollingbrook Park	•	•	•	•	•	•	•	•	
19 Brookridge Park	•	•	•	•	•	•	•	•	
20 Clearwater Park	•	•	•	•	•	•	•	•	
21 Bloomington Parks & Recreation Office	•	•	•	•	•	•	•	•	
22 Pepper Ridge Park	•	•	•	•	•	•	•	•	
23 West Route 9 Wayside	•	•	•	•	•	•	•	•	
24 Alton Depot Park	•	•	•	•	•	•	•	•	
25 Carden Park	•	•	•	•	•	•	•	•	
26 Fairview Park	•	•	•	•	•	•	•	•	
27 McGraw Park	•	•	•	•	•	•	•	•	

### MAP LEGEND

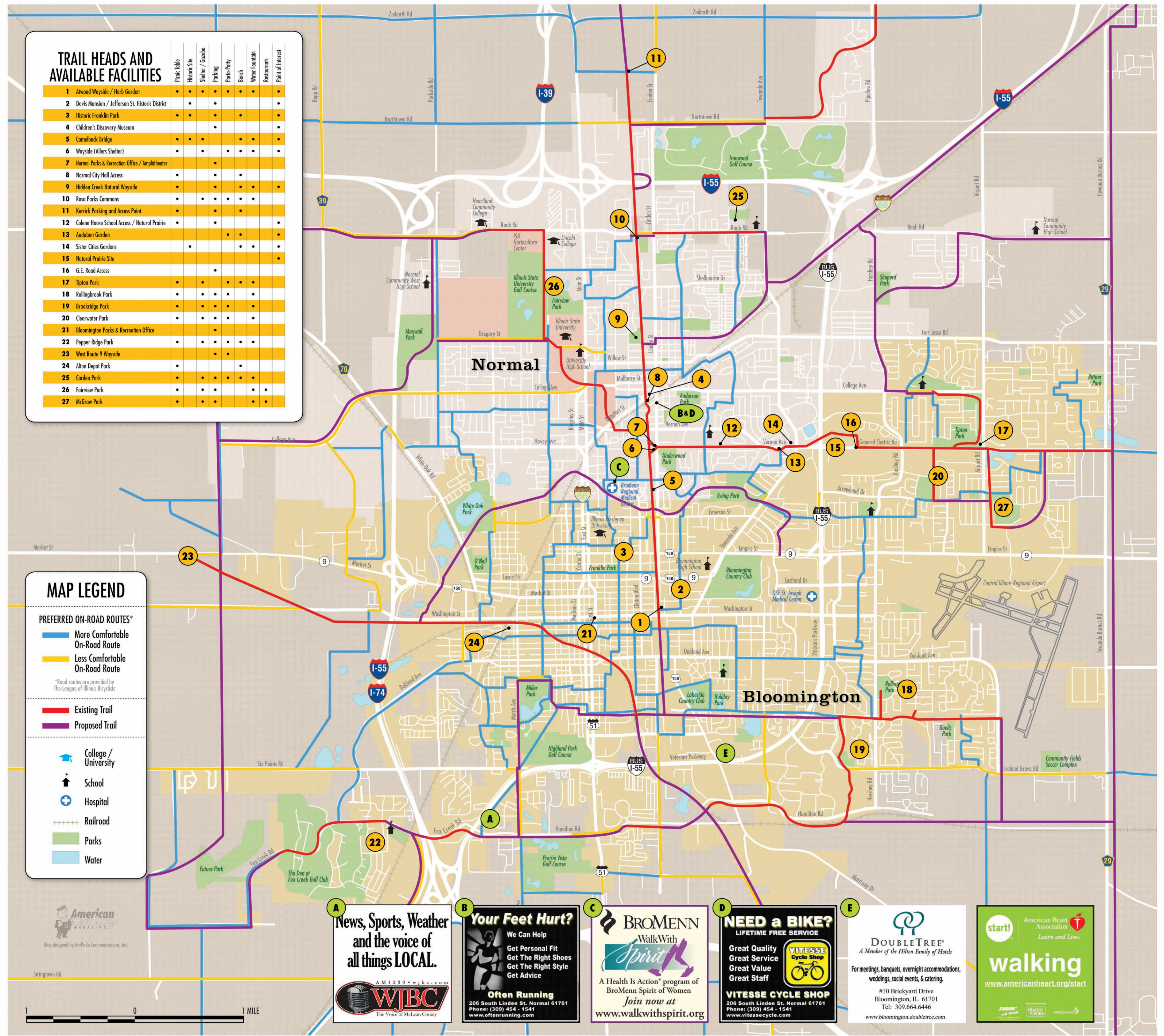
**PREFERRED ON-ROAD ROUTES\***

- More Comfortable On-Road Route (Blue line)
- Less Comfortable On-Road Route (Yellow line)

\*Road routes are provided by The League of Illinois Bicyclists

- Existing Trail (Red line)
- Proposed Trail (Purple line)

- College / University (Blue graduation cap icon)
- School (Black house icon)
- Hospital (Blue cross icon)
- Railroad (Black cross-ticks icon)
- Parks (Green area icon)
- Water (Blue area icon)



A multi-use trail made possible by a joint venture with the City of Bloomington and the Town of Normal.  
Map provided by the Friends of the Constitution Trail.

Map designed by AmiPro Communications, Inc.

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# History & Overview

Constitution Trail is a multi-use trail made possible by a joint venture with the City of Bloomington and the Town of Normal. Discussions began as early as 1983 with the parks and recreation staff of both communities. In May, 1986 at a joint Council meeting, permission was received to proceed with land acquisition. This was especially timely since the Illinois Central Gulf Railroad was looking to sell their right-of-way. This provided a wonderful base and direction for the trail to take.

The trail was officially dedicated and named "Constitution Trail" in celebration of the 200th birthday of the United States Constitution on September 17, 1987; the trail grand opening was May 6, 1989.

Because of the popularity of the Trail the Cities have developed trail plans for future development. These long-range plans call for extensions to connect places of employment, commerce, schools, parks, and historic interest.



In 2000, Constitution Trail was designated a Millennium Trail by the White House Millennium Council.



The League of Illinois Bicyclists (LIB) is the statewide advocacy organization for Illinois cyclists, promoting bicycle access, education, and safety. Staff and volunteers work on issues including promotion of better roads and policies,

more trails and funding, education of cyclists and motorists, and favorable legislation. Founded in 1992, LIB serves as a resource to communities around Illinois. LIB relies heavily on dues from bicyclists like you. Check out the website at [www.bikelib.org](http://www.bikelib.org), and look through the latest newsletter. Support LIB's efforts by becoming a member at [www.bikelib.org/join](http://www.bikelib.org/join)



The McLean County Wheelers is a Bloomington-based bicycle club that promotes fun, friendship and fitness on two wheels. Every cyclist can find a place in the Wheeler peloton no matter their age, gender or marital status.

Each spring, the Wheelers host training rides to help cyclists get in shape and have a chance to meet other riders who share common interests and fitness goals.

Once the biking season is underway, experienced club members lead group rides through the McLean County countryside several times each week. Some of the rides are geared to casual cyclists while some cater to a faster crowd.

The Wheelers or its members also organize group rides to raise funds for such causes as the American Red Cross of the Heartland or the Lance Armstrong Foundation to fight cancer. The annual Ride of Silence is held each May to draw attention to the need to for bicycles and vehicles to share roads safely. The club advocates for bicycles both locally and through the League of Illinois Bicyclists. The club's social committee hosts mixers several times a year to give members a chance to get to know one another wearing something other than riding clothes and helmets.

Visit [www.mcleancountywheelers.com](http://www.mcleancountywheelers.com) for more information.

# Share the Trail!

## Be Courteous

Bicyclists, joggers, walkers, wheelchair users, skateboarders, and skaters: Be respectful of other users regardless of mode, speed, or skill.

## Keep Right

Stay to the right side of the trail except when passing another user. Pass on the left. Look ahead and back to make sure the lane is clear before you pull out. (Faster traffic should yield to slower and on-coming traffic).

## Don't Block the Trail

Use no more than half the trail if you are in a group or have a pet.

## Be Predictable

Travel in a consistent and predictable manner. Look before changing positions on the trail.

## Use Signals

Give a clear warning signal before passing by using voice, bell, or horn. Please do not wear headphones which distract from the ability to hear.

## Yield

When entering or crossing the trail at uncontrolled points, please yield.

## Clean Up Litter

Please place litter in appropriate containers to help keep the trail looking its best.

## Pets

Pets must be on a leash. Be sure to clean up any messes left by your pets.

# Town of Normal

Constitution Trail within the Town of Normal is a 13+ mile hard surfaced trail developed for walking, hiking, jogging, biking and cross country skiing, which provides the community with another leisure use facility for the entire family. Site amenities including shelters, picnic tables, trash receptacles, restrooms and benches are available at various locations along the trail. Parking for access to the trail is located in any parks, both in Normal and Bloomington. The trail is not cleared of snow/ice during the winter months to provide for cross-country skiing and other activities.

The north-south segment of the trail follows the abandoned 1850 Illinois Central Gulf (ICG) railroad from North Bloomington through Uptown Normal to Kerrick Road. The east-west segment begins just south of Normal Parks and Recreation Annex and continues to Towanda Barnes Road in Bloomington. Two other trail projects have also been added to the Town's system, including the 3.6-mile trail segment from Constitution Trail in Uptown Normal through the Illinois State University campus, winding through Fairview Park, and then on to the Heartland Community College campus. The other trail is a



1.6-mile segment beginning at Towanda Avenue and Northtown that connects the neighborhoods of North Field, Heather Ridge and North Bridge. Future plans call for this segment to continue east to the existing trail west of Linden Street.

In addition to the trail, the Normal Parks and Recreation Department offers 13 parks encompassing over 400 acres of parkland, an 18 hole golf course, a historically registered Theater, an outdoor amphitheater, a Community Activity Center, 2 outdoor pools, a 10 field softball complex and the Children's Discovery Museum. The Department also provides a well-rounded selection of programs and classes for Youth, Adults and Special Populations. Individuals can visit the Department's website at [www.Normal.org](http://www.Normal.org) to find out more on what is offered and to register for programs.

# City of Bloomington

Bloomington's trail system consists of a joint venture with the Town of Normal on the Constitution Trail. The Trail was officially dedicated and named "Constitution Trail" in celebration of the 200th birthday of the United States Constitution on September 17, 1987; the trail grand opening was May 6, 1989. In 2000, Constitution Trail was designated a Millennium Trail by the White House Millennium Council.

Approximately 20 miles of this multi-use trail system currently exists within the City of Bloomington and is used by individuals and groups of all ages, abilities and backgrounds. Consistently ranking as one of the most important features of the Bloomington Parks & Recreation Department offerings, the City has developed further trail plans for future development. These long-range plans call for extensions to connect places of employment, commerce, schools, parks, and areas of historic interest. As



the City continues to grow at a rapid pace, officials are constantly looking at new ways to connect existing trails to new developments in all places of growth.

# Friends of the Trail

The Friends of the Constitution Trail is a group which works for expansion and beautification of the trail. Through membership dues, donations and grants, we help fund drinking fountains, signs, benches, landscaping, and shelters. One of the main goals is for the trail to stretch throughout Bloomington-Normal, reaching as many neighborhoods as possible, so that people don't have to drive to use it.

Thanks to the community's enthusiasm for the Constitution Trail, it hasn't stopped growing since its grand opening in 1989. Trail users enjoy natural scenery and wildlife watching along the path and take advantage of picnic shelters, rest areas and drinking fountains (for people and dogs) that dot the trail. Wildlife commonly spotted along the trail includes deer, peregrine falcon, migrant birds, beavers, turkeys, foxes and great blue heron. Many private gardens also add to the trail's appeal, including a Japanese Garden and Audubon Garden near Towanda Avenue and a restored prairie south of Colene Hoese Elementary School.

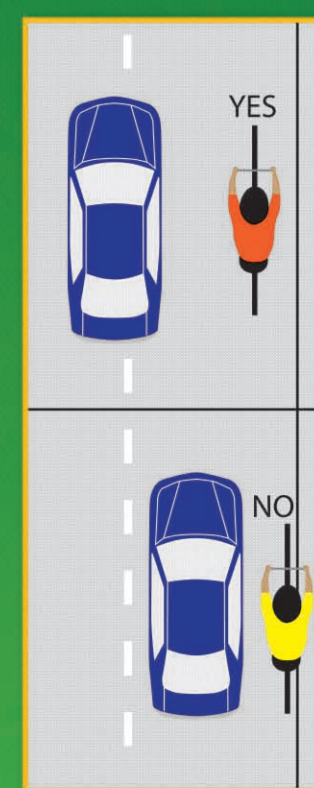
Become a Friend of the Constitution Trail by filling out the attached form and sending it in to become part of the effort to support trails in Bloomington/Normal.

[www.constitutiontrail.org](http://www.constitutiontrail.org)



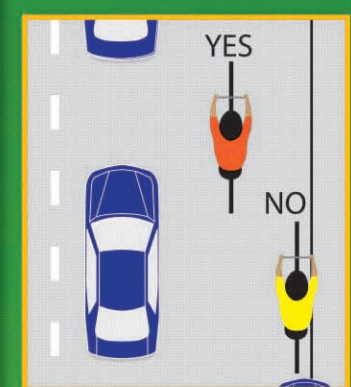
# Lane Positioning

Always ride on the right with the traffic flow. You'll be more visible to cars and safer, especially at intersections—and it's the law. Be predictable - ride in a straight line. Learn how to look behind you without swerving.



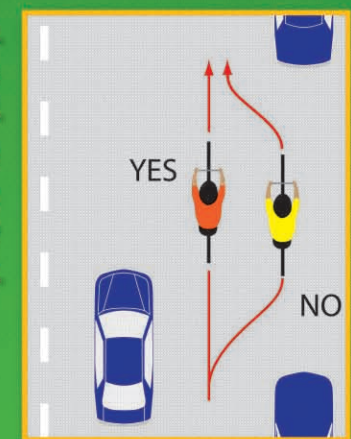
Ride far enough from the road edge to avoid hazards. Don't allow vehicles (left) to dangerously squeeze in narrow lanes - force them to pass using the other lane.

In very wide lanes (below), move to the left a bit further to remain visible to vehicles.



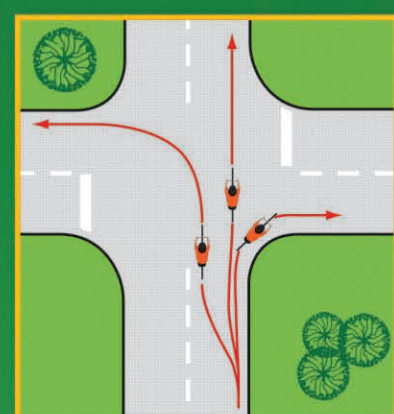
Ride in a straight line. Avoid dodging between parked cars (right).

Be aware of people in parked cars who might open a door in your path.

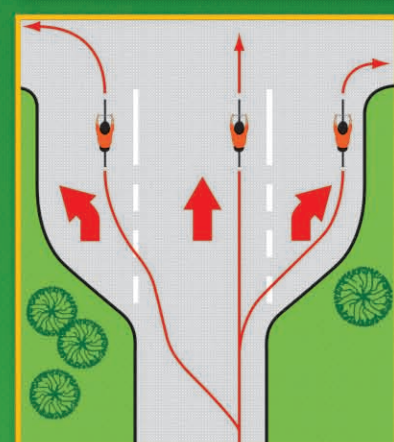


# Intersection Positioning

At intersections without turn lanes:



1. To turn left, merge into the left part of the lane.
2. To go straight, move slightly toward the center of the lane.
3. Stay right for a right turn.



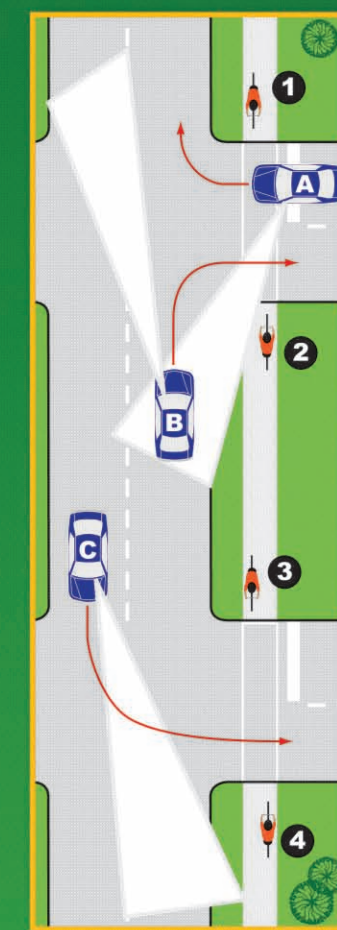
You may also make a "pedestrian-style" left turn. Go straight through the intersection, stop, turn your bike left 90°, then proceed as if you were coming from the right.

Whether there are turn lanes or not, always use the right-most lane going to your destination.



# Sidepath Cycling

When biking on sidepaths (trails along roads) or sidewalks, be aware of conflicts at side streets, business entrances, and driveways.



Look each way before crossing and assume you have not been seen. Try to make eye contact and ride defensively.

This illustration shows where motorists look when turning. Bikes 2 and 4 might be seen. Bikes 1 and 3 are harder to see.

**Car A.** Be alert for cars that stop past the stopline or only look left.

**Car B.** Watch for cars which might cross your path to turn in front of you.

**Car C.** Anticipate when cars on the other side of the road will turn and cross your path.

In each of the cases above, cyclists on the right side of the road are cycling where turning motorists are looking. This is one reason why many cyclists prefer riding on the road, especially on medium or low speed roads with lots of intersections.

# Proper Helmet Placement



# Trail Gardens

You are invited to visit the many landscaped and garden areas along Constitution Trail, both publicly owned and provided by nearby residents. The public gardens include the Russian and Japanese Sister City Gardens, the Audubon Gardens, the Trail gardens (10 different gardens) located at the Atwood Wayside which is maintained by the Herb Guild of McLean County, and the numerous wildflower and prairie areas that provide a wonderful environment for enjoying the trail.

# Trail Rules and Safety Guidelines

- Be courteous at all times; respect other users, regardless of their mode, speed or skill level.
- Enter and exit trail at access points only.
- Give audible warning signal when passing, by voice, bell or horn.
- Have you outgrown the trail? If your speed or style endangers others, check for alternative routes better suited to your needs. The trail is designed for recreational usage.
- Keep the trail clean. Use the trash receptacles.
- Clean up after your pets. Failure to do so may create regulations to restrict animals.
- Do not wear earphones or anything that distracts from awareness of your environment.
- Please respect the neighbors along the trail, without their cooperation this trail may not exist.

# Get Interested in our Trail!

Become a Friend of the Constitution Trail

## MEMBERSHIP INFORMATION

The Friends of the Constitution Trail are concerned citizens who contribute their time and/or money to encourage trail development by:

- Sponsoring beautification and education projects
- Advocating growth, expansion, & safety on the trail
- Raising awareness of this community treasure
- Publishing a newsletter

X	VOLUNTEER TO HELP
	Trail Clean-Up Days
	Growth Committee
	Membership Committee
	Publicity Committee
	Board Member
	No thanks, enclosed is a financial contribution.

X	COST	JOIN THE FRIENDS OF THE TRAIL
	5.00	Student Membership
	15.00	Individual Membership
	25.00	Family Membership
	50.00	Trail Backer Membership
	150.00	Sponsor Membership
	500.00	Patron Membership
	1000.00	Lifetime Membership

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