



www.ConstitutionTrail.org  
 Friends of the Constitution Trail  
 P.O. Box 525  
 Bloomington, IL 61702-0525  
 Please detach and mail to:

### TRAILHEADS & FACILITIES

	Plastic Table	Historic Site	Shelter/Gazebo	Parking	Restroom	Bench	Water Fountain	Snacks	Point of Interest
1. Kerrick Parking and Access Point	X	X	X						
2. ISU Horticulture Center	X	X	X	X			X		
3. Rosa Parks Commons	X	X	X	X	X	X	X		
4. Carden Park	X	X	X	X	X	X	X		
5. Fairview Park	X	X	X				X	X	
6. Shepard Park	X								
7. Hidden Creek Natural Wayside	X	X	X	X	X	X	X	X	
8. Children's Discovery Museum			X					X	
9. Uptown Station (Amtrak, Bus)		X	X	X	X	X	X	X	
10. Normal Parks & Recreation Office			X	X	X	X			
11. Wayside (Allers Shelter)/Connie Link Amphitheater	X	X	X	X	X	X	X	X	
12. Underwood Park	X	X	X	X	X	X	X		
13. Colene House School Access	X	X					X		
14. Audubon Garden				X	X			X	
15. Sister Cities Gardens		X					X	X	X
16. G.E. Road Access			X						
17. Tipton Park	X	X	X	X	X	X	X		
18. Camelback Bridge	X	X	X			X	X	X	
19. Clearwater Park	X	X	X	X	X	X	X		
20. McGraw Park	X	X	X	X	X	X	X		
21. Historic Franklin Park	X	X	X	X	X	X	X	X	
22. Davis Mansion/Jefferson St. Historic District		X	X				X		
23. Atwood Wayside/Herb Garden	X	X	X	X	X	X	X	X	
24. Bloomington Parks & Recreation Office (Gov't Ctr.)			X	X	X	X			
25. Allon Depot Park	X	X	X		X				
26. West Route 9 Wayside	X	X	X	X	X				
27. Rollingbrook Park	X	X	X	X	X	X			
28. Brookridge Park	X	X	X	X	X	X			
29. Gaelic Park	X	X	X	X	X	X			
30. Pepper Ridge Park	X	X	X	X	X	X			
31. West Washington		X	X	X	X	X			
32. McLean Co History Museum Route 66 Visitor Center	X	X		X	X	X	X	X	



A multi-use trail made possible by a joint venture with the City of Bloomington the Town of Normal and McLean County



MAP PROVIDED BY THE FRIENDS OF THE CONSTITUTION TRAIL

### MAP LEGEND

**TRAIL BRANCHES**

- Southtown
- Interurban
- Northtown
- Illinois Central
- Bloomer Line
- Park Trail
- Route 66\*\*
- Collegiate

**Preferred On-Road Routes\***

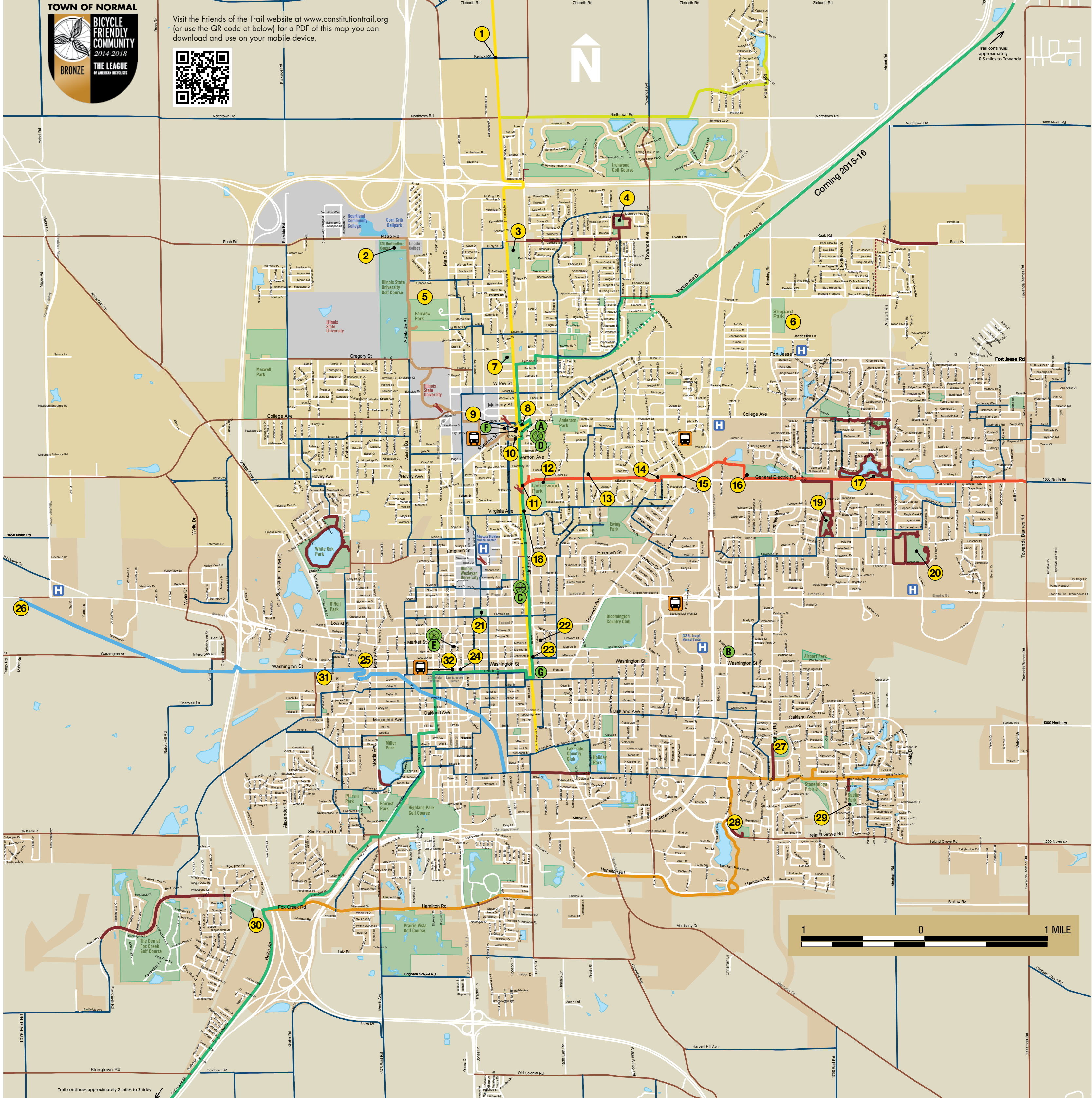
- More Comfortable On-Road Route
- Less Comfortable On-Road Route

**Proposed**

**Facilities:**

- School
- Park
- Water
- Bus/Train Station
- Hospital/Urgent Care
- Town of Normal
- City of Bloomington
- Fix-it Station
- Bike Shop
- Library

\*Road routes are provided by the League of Illinois Bicyclists  
 \*\*Consists of both shared-use path and on-street route



Visit the Friends of the Trail website at [www.constitutiontrail.org](http://www.constitutiontrail.org) (or use the QR code at below) for a PDF of this map you can download and use on your mobile device.



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**VisitBN**  
 BLOOMINGTON-NORMAL AREA CONVENTION & VISITORS BUREAU  
 800.433.8226 or VisitBN.org

**McLean County Wellness Coalition**  
 Making the Healthy Choice the Easy Choice  
[www.bnhealthy.org](http://www.bnhealthy.org)

**ecologyactioncenter.org**  
 • Energy Efficiency  
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**WJBC**  
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**green top GROCERY**  
 OPENING SUMMER 2016

# HISTORY AND OVERVIEW

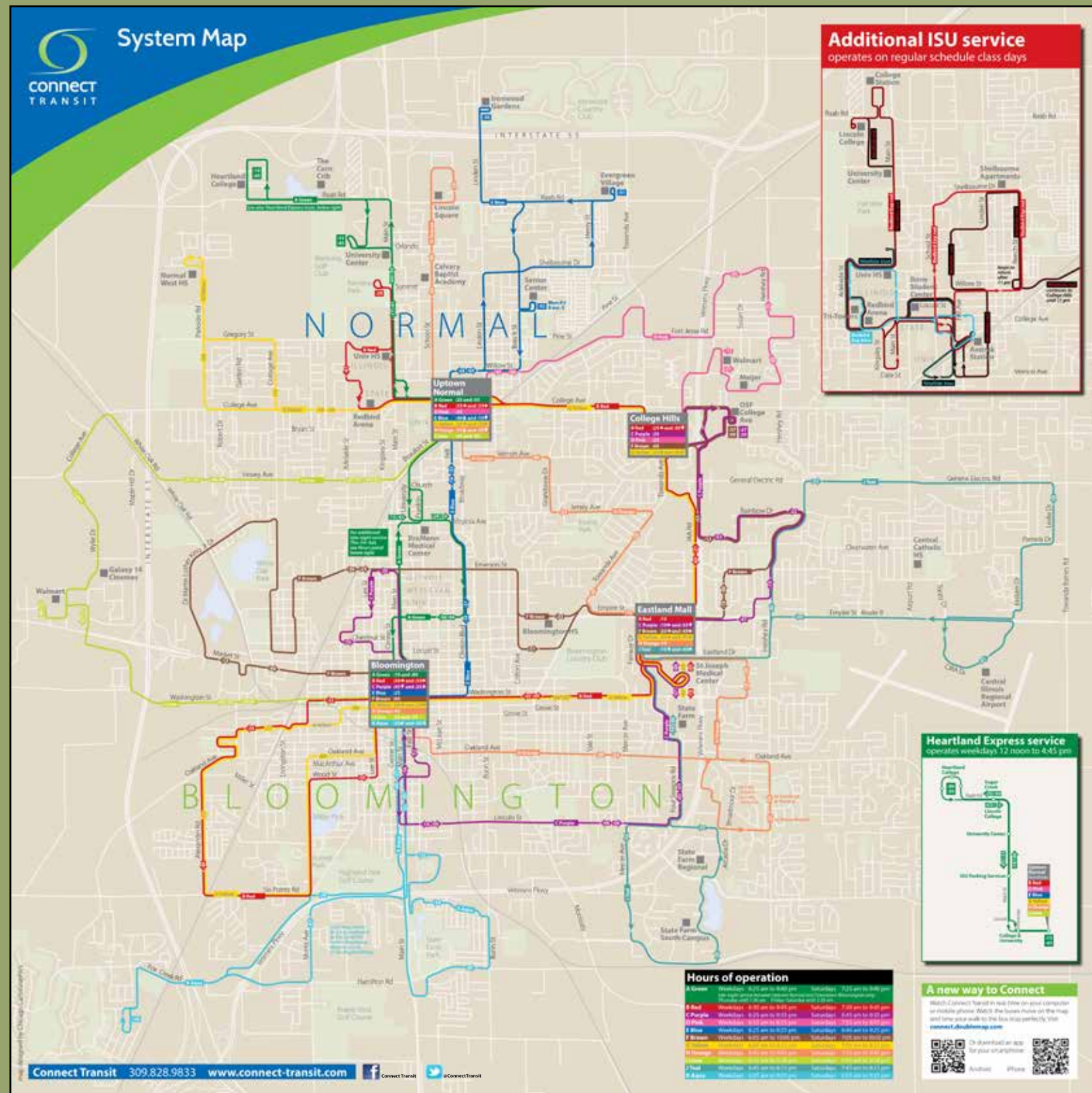
Constitution Trail is a joint venture between the City of Bloomington and the Town of Normal, dating back to the mid-1980s. Much of the trail follows the old Illinois Central Gulf Railroad right-of-way through the community. The trail was dedicated and named in celebration of the 200th birthday of the United States Constitution in 1987 and the grand opening of Constitution Trail was May 6, 1989. Both the City of Bloomington and Town of Normal have plans for future trail expansion.



Approximately 45 miles of trail exist within both communities. In recent years the Town and City have partnered with McLean County on an ambitious connection of the trail to the Route 66 Bike Trail. Amenities that include shelters, picnic tables and restroom facilities are located at several locations along the trail. In both Bloomington and Normal, the trail connects to several parks, historic neighborhoods, business districts and schools.

In 2000 the Constitution Trail was designated a Millennium Trail by the White House Millennium Council. Many groups sponsor the trail, including Friends of the Constitution Trail and McLean County Wheelers.

If you have questions or issues pertaining to the Constitution Trail, please contact the Parks & Recreation Department at: **Town of Normal (309-454-9540)** or **City of Bloomington (309-434-2260)**.



## BIKES ON BUSES

All Bloomington-Normal Public Transit System (B-NPTS) regular routes are served by buses that are equipped with bike racks. A maximum of two bicycles can be accommodated on each bus.

- Bikes ride free when accompanied by a fare-paying passenger.
- No special permit is required and the bike racks are very easy to use.
- You must be at least 13 years old to use the racks, unless accompanied by an adult.

### Getting On

- Before the bus arrives, remove anything from your bike that may fall off during the trip.
- For your safety, never step to the street side of the bus when loading or unloading your bike.
- Load your bike as quickly as possible to ensure that fellow passengers reach their destinations in time.
- If the bike rack is full, wait for the next available bus.

Folding bikes are permitted on board with certain restrictions. Do not attempt to bring your non-folding bike inside the bus.

### Loading Your Bike

- 1 Lower** — Lower the carrier rack located on the front of the bus, using one hand while holding your bike with the other hand. Simply grasp the rack handle, squeeze it, and pull forward until the rack is completely lowered. If there is another bike already in the rack, use the other available wheel well.
- 2 Lift** — After lowering the rack, lift your bike into the wheel well. If only one bike is being loaded, put it in the position nearest the bus, handlebars towards the curb. Labels are on the racks as reminders.

- 3 Lock** — The bike support arm is in the down position when not in use. Swing the arm up and over the front tire after the bike is placed in the rack. A spring pulls the arm down onto the tire and holds the bike securely.
- 4 Board** — After securing the locking arm over the tire, board the bus and sit as close to the front of the bus as possible, keeping your bike in view.

### Unloading Your Bike

- 1 Exit** — Exit the front door and let the driver know you will be removing your bike from the rack.
- 2 Unlock** — Raise the support arm off the tire.
- 3 Unload** — Lift your bike out of the rack.
- 4 Lift** — Return the rack to its upright position if there are no other bikes loaded or people waiting to load their bikes at the stop.
- 5 Ride** — Finally, move quickly away from the bus to the curb and let the driver know it is safe to leave. Never step into traffic.

The B-NPTS is not responsible for personal injury, property damages, or property loss from use of the equipment. Use at your own risk.



## Get Interested In Our Trail!

Become a Friend of the Constitution Trail

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, and 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
	Enclosed is a financial contribution

X	COST	JOIN FRIENDS OF THE TRAIL
	\$15	Individual Membership
	\$25	Family Membership
	\$50	Trail Backer Membership
	\$150	Sponsor Membership
	\$500	Patron Membership
	\$1000	Lifetime Membership

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_



Detach this panel and mail to the address on the back.

Learn more about Friends of the Trail and membership/volunteer opportunities on the website.

## TRAIL GROUPS

**League of Illinois Bicyclists (LIB)** is a statewide advocacy organization working toward better biking conditions in Illinois by promoting bicycle access, education and safety. Staff and volunteers work on issues including better roads and policies, expanded trail funding, and favorable legislation for all bicyclists. Founded in 1992, the LIB is dependent on dues from those interested in promoting safe and accessible bicycling throughout Illinois. For more information on LIB, check out the website at [www.bikelib.org](http://www.bikelib.org).

**McLean County Wheelers** is a Bloomington-based bicycle club. It promotes fun, friendship and fitness on two wheels for bicyclists of all ages, skill and interests. Each spring, the organization hosts training rides, and the club sponsors several rides throughout the riding season where the experienced and not-so-experienced rider can enjoy the outdoors through group rides. Each May the annual "Ride of Silence" draws attention to bicycle safety issues. For information visit [www.mcleancountywheelers.com](http://www.mcleancountywheelers.com).

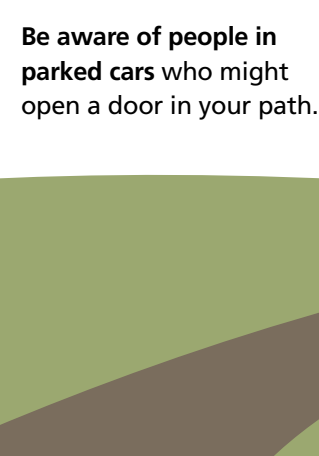
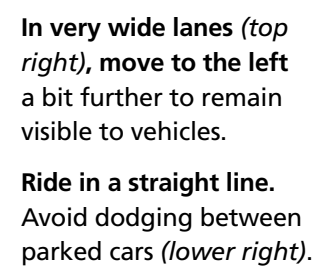
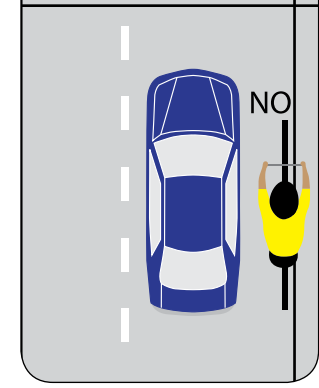
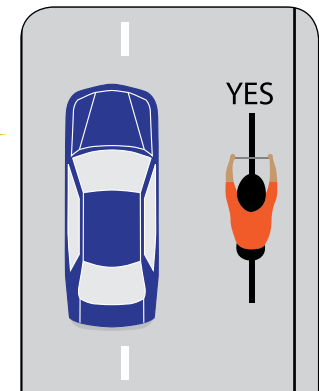
**Bike Blono** promotes the bicycle for everyday transportation in Bloomington-Normal. Bike Blono focuses on three areas: advocacy, awareness and education, with much of their effort working to establish policies to enhance safe biking and infrastructure. Find details at [www.bikeblono.org](http://www.bikeblono.org).

**Lake Run Club** Lake Run Club's mission is to promote running and racing in Central Illinois through quality races, running programs and social events. Programs designed for all ages and abilities including basics of running, better fitness and training. [www.lakerunclub.org](http://www.lakerunclub.org)

## TRAIL ETIQUETTE

- The trail is open daily from one hour before sunrise until one hour after sunset.
- Be courteous at all times.
- Don't block the trail if in a group or with a pet.
- Enter and exit trail at access points only.
- Yield when entering or crossing the trail.
- When passing other users, provide an audible warning signal by voice, bell or horn.
- Don't litter — utilize the trash receptacles provided.
- Clean up after all pets. All pets are required to be on a leash.
- Be aware of your surroundings. Use of earphones or any other distracting devices is discouraged.
- Stay on the right side of the trail except when passing a user.
- Travel in a predictable and consistent manner.
- 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.

## 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 by in narrow lanes — force them to pass using the other lane.

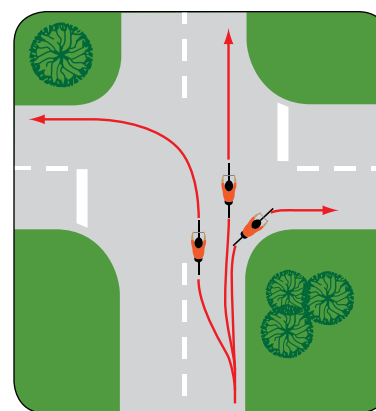
**In very wide lanes (top right), move to the left a bit further to remain visible to vehicles.**

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

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

## INTERSECTION POSITIONING

At intersections without turn lanes:

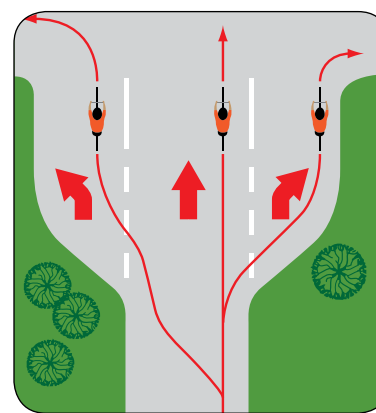


**To turn left, merge into the left part of the lane.**

**To go straight, move slightly toward the center of the lane.**

**For a right turn, stay to the right.**

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

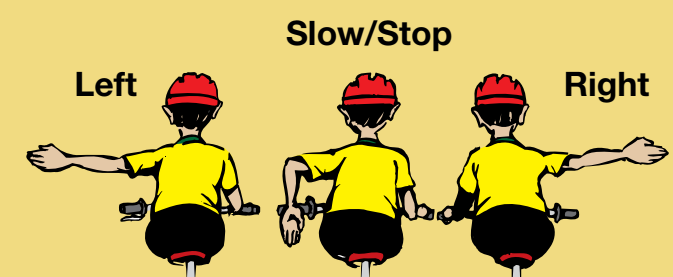


Whether there are turn lanes or not, **always use the right-most lane** going to your destination.

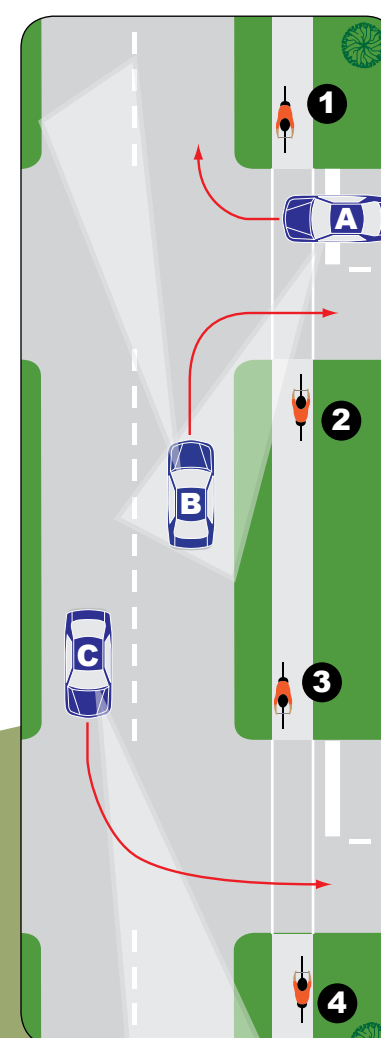
## PROPER HELMET PLACEMENT



## PROPER HAND SIGNALS



## SIDEPATH BICYCLING



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 that 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.

## PLEASE BE GREEN

These maps are provided free by The Friends of the Constitution Trail. However, there is a cost, so please use this map wisely so we can devote funds to improve the trail.



Trail photos graciously provided by Bea Corbin. See more of her work at [www.photobea.com](http://www.photobea.com)