

MAP LEGEND

Trail Branches

- Bloomer Line (4.5 mi)
- Collegiate (3.5 mi)
- Illinois Central (7.0 mi)
- Interurban (4.8 mi)
- Northtown (2.8 mi)
- Route 66* (29.6 mi)
- Route 66 & Illinois Central
- Route 66 & Southtown
- Southtown** (8.5 mi)
- Proposed
- Park Trail & Connectors
- Suggested Shared Roadways

Points of Interest

- Bus Station
- Government Office
- Hospital
- Library

Fix-it Station

- Fix-it Station

*Consists of both shared-use path and suggested shared roadways. Mileage from Towanda Trailhead to Funks Grove Trailhead.

**Includes shared roadways and proposed trail.

Map information provided by McLean County GIS Consortium

www.ConstitutionTrail.org

Friends of the Constitution Trail
P.O. Box 525
Bloomington, IL 61702-0525

Please detach and mail to:



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

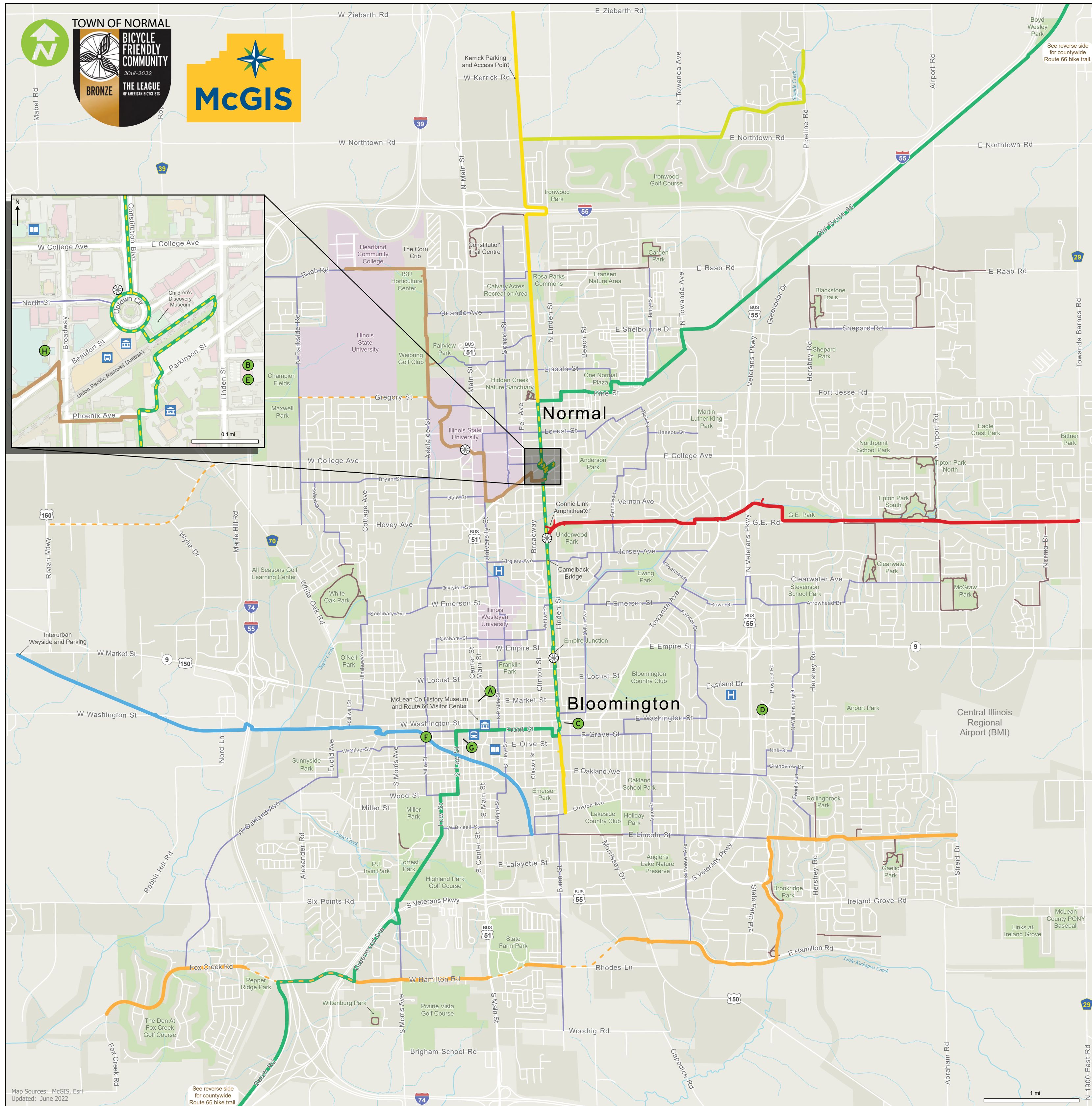
LOOKING TO EXPLORE MORE?

The Constitution Trail is always growing! For the most up-to-date, comprehensive information, please visit our online map application by scanning the QR code below.



Whether you are traiside and viewing on your mobile device, or planning your next trek on your desktop, you can:

- Zoom in on all trails and connectors for more detailed trail navigation
- Locate and contact trail sponsors
- Explore a robust network of shared road routes
- Pinpoint trailheads and parking locations
- Locate nearby facilities, parks, and points of interest with the "Near Me" widget



Map Sources: McGIS, Esri
Updated: June 2022

See reverse side for countywide Route 66 bike trail.

309-829-6824

WWW.WILSONSCYCLE.COM



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www.museumofhistory.org

HELLO FRIEND,

Whether you are a regular trail user or visiting for the first time, there is always something to enjoy on the Constitution Trail. While most trails are linear paths between points A and B, the Constitution Trail is a network of branches spreading throughout our community and beyond. Explore!

Dedicated in 1987 and named in honor of the 200th anniversary of the United States Constitution, the Constitution Trail celebrated its grand opening on May 6, 1989. The original 41-mile segment running north from Empire to Phoenix and east to Airport Road was proposed as a joint venture between the City and the Town by Council members Garrett Scott of Normal and the late Hugh Atwood of Bloomington. From those humble beginnings, the Constitution Trail now extends over 50 miles.

Also in 1989, realizing the potential for this community treasure, a group of citizens formed the Friends of the Constitution Trail. Since that time, together with our members, municipal partners, and other community organizations, the Friends have worked to improve the trail. Benches, bike racks, water fountains, fix-it stations, shelters, historical markers and way finding signs have been installed. Prairie restorations have begun, and over 500 trees have been planted. Investments have been made in education through the Safe Routes to School program and development through Bike/Ped plans and conceptual designs.

And we couldn't have done it without our Friends! On behalf of the Board of Directors, we invite you to become a **Friend of the Constitution Trail**.


PARTNER ORGANIZATIONS




Ride Illinois is a nonprofit organization making Illinois better through biking. <https://rideillinois.org/>



McLean County Wheelers are cycling enthusiasts encouraging and supporting safe cycling for recreation and fitness. All are welcome. <https://www.mcleancountywheelers.com/>



Go:Safe McLean County is modeled after the national Vision Zero movement and drafted by Bloomington-Normal transportation system users, experts, and designers, the Go:Safe Action Plan envisions the safe transportation system our community deserves. <https://mcplan.org/plans-and-studies/go-safe-mclean-county>



The **Lake Run Club** is Central Illinois' premier run club, providing fun and challenging races, programs, services and social events for all ages and abilities. <https://runsignup.com/Club/IL/Normal/LakeRunClub>


ILLINOIS' ROUTE 66 TRAIL

Explore the sights, cities, towns and rural areas of the Mother Road at a slower pace. Conceived in 2005, Illinois' Route 66 Trail spans 369 miles from Chicago to St. Louis. McLean County is one of the leaders in developing this trail system.

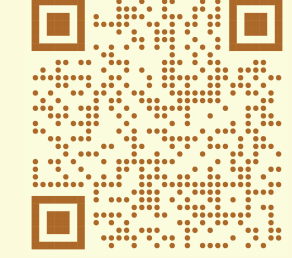
For more information, scan the QR code:



Want to go further? Our friends at Adventure Cycling Association can "wind you from Chicago to LA, more than 2,000 miles all the way..."

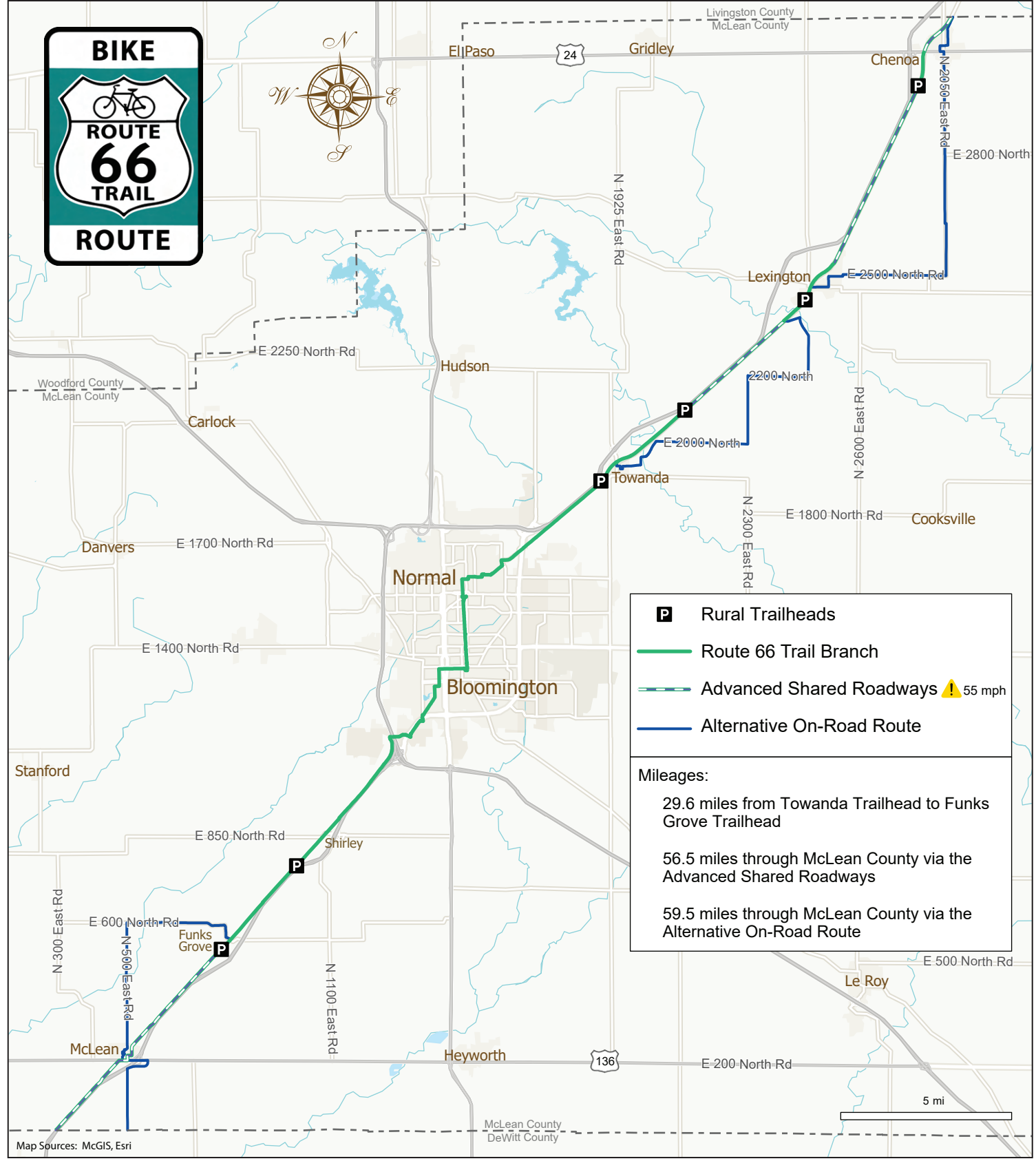


Adventure Cycling Association

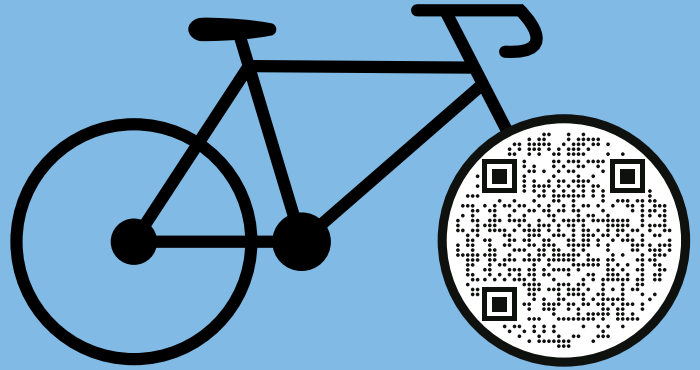


Illinois' Route 66 Trail is just one of many greenways in McLean County. Greenways are corridors of land and water that connect places and people. These open spaces are located within natural or manmade areas and protect habitats, wildlife, and resources. They often contain trails or paths for alternative transportation, offer recreational opportunities, and add to the quality of life.

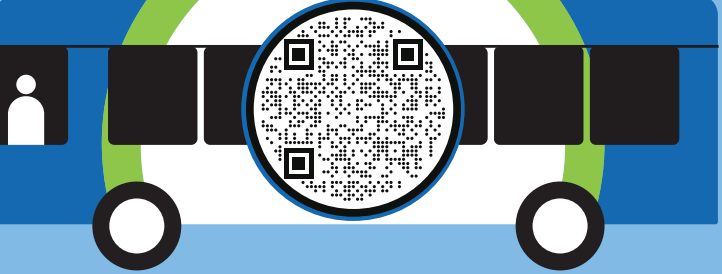




Walk or ride to your nearest bus stop and let **Connect Transit** take it from there!



For Connect Transit route information:



Not sure how to ride the bus with your bike? Scan the wheel to see how to fit your bike on **ANY Connect Transit** bus!

TRAIL MAINTENANCE ISSUE? CONTACT ONE OF OUR MUNICIPAL PARTNERS!



Town of Normal



Parks and Recreation Department



McLean County Parks Naturally!



City of Bloomington



ILLINOIS
PARKS, RECREATION & CULTURAL ARTS

City of Bloomington: (309) 434-2260
Town of Normal: (309) 454-9540
McLean County: (309) 434-6770

Share the **ROAD**

Scan the QR code for tips on bicycle safety

BASIC BIKE CHECK
Just remember... **ABC Quick Check**

- A** is for air
- Inflate tires to the pressure listed on the side of the tire
 - Use a pressure gauge to ensure proper pressure
 - Check for damage on tires and replace if damaged
- B** is for brakes
- Inspect pads for wear; replace if there is less than 1/4 inch of pad left
 - Check pad adjustment; make sure they do not rub the tire
 - Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way
- C** is for cranks and chain
- Pull your cranks away from the bike - if they are loose, tighten the bolt
 - Check that your chain is free of rust and gunk

Quick is for quick releases


- Make sure your quick releases are all closed

Check is for check it over

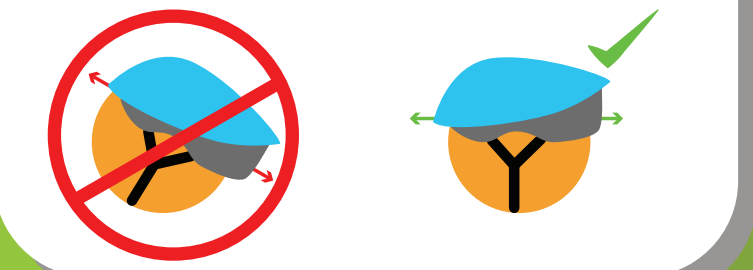
- Take a quick ride to check that it is working properly

PROPER HAND SIGNALS

Left Slow/Stop Right



PROPER HELMET PLACEMENT



Yes, a helmet does look that good on you!



SHARE THE TRAIL

Be nice.
Trails are for everyone.



USE SAFE SPEEDS

Gauge your speed on the trail.



OUR PETS MIND YOUR PET

Make sure your four-legged friends are great trail ambassadors!



KEEP RIGHT PASS LEFT

Move on the right, pass on the left, and be heard!



BE ALERT

Stay in tune to your surroundings out on the trail.



STANDING STILL? STAND ASIDE

Taking a break? Take it off the trail.



FOLLOW THE RULES

Open from dawn until dusk.

 Content provided courtesy of Rails-to-Trails Conservancy. <https://www.railstotrails.org/sharethetrail>

Won't you be our Friend?



Community members:

- Advocating expansion
- Funding improvements and amenities
- Supporting beautification and education
- Increasing awareness

X	DUES	MEMBERSHIP LEVEL (CHECK ONE)
	\$15	Individual
	\$25	Family
	\$50	Trail Backer
	\$150	Sponsor
	\$500	Patron
	\$1000	Lifetime
	\$	Donation

X	GET INVOLVED (CHECK ALL THAT APPLY)
	Trail Clean-Up Days
	Tree Planting
	Tree Care
	Valet Bike Parking Attendant
	Fundraising

Name _____

Address _____

City _____

State, Zip _____

Phone _____

Email _____

Detach this panel and mail to the address on the back. Make checks payable to: FOCT

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



Learn more about the **John English Arboretum**



<https://constitutiontrail.org/johnenglish>

