

## **Welcome to the Plainfield Park District Bike Park at Van Horn Woods**

This is a great place to learn new skills, improve old skills and HAVE FUN!

Please follow the rules so everyone stays safe and has a great time.

**The Bike Park consists of dirt jumps, a pump track, and skills area. Progressive stunts with levels from beginner to expert provide a way for riders of all ages to practice their sport in the safest way possible. Each area has markings to indicate the levels of difficulty of the trails and at what skill level the user should be.**

**The markings and definitions of these markings are:**

**Easy – Beginner  
More Difficult – Intermediate  
Very Difficult – Advanced  
Most Difficult – Expert**

**Four objective and measurable criteria are used to determine these levels: Tread width, tread surface, trail grade which includes the steepest section of the trails & the steepness of the trails over their entire length, and natural obstacles/technical trail features**

**If you do not know what skill level you are at or this is your first time at the Bike Park, then you are a beginner. Regardless of age or years riding a bicycle, start on the beginner courses.**

When riding at intermediate to expert levels have a bike designed for these skill levels

Start small and work your way up as your technique improves. The following progression is suggested:

Skills Area first  
Pump Track second  
Smallest Dirt Jumps third

Be aware that the Skills Area and Pump Track and Skills Area run in both directions.

Ride the Dirt Jumps only in the downhill direction.

**For more information on general instructions of proper riding skills and techniques, inspecting your bike, riding etiquette, and a calendar of future events visit the kiosk within the entrance of the bike park.**

**If you have never been to a bike park and would like more information on proper riding skills and techniques, or programs available contact the Plainfield Park District at 815-439-7940.**

Please respect the Bike Park. This park is maintained by volunteers. Dirt jumps, pump tracks and skill areas require many hours of maintenance and upkeep.

Want to help? Call 815-439-7940 for more information on becoming a member/volunteer of the Chicago Area Mountain Bikers, West Chapter.

Please report dangerous/hazardous conditions immediately to the Plainfield Park District at 815-439-7940.

In case of an emergency dial 911.

You are located at the Plainfield Park District Bike Park at Van Horn Park, 17200 S. Frontage Road.