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Ride geared toward city cyclists

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would be neat to incorporate people who live in the city to come out to Bartlett and experience the great riding we have." Lindsay Banks, a staff member for the Chicago Metropolitan Agency for Planning, said she and some of her co-workers plan to participate in the ride.

"I think it's really nice to get out of the city and see the trails that go all around the region, especially with people who know the area," Banks said, adding she feels more comfortable riding in the city because she thinks the motorists are more aware of bikers.

Witt hopes people will not only enjoy the ride but also will stay in the area to enjoy the downtown restaurants and businesses.

Restaurants including Pasta Mia, JC Mexican Restaurant, Lucky Jack's, TL's Four Seasons and Papa Pacino's are among those sponsoring the event. Some will be offering discounts or giveaways to those participating in the ride.

"The idea is to take people on a nice ride to see the different places they can ride and spend a few dollars in Bartlett then get back on the train and have had a great day," Witt said.

The pace will be about 13 to 14 mph, which Witt said is very moderate. Tour de France riders travel about 30 to 35 mph, he said.

Witt said cyclists shouldn't shy away because of the ride's length, which could be an ambitious endeavor for an amateur rider. The ride will follow a Metra line so if a rider wishes to stop and go home at any time, they can hop back on a train.

The ride also is open to Bartlett residents, and Witt hopes to incorporate bicycle safety around the community.

"You wouldn't just wake up and say 'I'm going to ride 56 miles,' but it's a relatively easy pace if you've done any riding at all," he said. "Not everyone can ride 56 miles, but everyone can ride from their home to downtown Bartlett."

If you go

WHAT Bike the Rails Ride

WHEN 9:30 a.m. Sunday, July 25

WHERE Spin Doctor Cyclewerks, 140 S. Hickory Ave., Bartlett

INFO The outbound Metra train will arrive in Bartlett at 9:29 a.m. Sign-in is from 9:30 to 10 a.m. The ride is scheduled to end at about 3:30 p.m.

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