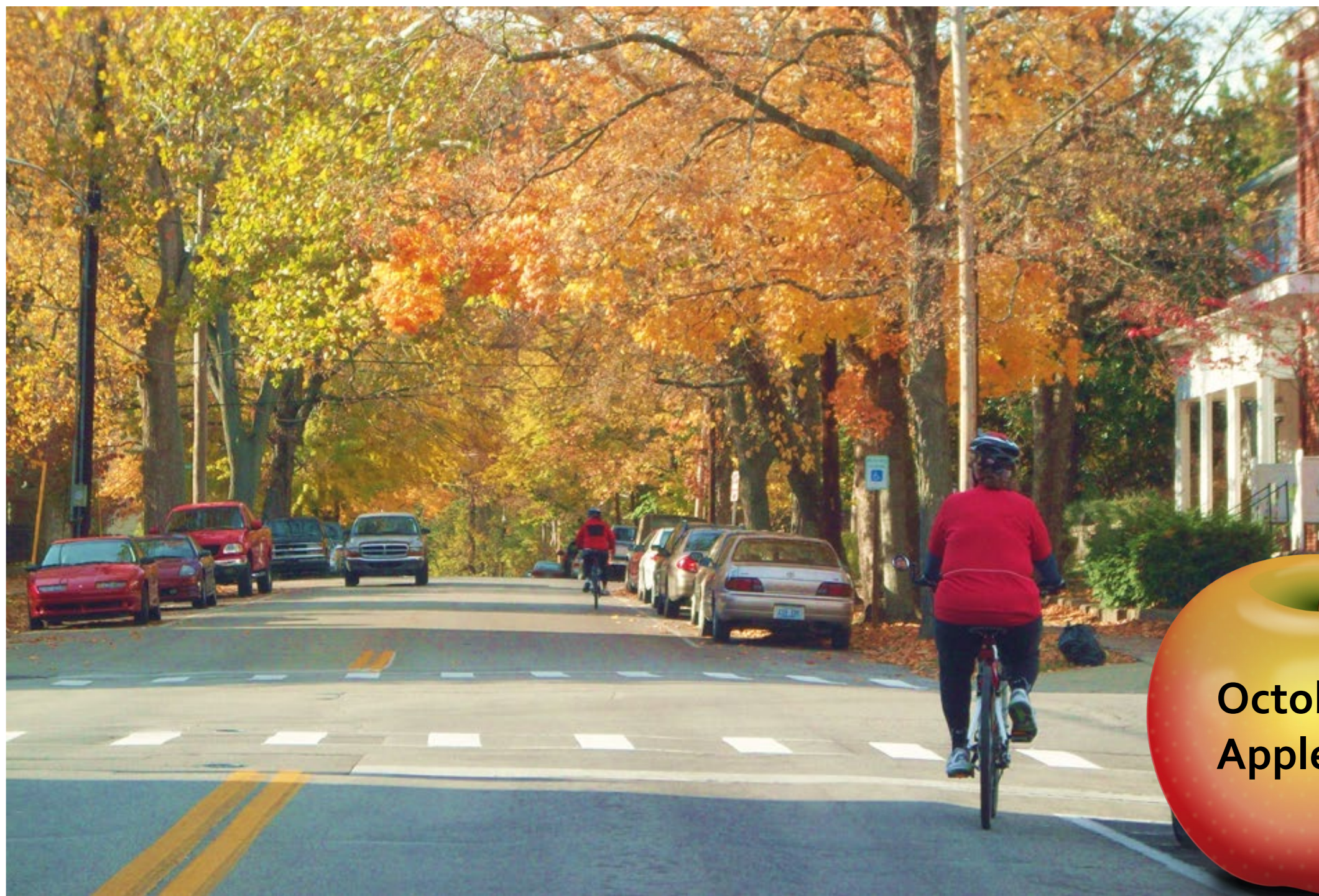


BICYCLING

in Kentucky



**October 21
Apple Day**

Quick Facts



- Apple Day started in London, England in 1990
- Apple trees can take as long as 5 years to begin producing apples
- An average apple tree can produce over 800 pounds of apples, and live over 100 years.
- Apples are actually a member of the rose family
- It takes over 30 apples to make one gallon of apple cider
- There are 8000 apple varieties, 2500 available in the US, BUT only the **crab-apple is native to the US.**
- **Malusdomesticaphobia** is a fear of apples



Going Dutch: Translating Dutch Cycling Ideas to...

Ending Remarks

Watch later

Share

Ambassador
André Haspels

Kingdom of the Netherlands

MORE VIDEOS

COVID-19 – INTEREST IN BIKING INCREASED WORLDWIDE

- NETHERLANDS – THE CYCLING NATION

VISIT

[HTTP://WWW.PEDBIKEINFO.ORG/VIDEOS/WEBINAR_072820_HASPELS.MP4](http://www.pedbikeinfo.org/videos/webinar_072820_haspels.mp4)



- 7M DUTCH RESIDENTS, 25 M BIKES
- 45% ARRIVE AT TRAIN STATION BY BIKE
- 26% OF ALL TRIPS BY BIKE

Worlds' Most Bike Friendly Cities 2019

Copenhagenize – a urban cycling design company

Factors: safety, traffic, bike share programs and infrastructure

1. Copenhagen, Denmark

2. Amsterdam, Netherlands
3. Utrecht, Netherlands
4. Antwerp, Belgium
5. Strasbourg, France
6. Bordeaux, France
7. Oslo, Norway
8. Paris, France
9. Vienna, Austria
10. Helsinki, Finland
11. Bremen, Germany
12. Bogota, Columbia
13. Barcelona, Spain
14. Ljubljana, Slovenia
15. Berlin, Germany
16. Tokyo, Japan
17. Taipei, Taiwan
18. Vancouver, Canada (tie)
18. Montreal, Canada (tie)
20. Hamburg, Germany



<https://www.wired.com/story/most-bike-friendly-cities-2019-copenhagenize-design-index/>

Worlds' Most Bike Friendly Cities 2019



— an German insurance company

Factors: crime and safety (bike theft), infrastructure, sharing, events



1. Utrecht, Netherlands

2. Munster, Germany
3. Antwerp, Belgium
4. Copenhagen, Denmark
5. Amsterdam, Netherlands
6. Malmö, Sweden
7. Hangzhou, China
8. Bern, Switzerland
9. Bremen, Germany
10. Hannover, Germany

11. Strasbourg, France
12. Bordeaux, France
13. Hamburg, Germany
14. Leipzig, Germany
15. Bristol, UK
16. Montreal, Canada
17. Nuremberg, Germany
18. Innsbruck, Austria
19. Berlin, Germany
20. Melbourne, Australia

USA's Most Bike Friendly Cities Sept 2020

Smart Asset – an independent personal finance technology company

Factors: Walk Score.com, % biking to work, NTSA fatality rate, miles of protected bike lanes, 2018 US Census Commodity Survey on household income



City	Walk Score	% Biking to Work	Miles	Fatalities /100 K	Income-Housing	Index
1. Portland, OR	82.4	5.3	5.3	0.48	\$56,009	100.0
2. Minneapolis, MN	83.5	3.4	41.7	0.64	\$48,998	95.23
3. Seattle, WA	70.3	3.8	12.2	0.85	\$71,713	91.11
4. St. Paul, MN	66.9	1.4	9.4	0.36	\$46,109	87.20
5. Boston, MA	70.5	2.3	5.31	0.87	\$50,810	82.86
6. Washington, DC	69.1	4.3	11.9	1.14	\$64,863	81.34
7. San Francisco, CA	72.2	4.2	16.7	1.58	\$87,728	78.52
8. Madison, WI	65.1	4.5	0.8	0.74	\$49,557	77.44
9. Chicago, IL	72.2	1.8	27.3	1.06	\$42,478	75.70
10. New York City, NY	70.0	1.3	124.2	1.17	\$46,871	72.02

Census Bureau, 2018

- 1/ 200 Americans – 0.5% – biked to work.
- Portland, Oregon highest at 5.3%.



<https://smartasset.com/checking-account/most-bike-friendly-cities-2020>

Worlds' Most Bike Friendly Cities

COYA

62. London, England



POLICY



FHWA's Bicycle and Pedestrian Program promotes **safe**, comfortable, and convenient walking and bicycling for people of all ages and abilities.

- FHWA provides: Funding, Policy Guidance, Program Management, and Resources

https://www.fhwa.dot.gov/environment/bicycle_pedestrian/

Darrin Grenfell

Bicycle and Pedestrian Coordinator
Federal Highway Administration
330 West Broadway
Frankfort, Kentucky 40601-1981
Office: 502-223-6727

Darrin.Grenfell@dot.gov

POLICY



“KYTC will consider the incorporation of pedestrian and bicycling facilities on all new or reconstructed state-maintained roadways in existing and planned urban and suburban areas.”

<https://transportation.ky.gov/BikeWalk/Pages/Home%20Page.aspx>

Daniel Walker

Statewide Bicycle and Pedestrian Coordinator
Kentucky Transportation Cabinet, Division of Planning
200 Mero Street, 5th Floor West
Frankfort, Kentucky 40622
Office: 502-782-5060
daniels.walker@ky.gov

FUNDING



- Congestion Mitigation and Air Quality (CMAQ)
- Surface Transportation Block Grant (STBG)
 - Safe Routes to School (SRTS)
 - Transportation Alternatives (STBG-TA)
- Recreational Trail Program (RTP)

- =====
- Highway Safety Improvement Program (HSIP)
 - **future** local road safety plan at KYTC

- =====
- National Highway Program (NHP)

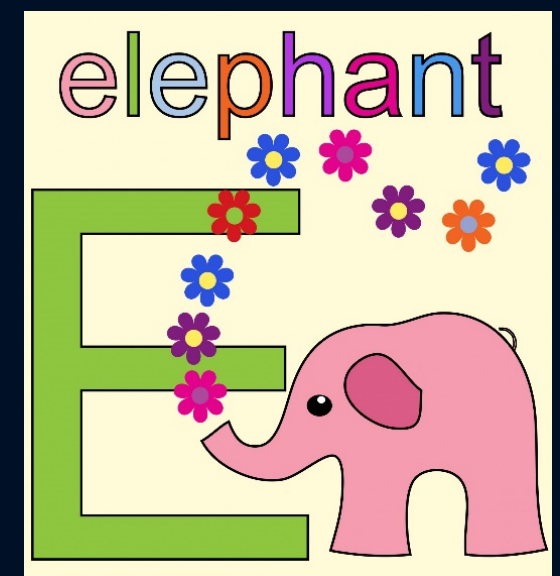
- Planning Funds
 - Plans, data collection (counts and monitoring), mapping, safety programs, training



5 E'S

FHWA's Comprehensive Approach

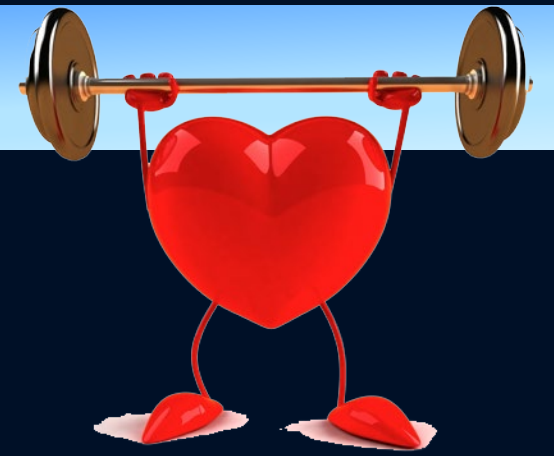
- **E**ngineering – design and construction of bike/ped facilities
- **E**ducation – teaching bicyclists, pedestrians, motorists
- **E**nforcement – ensure traffic laws and rules are followed
- **E**ncouragement – providing incentives
- **E**valuation – outcomes achieved



5 E'S - EDUCATION

1. Start with Data

UNITED HEALTH FOUNDATION®



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Categories: Behaviors, Community and Environment, Public and Health Policies, Clinical Care, and Health Outcomes.

Kentucky is one of the least healthy States in the nation! (2019)

43rd/50 States

https://assets.americashealthrankings.org/app/uploads/ahr_2019annualreport.pdf

5 E'S - EDUCATION

1. Start with Data

UNITED HEALTH FOUNDATION®



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Cancer Deaths	50/50	233.4/100,000 population
Physical Inactivity	50/50	32.4% of adults
Smoking	49/50	30% (2012) – 2019 (23.0%) - declining
Obesity	46/50	1990 (12%) – 2019 (36.6%)
Drug Deaths	46/50	32.2/100,000 population (96% in 10 yrs)
Diabetes	44/50	13.7% of adults
Cardiovascular Deaths	42/50	301.2/100,000 population

5 E'S - EDUCATION

1. Start with Data



2020 KY Facility Types	Number	Miles
Multi-Use Paths	179	90*
Rails-To-Trails (multi-purpose)	28	63
United States Bicycle Routes	5	856

MULTI-USE PATHS

Data provided from the Highway Information System (HIS)
in the Division of Planning at the Kentucky Transportation Cabinet

* Multi-Use Paths inside Right-Of-Way.



5 E'S - EDUCATION

1. Start with Data



2020 KY Facility Types	Number	Miles
Multi-Use Paths	179	90
Rails-To-Trails (multi-purpose)	28	63
United States Bicycle Routes	5	856

RAILS-TO-TRAILS



<https://www.traillink.com/trailsearch/?mmloc=Kentucky>

- 28 Rails-to-Trails listed for Kentucky

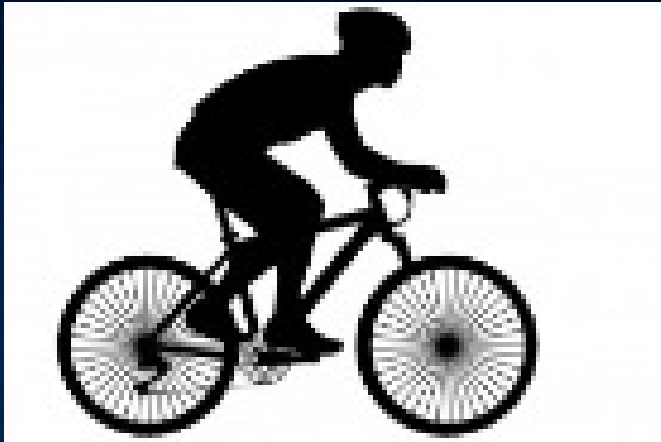
NOTE:

[National Trails System Act, 16 U.S.C. 1247\(d\),](#)

- Allows **abandonment or banking** for possible future use.
(Notice of Interim Trail Use (NITU))

5 E'S - EDUCATION

1. Start with Data



2020 KY Facility Types	Number	Miles
Multi-Use Paths	179	90
Rails-To-Trails (multi-purpose)	28	63
United States Bicycle Routes	5	856

USBR - Kentucky Added 2 New USBR Routes (2018) – **5th in the Nation!**

USBR21 – 265 mile route

- Follows Boone Trace established by Daniel Boone in 1775.
- Connects the Ohio River in Mason Co → Bluegrass → Cumberland Gap, TN

USBR 23 – 109 mile route

- Connects the Cave Region of KY
- Connects Southwestern KY and Mammoth Cave



NOTE: AASHTO designates the USBR, 13,470 miles Nationwide

<https://www.adventurecycling.org/about-us/media/press-releases/kentucky-expands-cycling-options-with-u-s-bicycle-routes-21-and-23/>

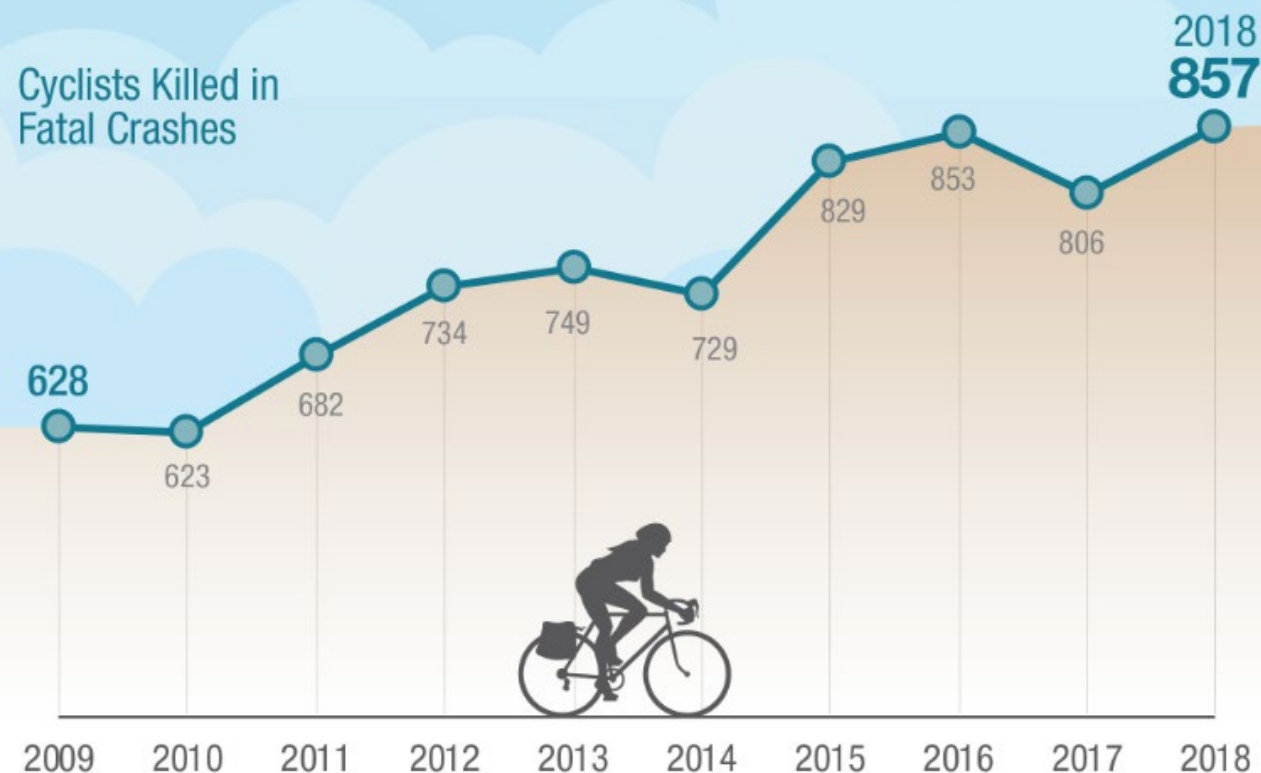
5 E'S - EDUCATION

1. Start with Data

FHWA Weekly Factoid 08/19/20

BIKE FATALITIES INCREASED IN 2018

Since 2009, bike fatalities have increased 36%



Source: DOT NHTSA FARS - <https://www-fars.nhtsa.dot.gov/>

SAFETY: Make the road safer for all users.

- Between 2009 and 2018, **Bike Fatalities have increased 36%!!**
- 2009: 628 bike fatalities
- 2018: 857 bike fatalities

5 E'S - EDUCATION

1. Start with Data



SAFETY: Make the road safer for all users.

2019 Bicycle Crashes	Total Crashes	Fatal Crashes	No. Killed	Injury Crashes	No. Injured
Kentucky - All Roads	362	5	5	223	228
Kentucky - Public Roads	343	5	5	217	222

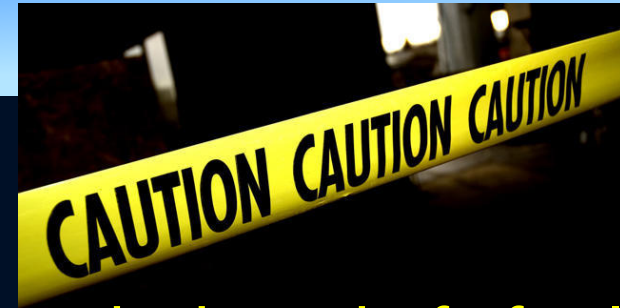
- Public Roads do not include parking lots and other private property



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5 E'S - EDUCATION

1. Start with Data



SAFETY: Make the road safer for all users.

MPO (2019 All Roads*)	Bike Crashes	Fatal	Injury
Bowling Green	14	0	9
Cincinnati	41	0	25
Clarksville	6	1	4
Evansville	5	0	4
KYOVA	6	0	3
Lexington	52	0	34
Louisville	136	2	88
Owensboro	22	0	15
Radcliff/Elizabethtown	9	0	6

*All Roads includes parking lots and other private property

5 E'S - EDUCATION

2. Target Audience

a) New drivers?

- Driver Education
- Driver Testing

b) College Students?

- Campus Newspaper
- Biking Groups

c) Motorists?

- Traffic School

d) Neighbors?



Photo by Bernadette Dupont



Photo by Bernadette Dupont



Photo from MUTCD

5 E'S - EDUCATION

2. Target Audience

e) Bikers?

National Bike Club

- The Wheelmen



Local Bike Club

- Bluegrass Cycling Club
- The Louisville Bicycle Club (formerly Louisville Wheelman)



Local Events

- Bourbon and Bluegrass – OWN
- Bikes and Beers - CIN – 10/16
- Horsey Hundred – LEX -
- Red River Rally – 10/03



Local Bike Shops

5 E'S - EDUCATION

3. Effective Message Delivery

a) Prioritize messages

- Safety
- Helmet Use
- Share the Road
- Complete Streets
 - Road Diet (4 In → 3 In)



Photo from MUTCD

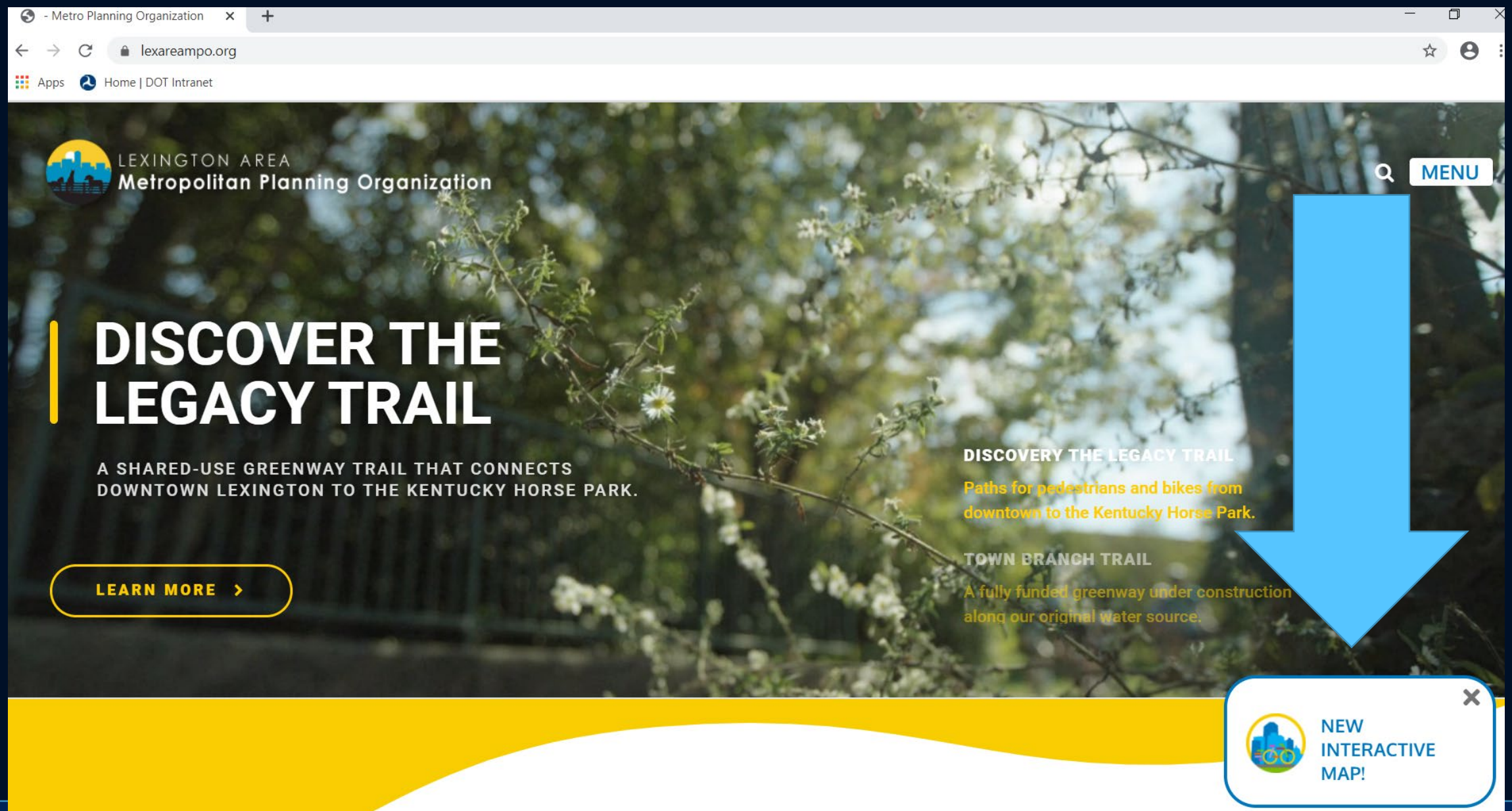


Photo by Bernadette Dupont

5 E'S - EDUCATION

3. Effective Message Delivery

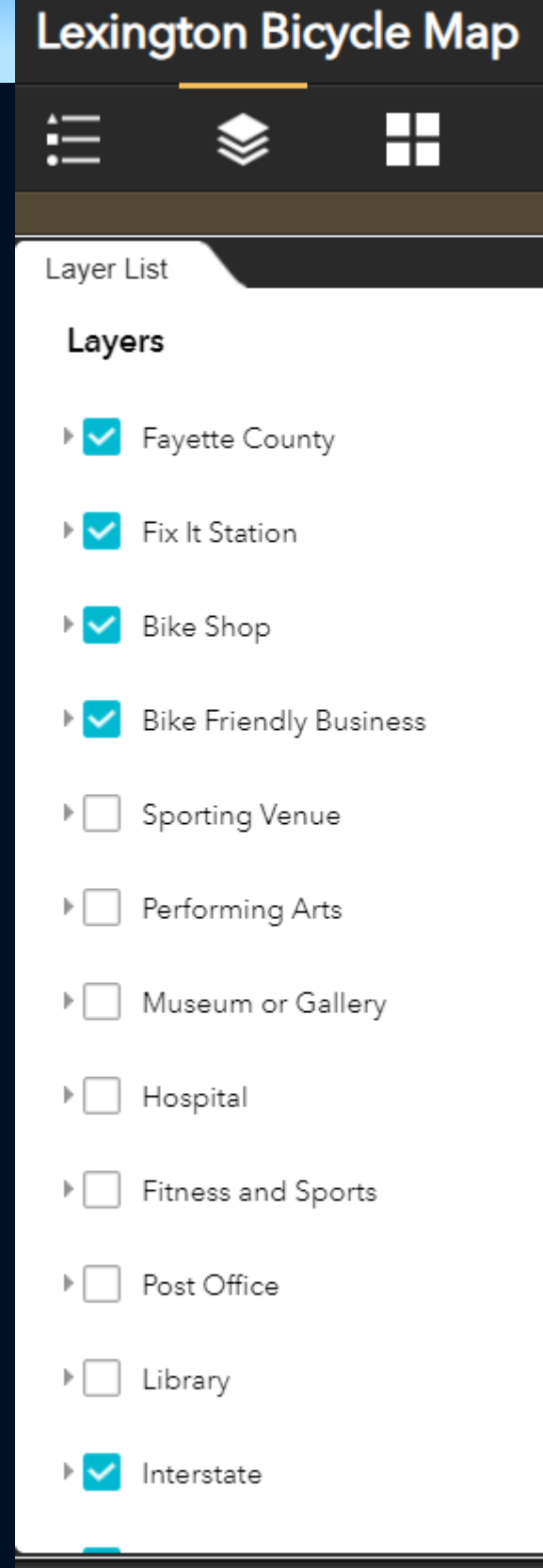
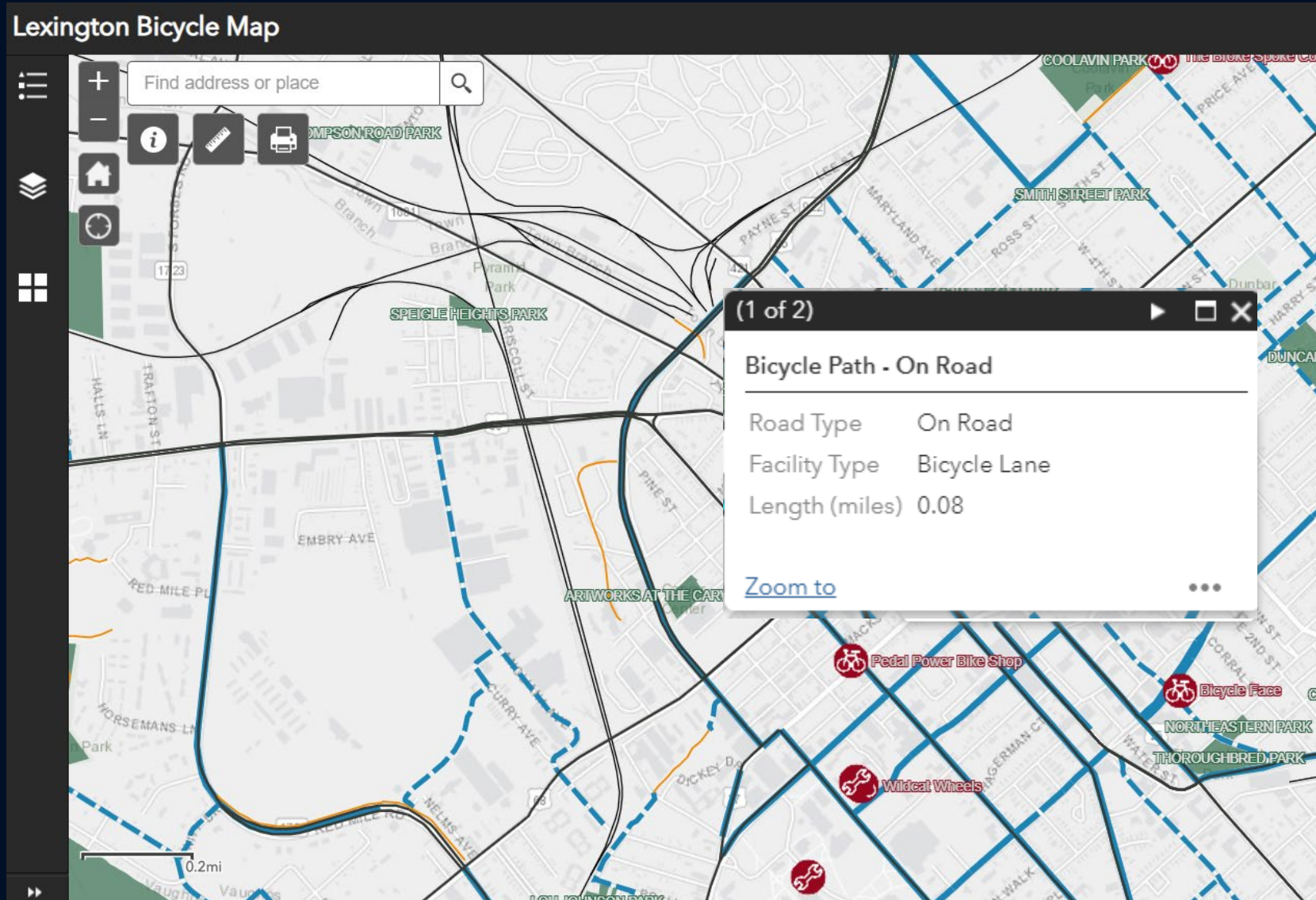
b) Innovative



5 E'S - EDUCATION

3. Effective Message Delivery

b) Innovative



5 E'S - EDUCATION

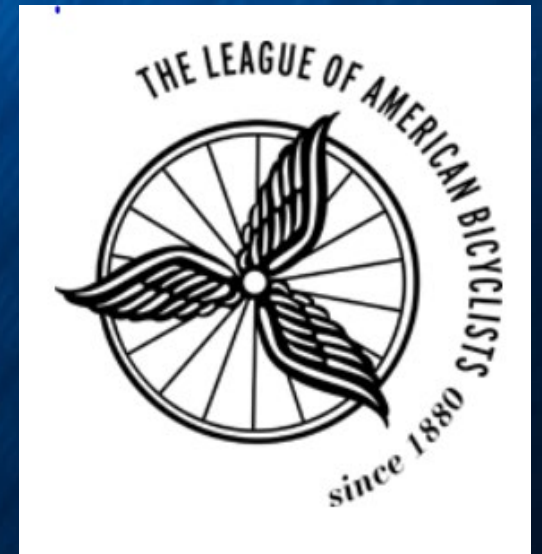
3. Effective Message Delivery

c) Marketing

- Tourism
- Economic Development

Bike Friendly Actions include:

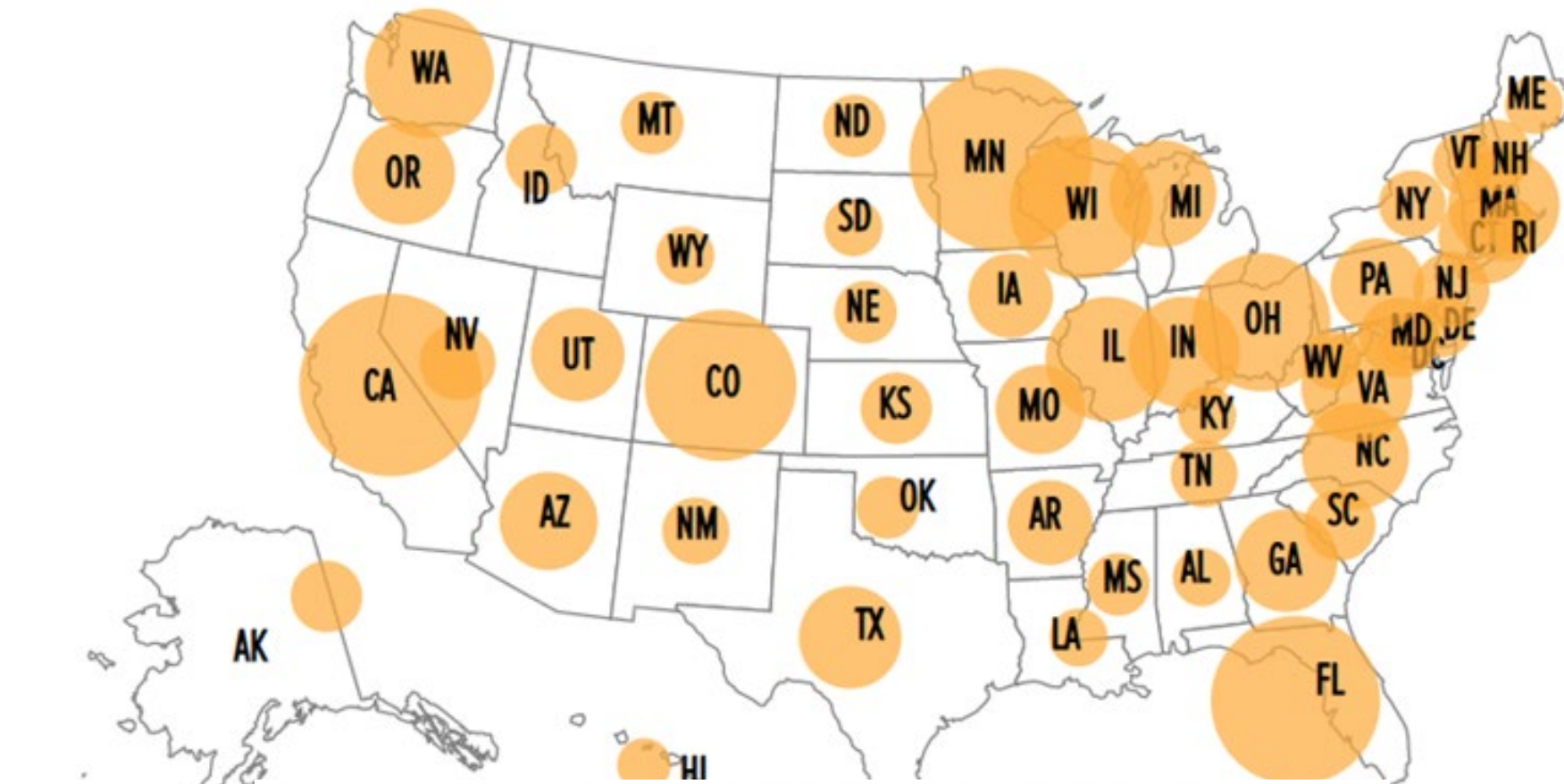
- ☐ Complete Streets Policy
- ☐ Safe Passing Law
- ☐ Bike Plan
- ☐ 2% of more Fed \$ spent on Bike/Ped
- ☐ Bicycle Safety Emphasis Area.



The League of American Bicyclists conducts an annual review of applications. Once awarded a city holds the award title for four years.

5 E'S - EDUCATION

3. Effective Message Delivery



KENTUCKY



BICYCLE FRIENDLY
STATE

2019 Ranking KY is 43rd

COMMUNITY	STATE	AWARD	POPULATION	JURISDICTION	LAND USE
Lexington-Fayette	KY	Bronze	321959	Town/City/Municipality	Urbanized area
Louisville	KY	Silver	256231	Town/City/Municipality	Urbanized area

5 E'S - EDUCATION

3. Effective Message Delivery



5 E's – Encouragement (Economic Development)

_____ is a “Bike Friendly City” awarded

☒ **Platinum**

☐ Gold

☐ Silver

☐ Bronze

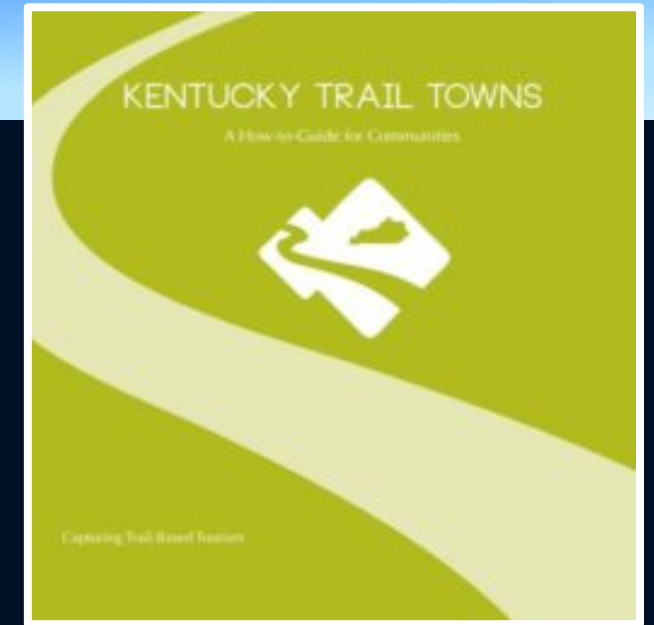
PLATINUM



FUNDING

Kentucky Trail Towns - A How-to-Guide for Communities

Kentucky Office for Adventure Tourism



Designed to help leaders take advantage of the **economic opportunity** brought by the attraction of trails and rivers.

Not Stand-Alone Community, but linked through trails

Hiking Trail

Water Trail

Rail Trail

<https://www.americantrails.org/resources/kentucky-trail-towns-a-how-to-guide-for-communities>

Get Started Now

League of American Bicyclists 2021 National Bike Summit

February 28 – March 3, 2021, Virtual, Bikes: Our Vehicle for Change



5 E'S - **E**DUICATION

SUMMARY

1. Data

2. Audience

3. Effective Message Delivery



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QUESTIONS?

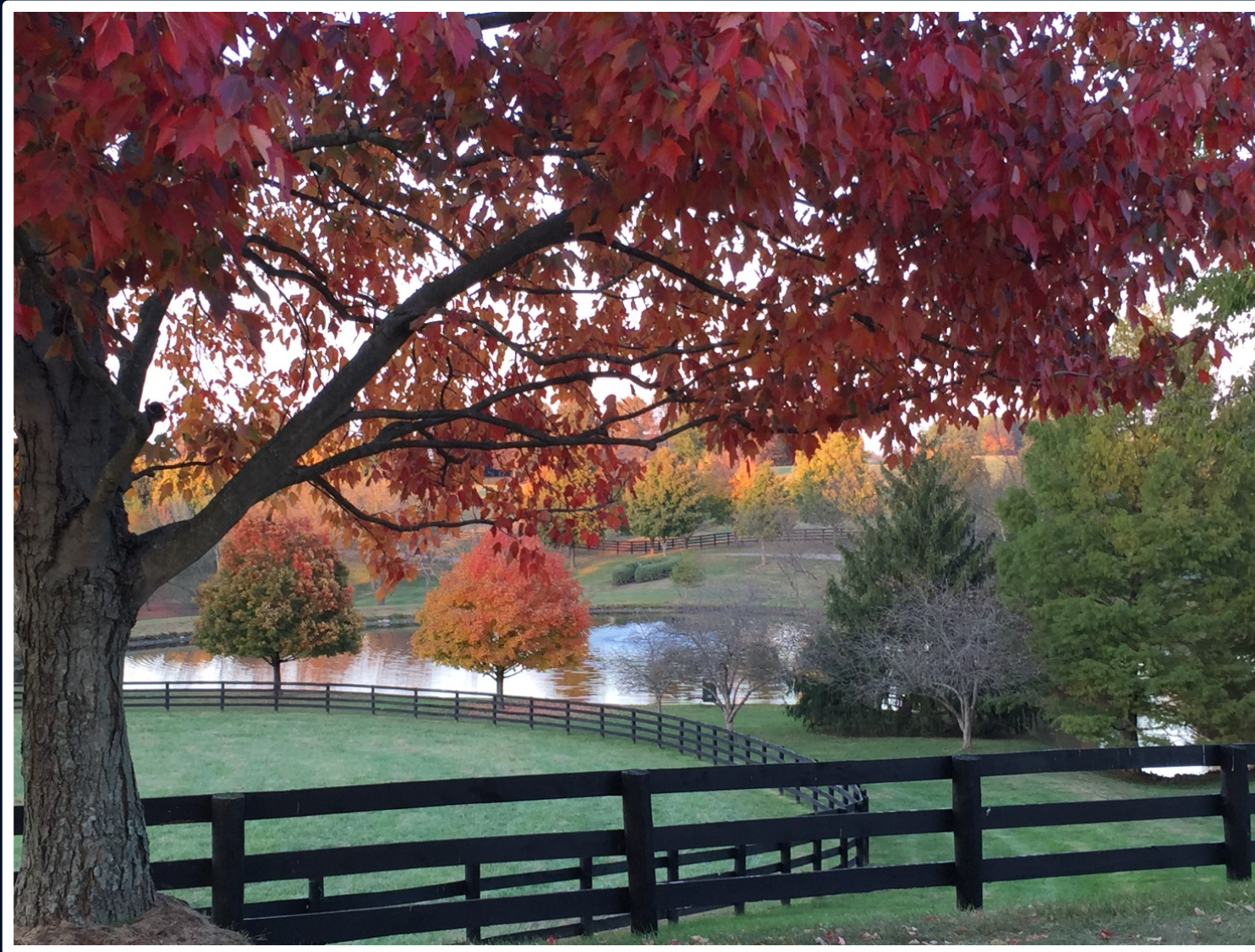


Photo by Bernadette Dupont

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