

Share The Road



“SHARE THE ROAD” LICENSE PLATE

Have you noticed that Kentucky has a new specialty license plate? “Share the Road” license plates are now available at County Clerk offices throughout Kentucky. The purpose of the ‘Share the Road’ plate is to promote safety and awareness among cyclists, motorists and pedestrians. Those who purchase a Share the Road license plate will have the option of making a voluntary contribution to the Kentucky Bicycle and Bikeway Commission (KBBC). The commission is charged with assisting the KY Transportation Cabinet in promoting the best interests of the bicycling public. Bring your bike or walking shoes to the “Share The Road Rally” on June 24, 11:00am, on the Capitol Hill Grounds in Frankfort, Ky.



BLUEGRASS CYCLING CLUB



The Bluegrass Cycling Club promotes all forms of cycling in central Kentucky - for transportation, for recreation and for racing both on and off-road. The BCC organizes recreational rides on most days of the week. Each ride is rated to help cyclists select the rides that will be most suitable for them. If you are new to cycling, you can select a “novice” ride with a slower pace and shorter route. The ride leader will provide technical support and cycling tips. Everyone will ride as a group or with a partner. You can visit the BCC web site at www.bgcycling.org for more information.



HORSEY HUNDRED

Experience Kentucky's Bluegrass on a bicycle! Spring is a beautiful time to ride, so grab your bike and join thousands of cyclists in the 29th running of the Horsey Hundred, May 26-28, 2006, in Georgetown, Kentucky. The Horsey Hundred offers several bike routes to choose from on Saturday and Sunday including a 29 mile route, 50 mile route, 75 mile route and the Horsey Hundred. On Sunday, you have the option of riding the streets of Paris... Kentucky! All routes loop back to the start each day. The Horsey Hundred is not a race. Rest areas, water and snack stations are located along all routes. For more information visit the www.bgcycling.org.

BICYCLING
IN THE
BLUEGRASS

TIPS FOR MOTORISTS



DRIVE CAUTIOUSLY

- Reduce speed when encountering cyclists.
- In inclement weather, give cyclists extra trailing and passing room
- Recognize situations that may be potentially dangerous to cyclists and give them space

YIELD TO CYCLISTS

- Cyclists are considered vehicles and should be given the appropriate right of way
- Cyclists may take the entire lane when hazards, road width or traffic speed dictate
- Motorists should allow extra time for cyclists to traverse intersections

BE CONSIDERATE

- Scan for cyclists in traffic and at intersections
- Do not blast your horn in close proximity to cyclists
- Look for cyclists when opening doors

PASS WITH CARE

- Leave at least three feet of space between your car and a cyclist when passing
- Wait until road and traffic conditions allow you to safely pass
- Check over your shoulder after passing a cyclist before moving back to normal position

WATCH FOR CHILDREN

- Children on bicycles are often unpredictable – expect the unexpected and slow down
- Most children don't have adequate knowledge of traffic laws
- Children are harder to see because they are typically smaller than adults



Why Ride?



MAY IS NATIONAL BIKE MONTH

For 50 years, the League of American Bicyclists has declared May as National Bike Month. This year, the Lexington-Fayette Urban County Government encourages you to explore all that bicycling has to offer to you, your family and our community. Often overlooked and underrated, bicycling can be a simple and pleasurable way to stay healthy while saving our environment and reconnecting with our community in a positive way. Whether you are considering bike commuting, recreational riding, or looking for a way to stay fit, we hope to provide you with the resources you need to get started and to continue to Bike Lexington.



WHY RIDE A BIKE?

Bicycling is efficient, it's economical, it's healthy, it's ecological, and it's fashionable and fun.

Save Money

Bicycling will help you save money by eliminating or cutting back on your gas bill. Cyclists can meet all of their transportation needs with a combination of bicycling, transit, and an occasional cab or rented car. You can save money on parking and won't need a membership to a gym to work out.

Stay Fit

Over 75% of people who switch from sedentary commuting to cycling improve their heart, lungs and blood vessels greatly in 6-8 weeks.

Save Time

Bicycling is faster than other modes when traveling distances under three miles. For longer trips, bicycling may still save time by combining commute time with the time you normally spend exercising.

Fight Pollution

Autos are the single largest source of U.S. air pollution. Short trips are up to three times more polluting per mile than long trips. When bicycling is substituted for short auto trips, 3.6 pounds of pollutants are kept from being emitted into the atmosphere.

Bicycling In The Bluegrass

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photo: Mitch Snider

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Future Plans



PLANNING A WALKABLE AND BIKE-FRIENDLY COMMUNITY

Please tell us how we can become a more walkable and bike-friendly town. The Lexington Area Metropolitan Planning Organization (MPO) is developing a Bicycle and Pedestrian Plan for both Fayette and Jessamine County. We need your help to develop a vision for our community. Do you want to walk to school or bike to work, but can't? Are there missing sidewalks in your neighborhood? Where are bike lanes and trail needed? In what order should improvements be made?

An online survey is available at: www.bluegrassbikewalksurvey.com

Public meetings will be held on the dates below. The meetings are open-house and informal. You are invited to come and go at any time during the meetings. Formal presentations will be made at 5 pm and 7 pm (evening meetings) and at 11 am and 1 pm (afternoon meetings).



FAYETTE COUNTY:

June 1, 2006, 4 – 8 PM
Northside Public Library

June 3, 2006, 10 – 2 PM
Joseph-Beth Booksellers

JESSAMINE COUNTY:

May 31, 2006, 4 – 8 PM
Jessamine Co. Public Library

June 2, 2006, 4 – 8 PM
Asbury College



BICYCLE-PEDESTRIAN ADVISORY COMMITTEE (BPAC)

The BPAC's mission is to be proactive in the promotion, development and maintenance of bicycle and pedestrian facilities in Fayette and Jessamine counties. For meeting dates and locations visit www.lfucg.com/bikewalklex/ or call 258-3605.



LEXINGTON CYCLIST E-NEWSLETTER

The Lexington MPO has a quarterly e-newsletter just for local cyclists. The newsletter has updates on bike and pedestrian projects and related efforts from across the region and the state. You can sign up to the e-list by sending an email to kgleason@lfucg.com or by calling 258-3605.

BICYCLING ON THE WEB

Lexington Fayette Urban Co. Government:
Kentucky Transportation Cabinet:
KY Rails to Trail Council:
Bluegrass Rails to Trails Foundation:
Town Branch Trail:
Federal Highway Administration:
League of American Bicyclists:
Pedestrian and Bicycle Information Center:
National Center for Bicycling and Walking:

www.lfucg.com/bikewalklex
www.bikewalk.ky.gov
www.kyrailtrail.org
www.kyrailtrail.org/groups
www.townbranch.org
www.fhwa.dot.gov/environment/bikeped
www.bikeleague.org
www.bicyclinginfo.org
www.bikewalk.org



photo: Rob Hammons



BICYCLING
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Bike Lanes



BIKE LANES

You may have noticed new bike lanes on several of Lexington's roadways including Richmond Road, Elm Tree Lane and Main Street. You can view a map of existing and proposed bike lanes at www.lfucg.com/bikewalklex.

Here are some answers to frequently asked questions about bike lanes:

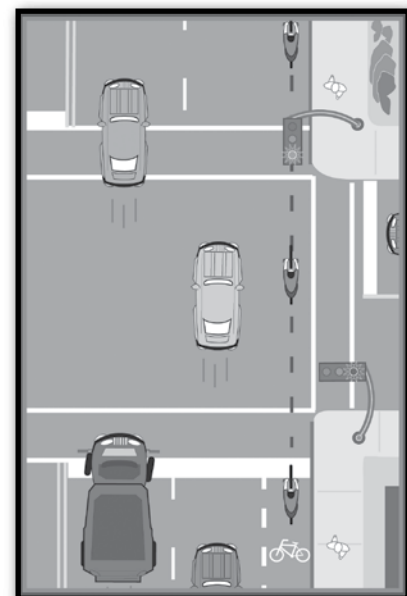
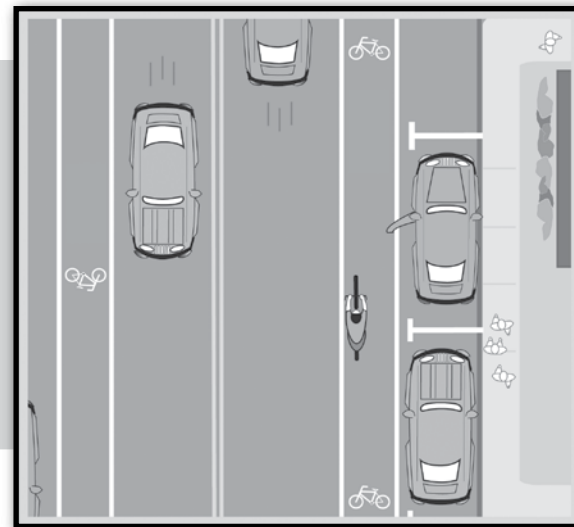


What is a bike lane?

Bike lanes are designated space on the roadway for the exclusive use of cyclists. Bike lanes make many people feel safer about bicycling on city streets. Motor vehicles are not allowed to drive, park or stand in a bike lane, but right-turning cars and trucks can enter the lane at intersections to complete their turn. You can contact local police at 258-3600 to report cars parked in bike lanes.

Where should I ride in a bike lane?

Bicyclists must always travel in the same direction as traffic when riding in a bike lane. Ride on the left side of the bike lane if there are parked cars on your right to avoid opening doors. Cyclists are not required to use bike lanes if there is debris or other hazards. They may also leave the bike lane if they are traveling the same speed as traffic, when passing another vehicle, or when preparing to make turn.



Why do bike lanes end?

We know it is very frustrating for a bike lane to suddenly end. Over time, as we continue to retrofit our streets, the bike network will become more connected. Bike lanes typically end at intersections. Try to move in the straightest line possible to where you will ride on the other side of the intersection. Do not veer into the right-turn lane. If you stay away from the curb, motorists can see you better.

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Bike lane information adapted from the City of Toronto. Graphics courtesy of Shannon Olliffe, City of Toronto.

Bike Lexington 2006

photo: Rob Hammons



bike Lexington 2006

Humana presents the fourth annual Bike Lexington, a festival celebrating bicycling for fun, fitness and transportation. The event will be held Saturday, May 20 in downtown Lexington. Cyclists of all ages, with bikes of all shapes and sizes, will gather to experience and promote all that bicycling has to offer.

Downtown Bike Races

Bike Lexington will host a series of bike criteriums from 8 to 10:00 am. Three races will be held for amateur racers and cycling teams. Spectators can watch the action from the new Courthouse Plaza as cyclists speed through downtown streets. The races are sponsored by Pedal Power Race Team and will benefit the YMCA's Campaign for Kids.

Car-Free Family Fun Ride

A 10-mile family fun ride begins at the Courthouse Plaza at 10:30 a.m. Police will block traffic as bikers of all ages ride through the streets of Lexington. The ride is free, but you must register and helmets are mandatory. A limited number of free bike rentals are available through the University of Kentucky's Wildcat Wheels Bike Library. You can reserve a bike by calling 258-3605.

photo: Rob Hammons



Traveling Bike Museum

The Traveling Museum tells the story of bicycle development from 1816 to the present. It houses 20 bikes spanning 200 years of bike design. The museum will be open for viewing at the Courthouse Plaza from 8:00 am to 12:00 pm.

Registration & Activities

Registration for the family ride is from 8 until 10 a.m. Activities held during that time include bike races, exhibitors, bike maintenance clinics and live music. A donation center will be on-site to recycle your old bicycles. A bike safety rodeo for kids starts at 9 am. Safe Kids Fayette County will make learning basic traffic safety rules fun for kids as they navigate an obstacle course.

Bike Lexington is a rain-or-shine event. For more information contact Kenzie Gleason at 859-258-3605 or visit www.bikelexington.org.

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Urban Riding



BIKE-TO-WORK WEEK is May 15-19*

There are many resources available to you if you are interested in bike commuting. You don't have to sell your car or ride everyday. Bicycling even a couple of days per week will have an impact on your gas bill, your fitness and our air quality. The first step is to overcome common excuses for not bicycling:



photo: Naz Hamid

**If you are interested in meeting other bike commuters, please come to the Herald-Leader on Bike to Work Day, Friday, May 19 at 7:30 AM.*



photo: LFUCG



LEXTRAN - BIKE 'N RIDE

LexTran now has bike racks on the front of all their buses. Easy to use, they let you combine a bike ride and a bus ride to get you to just about anywhere in Lexington. For route schedules and more information, call LexTran at 253-4636 or www.lextran.com.

BICYCLING
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1) I'M OUT OF SHAPE AND INEXPERIENCED

Ride at an easy pace; in a few months you will be in great shape. Ride your route on a weekend to find the easiest way that suits your comfort level. Your fitness and skill level will improve as you ride more often.

2) IT TAKES TOO LONG OR IT'S TOO FAR AWAY

Try riding to work and taking mass transit home, then alternate the next day. The more you ride, the faster you will get. Consider the time you normally exercise and combine it with your daily commute.

3) THE ROADS AREN'T SAFE

Cyclists who operate their bike as a vehicle and obey traffic rules are less likely to be involved in a collision. You are at no greater risk than driving a car. Wear a helmet every time you ride.

4) I HAVE TO DRESS UP AND THERE AREN'T ANY SHOWERS WHERE I WORK

Most commuters don't shower at work. Ride at an easy pace to stay cool and dry. Ride home at a fast pace if you want a workout. Keep multiple sets of clothing at work and rotate them on days you drive. Pack your clothes and change at work. Rolling clothes instead of folding prevents wrinkles.



BIKE SHOPS

Local bike shops can help you pick a bike that is right for you and assist in keeping your bike in top condition. Many shops also offer free clinics on bike maintenance, bike commuting and riding skills. Area shops include:

Pedal the Planet: 3450 Richmond Rd. 859-273-5856
Pedal Power: 401 South Upper St. 859-255-6408
Scheller's: 212 Woodland Ave. 859-233-1764

Urban Riding



WILDCAT WHEELS BIKE LIBRARY

UK Students and employees can rent bicycles free of charge by presenting their UK ID at the Student Center Annex (Cats Den). Bicycle rentals are available for a 2 day period. For more info visit:

www.uky.edu/hr/wellness/wildcatwheels.html



photo: Tim Buckingham



BIKEABILITY

LFUCG's Bike Lexington map can help you judge the "bikeability" of Lexington's main roadways. Roads are categorized based on the speed and volume of traffic, as well as roadway width. Cyclists can select routes based on their skill and comfort level. Bike Lexington maps are available in both English and Spanish. Free copies are available at local bike shops and libraries. You can also request one by calling 258-3605.



RULES OF THE ROAD: BICYCLISTS

OBEY TRAFFIC REGULATIONS

Bicycles are vehicles and must obey all traffic laws. Obeying the law is the best way to gain respect from other road user and to avoid a collision.



NEVER RIDE AGAINST TRAFFIC

It is unlawful and unpredictable. Motorists are not looking for a bicyclist riding on the wrong side of the street.

USE HAND SIGNALS

Signal as a matter of law, of courtesy and of self protection



USE LIGHTS AT NIGHT

Always use a strong headlight and red tail-light at night or in poor weather conditions.



photo: Mitch Snider

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