

BIKE

WALK

KENTUCKY

SUMMIT

DRAFT SCHEDULE

Wednesday, August 14

6:30 P.M.

Bike Ride to the Distillery District and Roundtable Discussion of the Town Branch Trail

Thursday, August 15

7:30 A.M. – 8:30 A.M.

Registration

Coffee and Breakfast snacks

8:30 A.M. – 9 A.M.

Welcome and Introductions

Bill Gorton, Kentucky Bicycle and Bikeways Commission

Linda Gorton, Mayor of Lexington

Brien Lewis, Transylvania University President

Sharon Brown, Bike Walk Kentucky, Board President

9 A.M. – 10 A.M.

Keynote Address (Advocacy and Education) - Bill Nesper - League of American Bicyclists

Ready to Ride - Youth Education and Advocacy at the Foundation of a Bicycle Friendly Kentucky The League of American Bicyclists believes that everyone should have the opportunity to bike for transportation, good health, and the pure joy and freedom it brings. Realizing that vision takes building great places for people of all ages to bike. Creating a Bicycle Friendly Kentucky and America will mean empowering young people with safe places to ride and the skills to ride for life. In this keynote, the League's Executive Director Bill Nesper will lay out a national strategy for accomplishing this vision — through and for the next generation.

10:15 A.M. – 11 A.M.

Breakout sessions

Claire Yates and Chris Butz, Vision Zero & Bike Louisville Managers of Louisville's transportation safety initiative and bike program will share updates on the city's progress to improve safety for all roadway users and encourage active, sustainable transportation. Session topics will include Louisville's new High Injury Network, pedestrian safety efforts, a new study to identify future bike facility locations and improve the existing bike network, and engagement efforts to build momentum around cycling.

Troy Hearn, Transportation and Health Equity Community Planning Community planning for walk and bike travel (active transportation) to create a healthier and more equitable Kentucky.

Bill Nesper, Blair Travis, Scott Thompson, & Nate Williams, How to Make Your Business, University, or Community Bicycle Friendly Walk portions of the Legacy/Town Branch Commons Trail. Learn how to retro fit bike facilities into an urban environment. Green bike lanes and a shared use path will be featured on this walk.



Thursday, August 15, continued

10:15 A.M. – 11 A.M.

Breakout Sessions

VanMeter Pettit, Lisa Adkins, Richard Young, and Anne Donworth, Lexington's Town Branch Trail - A brief history of how the Town Branch became a local focus for public and private reinvestment and how multiple non-profits and the city of Lexington worked together to invest millions in public infrastructure and greenspace.

Christina Whitehouse, Bike Lane Uprising - A guerrilla data approach to bike advocacy is making it easy to report bike lane obstructions with this mobile app. Learn how bicyclists are able to report bike lane obstructions into one central database from anywhere in the USA and Canada.

11:15 A.M. – 12 P.M.

Breakout sessions

Hannah LeGris, Scott Thompson, Kenzie Gleason, Liz Sheehan & Brandi Peacher, Policy Making and Implementation: Complete Streets in Lexington Kentucky - Lexington adopted a Complete Streets Policy in December 2022. After which, an Advisory Committee worked throughout 2023 to craft a Complete Streets Action Plan. The Advisory Committee included city department leaders, elected officials, and community members. This input was used to create the plan that was presented to and supported by Mayor Gorton and the LFUCG Council at the end of 2023.

Mollie Hanrahan & Austin Render, It's Not Just an Event, It's an Experience - This presentation will discuss some of the crucial steps taken to build a successful cycling and festival experience, and how we managed to welcome cyclists from each of the fifty states, plus international participation — all within five years. Highlights include: Strategic partnerships, marketing efforts and tourism opportunities, how to build a high-quality product and leverage unique experiences that attract participants (tourists!), and more.

Brent Sweger & Amy Williams, Creating Vibrant Communities - The Creating Vibrant Communities program was established in 2023 with the intention of encouraging cities and counties to do proactive, integrated land use and transportation planning. In 2024, four communities were selected to participate for the first year of the program. This session will describe the CVC program and work underway. It will focus on the importance of this type of planning as a means of creating more walkable and bikeable places.

Sharon Brown, Keith Lovan, Chris Glasser, Caitlin Sparks, Blair Travis, Alice Harris, Randy Thomas, Katherine Stone & Katie Rowe, Bike Walk Kentucky -Your State Advocacy Organization - Bike Walk Kentucky is a statewide, nonprofit advocacy and education organization founded in 2020 as an outcome of the 2018 Kentucky Bike Walk Summit. This session will be a panel discussion with board members who will report on the history, goals, and updates on current initiatives of the organization.

Christian Erickson & Jeff Feldman, E-Bike's for Equity & Inclusion - Older or physically limited spirited riders can still participate in group rides. This presentation will include discussion about individual limitations and what the ebike does to make up the difference. In addition, it will address exercise and why biking with an ebike can add to the conditioning of an athlete and does not diminish it. The presenters will also talk about the industry, technology, and e-bike laws.



Thursday, August 15, continued

11:15 A.M. – 12 P.M.

Breakout Sessions continued

Alice Hilton The Street Project **The Street Project** is a new documentary which highlights the global, citizen-led fight to make streets safer. In 2010, the small community of specialists who pay attention to US road safety statistics picked up on a troubling trend: more and more pedestrians and cyclists were being killed on American roads. In fact, pedestrian deaths have increased 51% since 2009. In addition to the loss of human life, it is estimated that road injuries will cost the world economy \$1.8 trillion from 2015-2030.

12 P.M. – 1 P.M.

Lunch - Transylvania May Term Course in the Netherlands - Alan Bartley, Public Policy and Culture of Health in the Netherlands This presentation will provide an overview of a Transylvania University students' travel course. It will highlight class learning objectives and actual student responses to what they saw and experienced while biking throughout the Netherlands. Visual images of the biking infrastructure will also accompany the presentation.

1 P.M. – 2 P.M.

Keynote Address (Design and Infrastructure, Tourism) - Kalene Griffith - President and CEO of Visit Bentonville and David Wright, Director of Friends of Bentonville Parks and Recreation

Bike Bentonville: A journey of city trails and tourism tales

Bentonville has transformed into a top cycling destination with strategic trail development and dynamic tourism storytelling. Join the presenters in hearing about how Bentonville's innovation and tourism initiatives are making an economic impact on the city.

2:15 P.M. -- 3 P.M.

Breakout Sessions

Jon Strom, Let the Bike Bentonville Conversation Continue! - This will be a Q&A breakout session with our keynotes from Visit Bentonville, Arkansas (a national cycling destination) led by the President of the Bluegrass Chapter of Kentucky Mountain Biking Association. This session will be a great opportunity to ask questions to help learn how to bring best practices to improve tourism and economic development back to your communities.

Jeb Gorham, Louisa Garcia, Bradley Blanchard & Luke Logan, Midway University Mountain Biking: Trail Trackers in Action - With trail usage booming, there is an increased need to gather data to better support on-going initiatives to preserve, expand and enhance the multi-use bicycle and pedestrian trail systems in Central Kentucky's growing network. Advocacy and marketing in the mountain biking world leverages data to provide education, outreach, stewardship and fundraising opportunities. We partner with The Bluegrass Chapter of the Kentucky Mountain Bike Association in our community-focused research that uses microelectronic technology to bolster multimodal trail usage tracking. Through this partnership, our academic program standardizes and centralizes data collection, analysis and sharing.

Chase Wright, Implementing Traffic Calming on Existing Roadways and New Designs - The presentation will focus on traffic calming measures that LFUCG has implemented and additional approaches to be considered on design projects. Presentation with Roger Mulvaney (LFUCG Traffic Engineering)



Thursday, August 15, continued

2:15 P.M. -- 3 P.M.

Breakout Sessions continued

Steve Barbour, Katherine Stone, Elaine Frederickson & Roscoe Peacock, Discover Kentucky's 323 Long Trail: The Sheltoewe Trace National Recreation Trail - Whether heading out for a day hike or a long thru hike, the Sheltoewe Trace (NRT) provides a variety of hiking experiences. From lake shore hikes, to hikes along cliff lines, through the Daniel Boone National Forest and the Big South Fork National River and Recreation Area, the opportunities for adventure in the backwoods are endless.

Chris Glasser, Neighborhood Traffic Calming: In Search of a Big Tent Advocacy Issue - Multimodal projects have the tendency to divide communities. While some residents will celebrate the addition of a new bike lane, many others will see the same project as a loss of parking or a sure sign of future congestion. Changes are seen as “zero sum” — with a winner and a loser. Traffic calming offers a more popular solution. Everyone wants to live on a safe street. As a number of Midwestern cities have shown, investing in neighborhood traffic calming can be cost-effective and popular. Projects like speed humps, all-way stop signs, and enhanced crosswalks get neighborhood and political buy-in. Learn about Louisville's efforts to bring the Slow Streets Program, modeled after successful efforts in Cincinnati and Milwaukee, to Louisville, KY.

Alice Hilton, The Street Project The Street Project is a new documentary which highlights the global, citizen-led fight to make our streets safer. In 2010, the small community of specialists who pay attention to US road safety statistics picked up on a troubling trend: more and more pedestrians and cyclists were being killed on American roads. In fact, pedestrian deaths have increased 51% since 2009. In addition to the loss of human life, it is estimated that road injuries will cost the world economy \$1.8 trillion from 2015-2030.

3:15 P.M. – 4 P.M.

Breakout Sessions

Michael Vaughn, The Highway Safety Improvement Program in Kentucky The Highway Safety Improvement Program (HSIP) is a core Federal-aid program with the purpose to achieve a significant reduction in traffic fatalities and serious injuries on all public roads, including non-State-owned roads. The HSIP requires a data-driven, strategic, and evidence-based approach to improving highway safety on all public roads with a focus on performance. Learn how KYTC's HSIP is administered and projects are selected.

Luke Box & Mike Flueckiger, Representation in Cycling Broke Spoke has always been focused on creating an inclusive culture. But, in the last two years we have empowered volunteers to create programming that serves them and expands our community. In addition, Global Spokes, a nonprofit in Atlanta will share how it operates and collaborates with refugee assistance organizations and partners in the community.

Vince Carman, A Cherokee Hunter, A Revolutionary War Militia Commander and a Scottish Naturalist Walk into Kentucky The Warriors Path, John Muir Legacy Trail, Cumberland Gap Trails Alliance and US Bicycle Routes 25 and 35 are the newest long distance and regional trail projects in Kentucky. Find out how our unique history, new partnerships, Icelandic inspiration and robust support will have an enduring impact in our region and beyond.



Thursday, August 15, continued

3:15 P.M. – 4 P.M.

Breakout Sessions

Jackie Cobb & Kevin Bailey, Bardstown Road: Louisville's Walkable, Tree-Lined State Highway In Louisville, KY, Bardstown Road connects densely populated and historic neighborhoods - and has an outsized share of traffic-related injuries and deaths. In Fall of 2022, KYTC led a redesign of this section of Bardstown Road that included repaving, removing outdated signal infrastructure, constructing planted sidewalk bumpouts, and planting of hundreds of trees. Come hear first-hand from the government and non-profit organizations who have played a role in this street redesign.

Kirk Abraham & Jeff Walther, VO2 Max Demonstration VO2 max is regarded as the gold standard test of cardiorespiratory fitness. After a brief description of the physiological determinants of VO2 max, there will be a live demonstration with Jeff Walther of the testing protocol.

4 P.M. - 6 P.M.

Beerstorming and Community Partnerships in Action Social Hour - FREE BWK Summit Beer Glass for the first 100 attendees!

Network with summit attendees and tour West Sixth Brewery and Broke Spoke Community Bike Shop. Pam Thomas & Joe Kuosman, Collaborating for Good: How West 6th Brewing and Bluegrass Cycling Club have partnered to Promote Cycling and Create Community The Bluegrass Cycling Club and West 6th Brewing collaborated to establish Pedaling for a Purpose in 2015, and the collaboration is still going strong 9 years later. Throughout the spring and summer, cyclists meet at the brewery two Saturday mornings each month for an education session and bike rides. Riders also earn money for selected cycling charities through miles ridden. Come learn about this wonderful collaboration and the broader benefits to both organizations and the cycling community, along with other initiatives.

6 P.M. - 8 P.M

Franks & Berms Social Ride - Veterans Park Mountain Bike Trails

Join IMBA Local Partner KYMBA Bluegrass for August's Franks and Berms Social Ride at Veterans Park. For a suggested \$5 donation, you get to hang out with fellow riders, go for a mountain bike ride on the trails of Veterans Park in Lexington and enjoy a tasty hot dog (or veggie dog) at the end. Guided, no-drop group rides will be offered starting around 6:15 (limited demo bikes may be available). Drinks for purchase provided at the West Sixth Pop Up Beer Garden at the end. Whether you ride or not, we hope you'll join KYMBA Bluegrass and experience this community building event.

Friday, August 16

7 A.M. – 7:45 A.M.

Sunrise Yoga - Old Morrison Semi-Circle Green Space (3rd Street between Broadway and Upper Street)

*Mats provided

7:30 A.M. – 8:30 A.M.

Registration

Coffee and Breakfast Snacks



Friday, August 16, continued

8:30 A.M. – 9 A.M.

Welcome Jim Gray, Kentucky Secretary of Transportation

State of the Bicycle and Pedestrian Union Keith Lovan – Kentucky Bicycle and Pedestrian Coordinator

9 A.M. – 10 A.M.

Keynote Address (Safety, Infrastructure, Education) - Angie Schmitt - Author of Right Of Way: Race, Class, and the Silent Epidemic of Pedestrians

The Pedestrian Safety Crisis in America: Why it's happening and what we can do about it

More than 7,000 pedestrians are getting killed every year on American streets, representing a 70 percent increase from over a decade ago. Angie Schmitt, the author of the book *Right of Way: Race, Class and the Silent Crisis of Pedestrian Deaths in America* will talk about the social trends that are putting people at risk. And why fundamentally, it is a problem of systematic, structural inequality.

10:15 A.M. – 11 A.M.

Breakout Sessions

Bill Bell, The Role of Kentucky Office Highway Safety in Bike-Ped Safety The session will discuss the role of the Office of Highway Safety (KOHS) when it comes to Vulnerable Road Users (VRU), specific VRU strategies in the Strategic Highway Safety Plan, and recent and upcoming activities by KOHS and their partners.

Tom Eblen, Lexington History Walk Take a short walking tour through Lexington's most historic neighborhood. Stretch your legs and hear fascinating stories about some of this neighborhood's most notable former inhabitants: Henry Clay, Mary Tood Lincoln, James Lane Allen, and others you may never have heard of: Texas' first historian, two civil rights activists, millionaires, a publisher, a printer and Kentucky's first photographer.

Will Weber, Riverfront Commons: The Front Porch of the South Riverfront Commons is a world class active destination in Northern Kentucky that connects people through a 20-mile greenway along the Ohio River. In the early 2000s, this project helped spark an urban renaissance in the river cities of Northern Kentucky by reconnecting the communities to the riverfront. Today, Riverfront Commons is a world-class active destination, a safe multi-modal transportation system, and a major talent attraction asset along the "\$5-billion mile" featuring a vibrant riverfront with breathtaking views, diverse cultural experiences, and endless outdoor adventures. Attend this session to learn more about this transformational project and the successful 2023 RAISE Grant from the US Department of Transportation.

Nathan Rome, Exploring Kentucky by Bicycle Get acquainted with the body of work being assembled as part of the Kentucky Cycling project, which includes the Kentucky Cycling YouTube Channel and KentuckyCycling.Org. Resources include an organized ride calendar, a collection of bikepacking, gravel, and road routes, and MTB trail, bike club, and bike shop directories. The YouTube channel includes over 230 videos, which include bikepacking, gravel, MTB, road, and multi use trail ride videos, an interview series, and a KY MTB Trail Tour Series. Come and learn about ways to have your own adventure and to be a part of telling Kentucky's cycling story!

Katie Rowe, KYTC Complete Streets, Roads, and Highways Manual and Policy The new KYTC Complete Streets, Roads, and Highways Manual provides planning and engineering practitioners, transportation agencies and local communities with the development of safe, enjoyable, and equitable transportation infrastructure throughout the Kentucky transportation network. By shifting from a motor vehicle-centric transportation system to a new, holistic approach for building a network that supports the needs of all users, the Manual creates additional momentum toward the Safe Systems Approach to transportation and will guide decisions for communities across the Commonwealth.



Friday, August 16, continued

11:15 A.M. – 12 P.M.

Breakout Sessions

Brent Sweger, Fixing Suburbia Providing bike lanes, sidewalks, and shared use paths is only part of the battle. Creating a layout of a city that makes walking and biking feasible through the land planning and development process is the other. Walking and biking trips can be shortened and made more enjoyable through the mixture of land uses, reduction in parking requirements, and creating a more dense development pattern.

Jason Siwula, Partnering for a Safe System The Safe System Approach has been embraced by KYTC as an effective way to assess and evaluate opportunities to improve safety in our enormous and complex transportation system. It works by building and reinforcing multiple layers of protection to both prevent crashes in the first place and minimize the harm caused to those involved when crashes do occur. It is a holistic and comprehensive approach that provides a guiding framework to make places safer for people. This is an advancement from a conventional safety approach because it focuses on both human mistakes AND human vulnerability as well as seeking to design and operate a system to protect everyone.

Thomas Wojcicki, Keep Beautiful Parking: Crafting the Public Narrative to Maintain the Status Quo In opposition to a proposed neighborhood bike lane, concerned members of the community engaged in a highly coordinated and, ultimately, successful counter-campaign known as “Keep Beautiful Parking.” The group’s triumph in maintaining the status quo will be examined via the Public Narrative framework and similarly contrasted to the failed approach of the pro-bike lane advocates. Lessons learned and recommendations for crafting the public narrative to better build social capital and drive collective action in favor of active living environments will be shared and discussed.

Caitlin Sparks Rick Holt & Jerrod Banks, Traffic Gardens: Creative Bike Education for Kids In 2023, Tri-State Trails partnered with the City of Dayton, Kentucky, to plan and install the region’s first Traffic Garden at Gil Lynn Park. A Traffic Garden is a small-scale network of streets that serves as a dedicated space for children to have fun and learn essential pedestrian and cycling skills in a secure vehicle-free environment. This panel session offers a deep dive into the planning and installation process of the Traffic Garden in Dayton, providing valuable insights and lessons learned. Join us in unpacking the potential for collaborative initiatives that cultivate safe routes to schools and more sustainable communities for the future.

Jason Schubert, Liz Sheenan, Roy Harrison & Liv Yinger, Pedestrian Safety in Lexington Frontrunners Lexington is an LGBTQ+ walk/run group open to people of all fitness levels! They hold weekly walks/runs, social events, an annual 5K, and more! They also distribute grant funding to organizations and individuals who are making our city a better place to live. This organization is also passionate about pedestrian safety in Lexington. Last year, they lost one of their members due to reckless driving. They will share Mia’s story and discuss how our organization is advancing pedestrian safety for members.

12 P.M. – 1 P.M.

Lunch and Awards Ceremony

James Ballinger, State Highway Engineer provides a brief update on changing attitudes among the Kentucky Transportation Cabinet to support all users.

Advocate of the Year Awards Ceremony - The Advocate of the Year is an award given to those making noteworthy contributions to bicycle and pedestrian safety and education. Also join James Ballinger, State Highway Engineer as he provides a brief update on changing attitudes among the Kentucky Transportation Cabinet to support all users.



Friday, August 16, continued

1 P.M. – 2 P.M.

Keynote Address (Tourism and Advocacy) - Ben Sollee, Cellist and Cycling Tourism

Cadance and Community: The role of the arts in cultivating a bike-friendly culture

So, you got bike lanes. Now what? Seasoned musician and bicycle enthusiast Ben Sollee shares his perspective on how advocacy organizations, city leaders, and the artists can work together to create a local culture that identifies with bicycling and walkability. With over 5,000 miles of touring the nation by bicycle and cello, Sollee's insights range from events and programming to media and storytelling.

2:15 P.M. – 3:00 P.M.

Breakout Sessions

Hannah Crepps & Lou Lepping, Public Space, Public Art: Traffic Calming with Asphalt Art and Quick Builds

More and more, communities around the U.S. - and yes, here in Kentucky! - are using public art in public spaces to enliven neighborhoods and make streets safer. As we see the state and local governments adopting Complete Streets policies and committing to Vision Zero principles, we want to make sure all the available tools are leveraged. Combining asphalt art with traffic calming quick builds that reallocate right of way from cars helps to show that streets can be joyful, vibrant public spaces for all people. Join presenters as they discuss the state of/and traffic calming art in Kentucky and why they are excited about the possibilities of neighbors coming together to make neighborhoods and streets safer and more welcoming for everyone, no matter how they're getting around.

Jennifer Kirchner & Josh Morgan, Roundtable Discussion: Community Advocacy This presentation will highlight the vital role of advocacy and community input in enhancing bike and pedestrian safety. They will discuss strategies that have and have not worked, how to engage residents in dialogue about safety concerns, and update on state and federal opportunities and underscored the collaborative efforts between local government, advocacy groups, and residents to address these issues and foster a safer, more accessible environment for cyclists and pedestrians.

Brandi Peacher & Phil Holoubek, Connecting Communities: The Power of Urban Trail Initiatives This presentation explores the transformation of communities through urban-scale trail projects, focusing on the Town Branch Commons in Lexington, Kentucky. By highlighting successful public-private partnerships, it demonstrates how these initiatives empower neighborhoods and bridge socio-economic divides. Attendees will gain insights into community engagement, economic development, and the role of mixed-use development in fostering equitable living, showcasing how trails can be a catalyst for positive change in urban environments.

Julia Maugans, Angela Poe & Danny Woolums, Community Bike Libraries Learn how the City of Lexington uses its bike library (a grant from the Paula Nye Memorial Fund) to engage with different communities around the City. Access to a bike library has opened up the ability to invite EVERYONE to bike-centric events and help them have a quality experience. This bike library also makes visits to schools where students get to learn the basics on bicycle safety in a safe, controlled setting while meeting classroom standards. Connecting with your communities has never been better than by bringing bikes to the people rather than just hoping they will come.

James Sergent, Active Transportation and Tourism This presentation will explore the interconnectedness of tourism and active living, all while considering Vision Zero principles and the need for a well-rounded view of transportation. This session will focus on how active tourism can enhance local economies by sharing real-world examples from regions like Scandinavia and Holland. Attendees will learn how well-designed biking and walking paths can encourage healthier communities, enhance tourism, and work alongside other modes of transportation.



Friday, August 16, continued

3:15 P.M. - 4:00 P.M.

Breakout Sessions

Michael Huston, Lessons from Denmark: Planning for Bikeable and Walkable Communities in a Suburban Context A recent trip to Denmark by planner and architect, Michael Huston, highlighted the potential for accommodating biking, walking and transit in relatively low-density, suburban environments. Huston will examine one such community he visited and show how these strategies might be applied in Kentucky. In the “bonus round”, Huston will present strategies for “taming” the aging commercial corridor, with examples from his work in Fort Worth, Texas.

Keith Lovan, Walk the Town Branch Commons and Legacy Trail Walk portions of the Legacy/Town Branch Commons Trail. Learn how to retro fit bike facilities into an urban environment. Green bike lanes and a shared use path will be featured on this walk.

Linda Froehlich & Ford McElroy, Week Without Driving What’s it like to navigate Lexington without a car? How do you get to work, do your shopping, get the kids to soccer practice? The Week Without Driving campaign aims to encourage those who drive regularly to consider the barriers and challenges that non-drivers (up to a third of each community!) face on a daily basis and encourage people to try different modes of transportation during the week. In this session we will share information about the campaign to-date, discuss ways on how to participate in the campaign as well as brainstorm for the future.

Denile Hill, Youth Cycling is Exploding in Kentucky: Where Do We Go From Here This presentation focuses on the impact of youth cycling across Kentucky. We will look at the needs of this growing population and their impact on tourism, economy, cycling infrastructure, and recreational facilities.

John Hill & Laura Butler, Trails of Inclusion: Adaptive Mountain Biking in the Bluegrass People with disabilities can be overlooked in various aspects of society due to a range of factors, including social attitudes, physical barriers, and systemic discrimination. Addressing these issues requires concerted efforts to promote inclusivity, dismantle barriers, challenge stereotypes, and ensure the voices and needs of people with disabilities are recognized and valued. This presentation will focus on themes of organizing ideas and people to engage in an inclusive initiative including the construction of an adaptive mountain bike trail in Woodford County. Discussions will center around trail design, town and gown collaborations, community engagement, and other lessons learned.

University of Kentucky Wildcat Wheels, Virtual Tour of the University of Kentucky’s Bicycle Infrastructure and Wildcat Wheels Join the University of Kentucky on a virtual tour of their bicycle infrastructure including recent improvements and a tour of the Wildcat Wheels Bicycle Library and repair shop.