

How to Get Your Community Bicycling

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Wasatch Front Regional Council
APA Utah Spring Conference
May 8, 2024





But, like, why do I care...



We will continue to be a thriving community where our peaceful way of life is preserved; downtown is the vibrant heart of our city; our neighborhoods are connected by a robust network of parks and trails; and innovation, adaptation and inclusion drive us forward.

Guiding Principles



Stay true to our heritage

We will preserve and enhance Kaysville's peaceful, small-town atmosphere through careful planning that respects the city's history and sense of place.



Improve mobility and connectivity

We will create sustainable multi-modal corridors that absorb growth, reflect our community and connect to our region.



Enrich our city center and downtown

We will enhance our city center with commercial and mixed-use development and investing in streetscape and parking.



Provide diverse housing options

We will work to preserve our existing neighborhoods while accommodating a full range of housing opportunities to meet the economic, lifestyle and life-cycle needs of our residents.



Preserve our open space, trails and natural resources

We will encourage the preservation of open space through clustered development and the protection of foothills, natural drainages and remaining agricultural areas.

Vision Statement

The community's vision statement provides a linkage or overarching theme to the entirety of the general plan. The current community vision statement is...

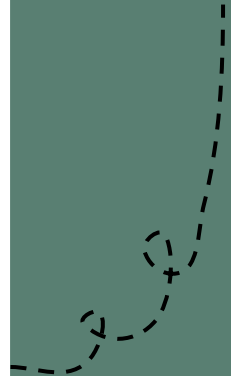
“Cedar City will be known for its safe, friendly atmosphere, educational and cultural opportunities, sustainable and strong neighborhoods, and economic opportunities allowing individuals, families, and businesses to prosper.”



Who bikes?



NOT CUT OUT
FOR THIS LIFE



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Who bikes?



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Who bikes?



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Who bikes?



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

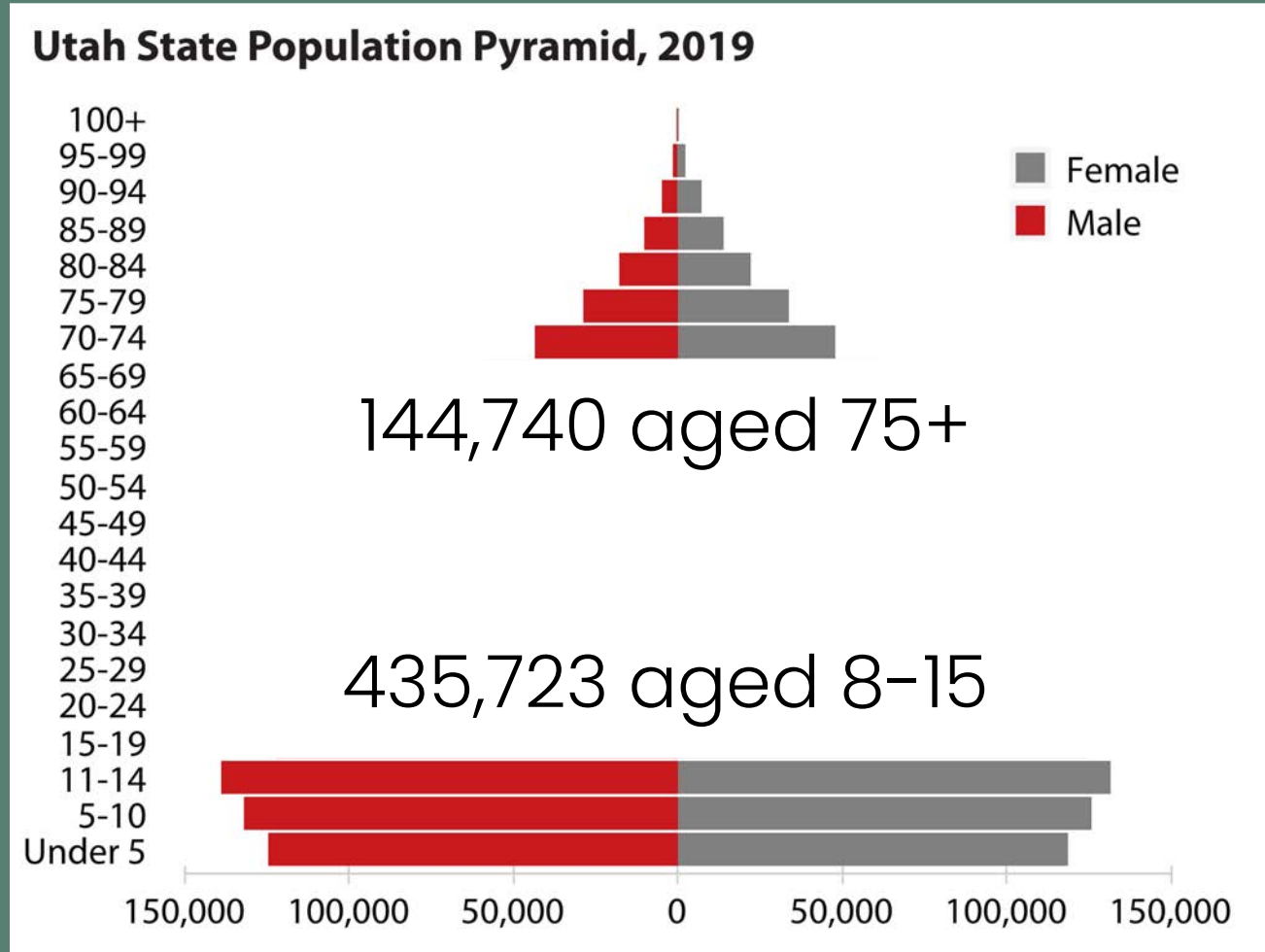
Interested, but concerned



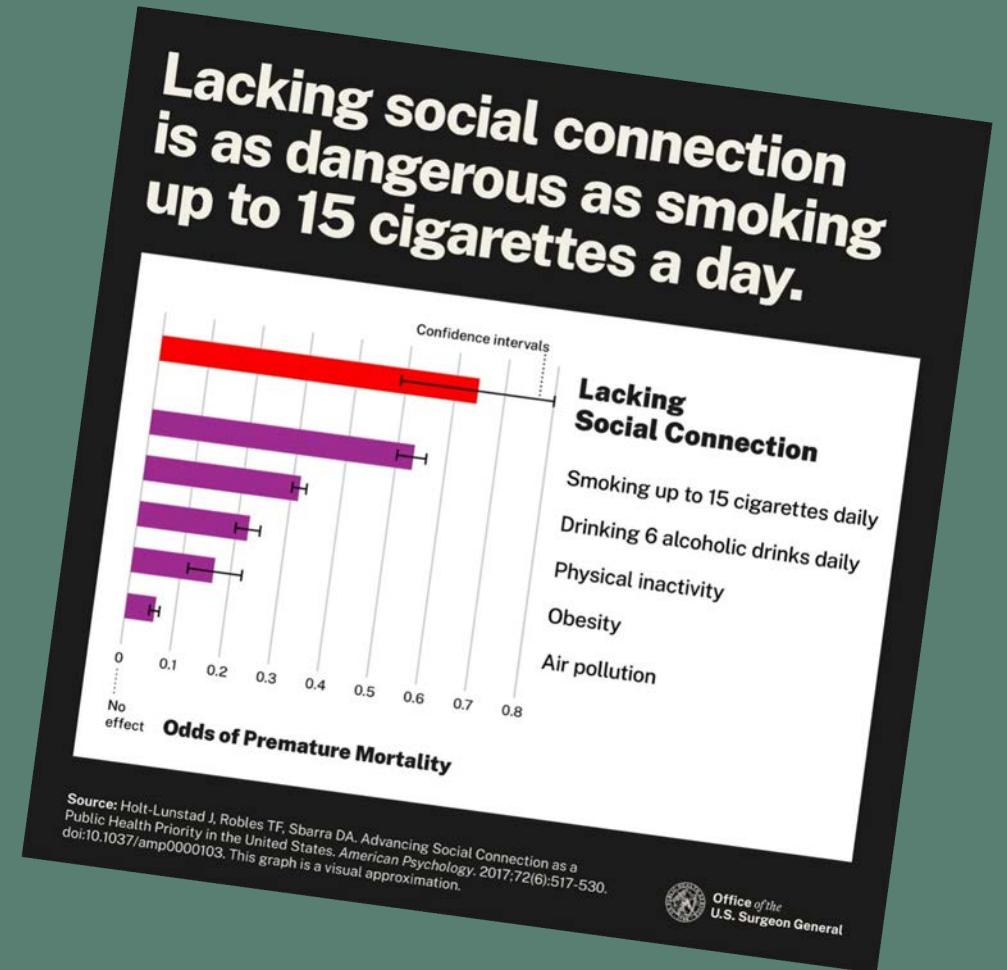
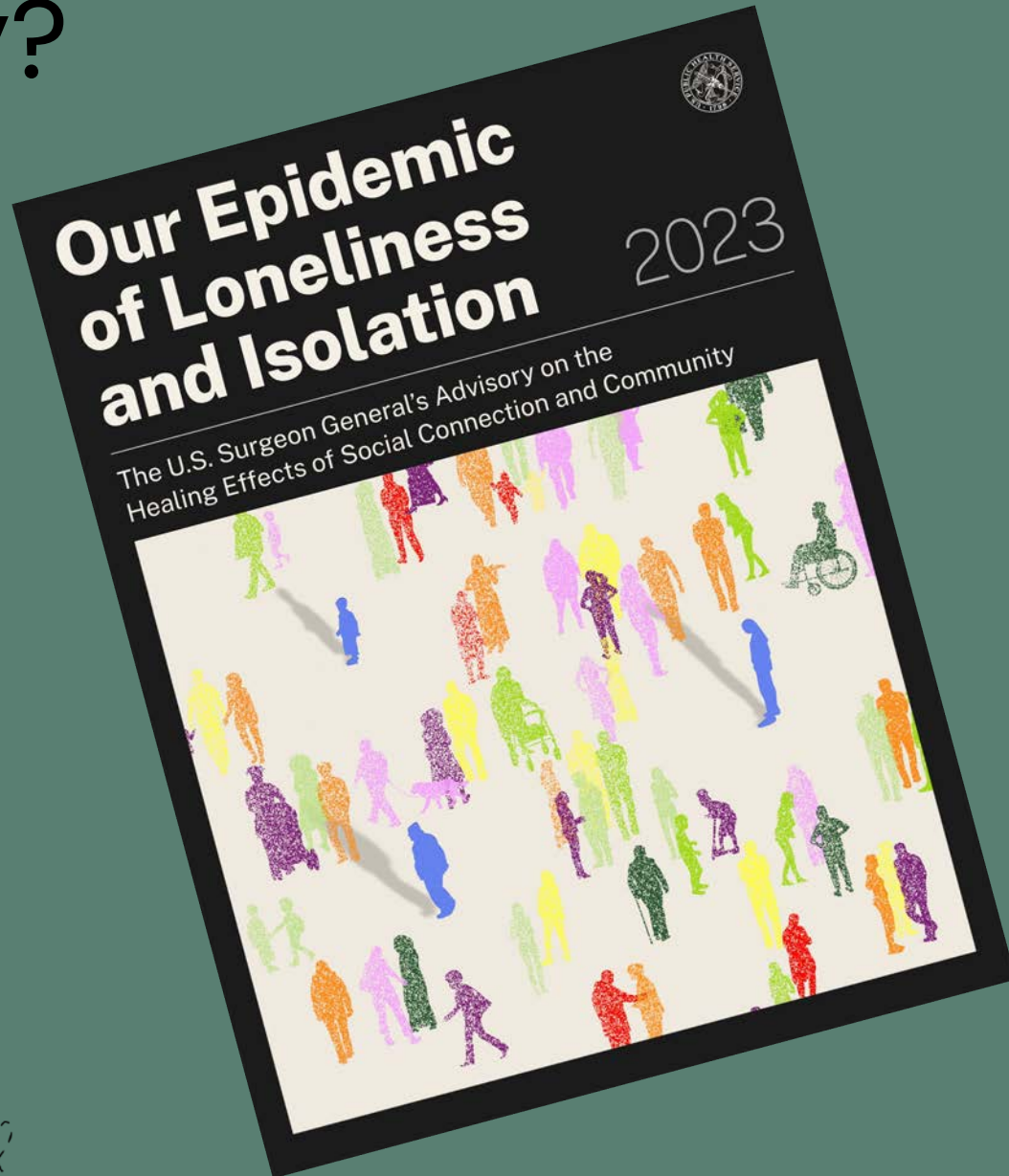
Source: JenniferDill.net

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Why?



Why?



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Why?

**Study confirms the obvious:
Cyclists are more community
minded than drivers**



(Photo credit: Glen Stubbe/Star Tribune via Getty Images via velo.outsideonline.com)

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Why?

Health benefits of regular cycling

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.



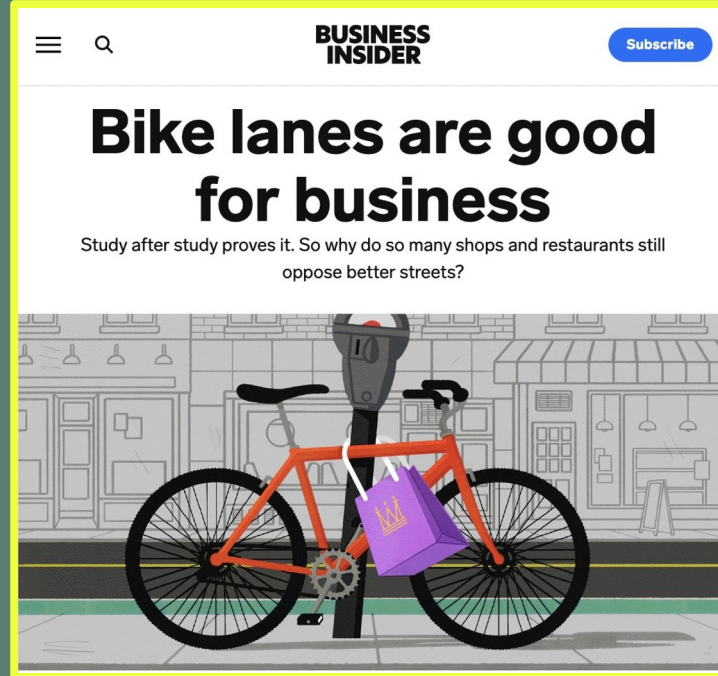
image credits: Victoria Department of Health

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Why?

MORE GREAT
INFORMATION



Magnolia Avenue, Ft. Worth

- ? Lane reconfiguration from four car lanes to two car lanes + new bicycle lanes
- ? Restaurant revenues along the street went up a combined total of **179%** (*Bikenomics*, page 116)



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

In bike-friendly communities,
biking is normal.





I stay awake at night thinking about how I can encourage more people to bike in Hughville! **HELP ME!**



How am I encouraging
bicycling in my
community?



Design Principles

Street Connectivity

Wayfinding

Bike Shop

Building Champions

Planning

Bike Parking

Culture

Events

Safe Routes to School

Field Tour



Design Principles

Key principle # 1

Slow traffic speeds

When travel speeds are low, bikes & cars can safely mix



Design Principles

Key principle # 2

All Ages & Abilities

Safe

Comfortable

Equitable

Who Are "All Ages & Abilities" Users?
To achieve growth in bicycling, bikeway design needs to meet the needs of a broader set of potential bicyclists.

Children 	Seniors 	Women
People Riding Bike Share 	People of Color 	Low-Income Riders
People with Disabilities 	People Moving Goods + Cargo 	Confident Cyclists

NACTO

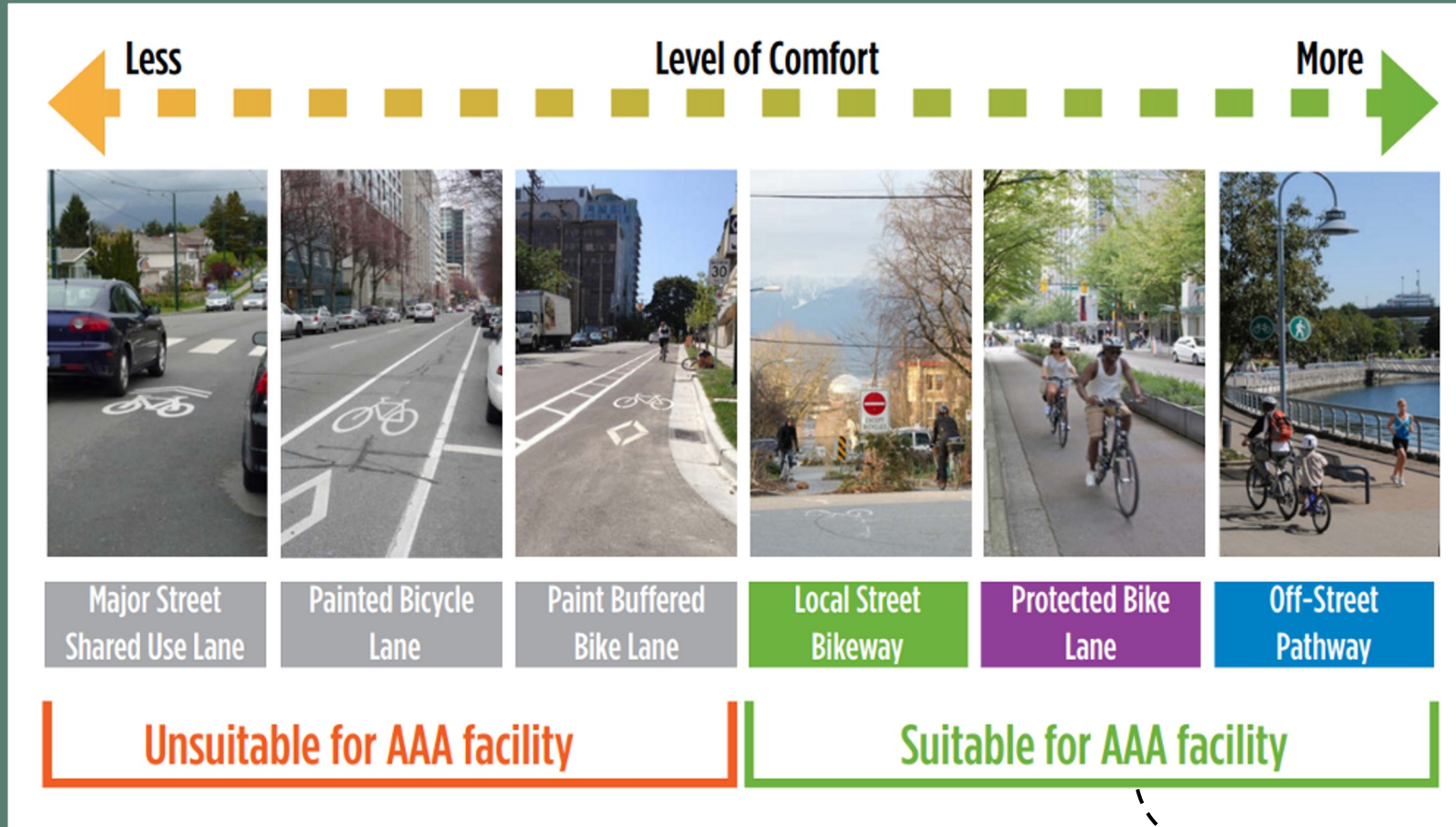
JULIE

HUGH

The infographic features a grid of nine categories of cyclists, each with a representative icon. A dashed line path starts at the top right, loops through the 'Women' and 'Low-Income Riders' categories, and ends at the bottom right. The names 'JULIE' and 'HUGH' are placed at the start and end of this path, respectively. The NACTO logo is located at the bottom center of the grid.

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Design Principles



ALL AGES + ABILITIES

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Across the state,

54%

of people said safer conditions would encourage them to bike more - more than any other reason.

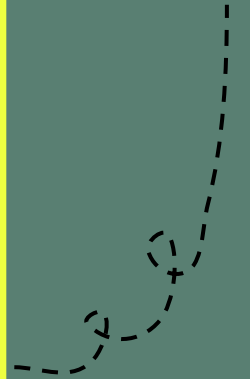
(SOURCE: 2023 UTAH MOVES TRANSPORTATION SURVEY)



Design Principles



GREAT RESOURCE
FOR BUILDING
PAVED TRAILS



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Design Principles

Intersection Design

- ? Bike signals
- ? Bike detection
- ? Leading Bike Interval
- ? Two-stage lefts
- ? Protected intersections
- ? Compact corner radii
- ? Raised elements

GREAT RESOURCE FOR
INTERSECTION DESIGN
CONSIDERATIONS



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Street Connectivity



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

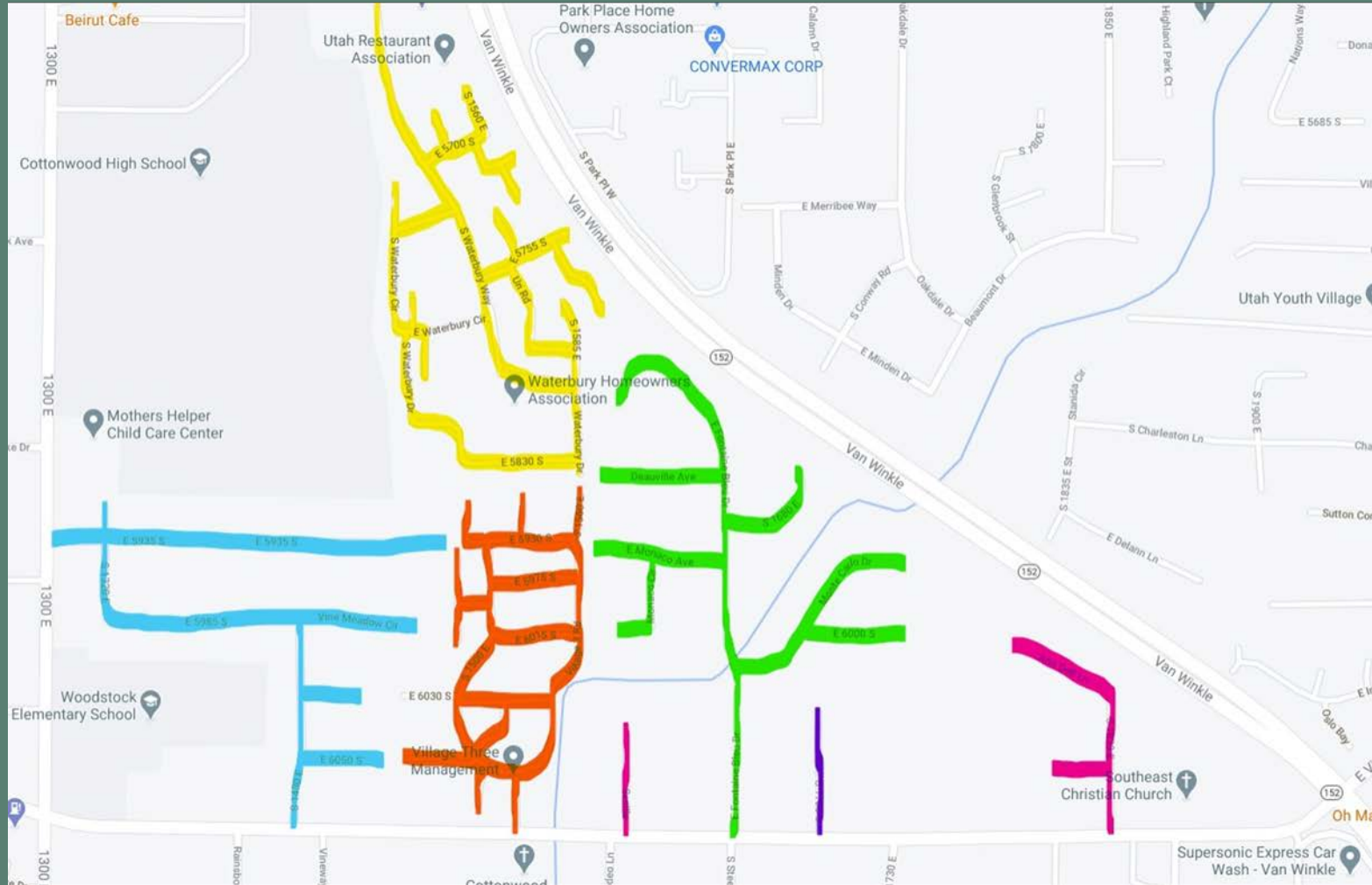
Street Connectivity



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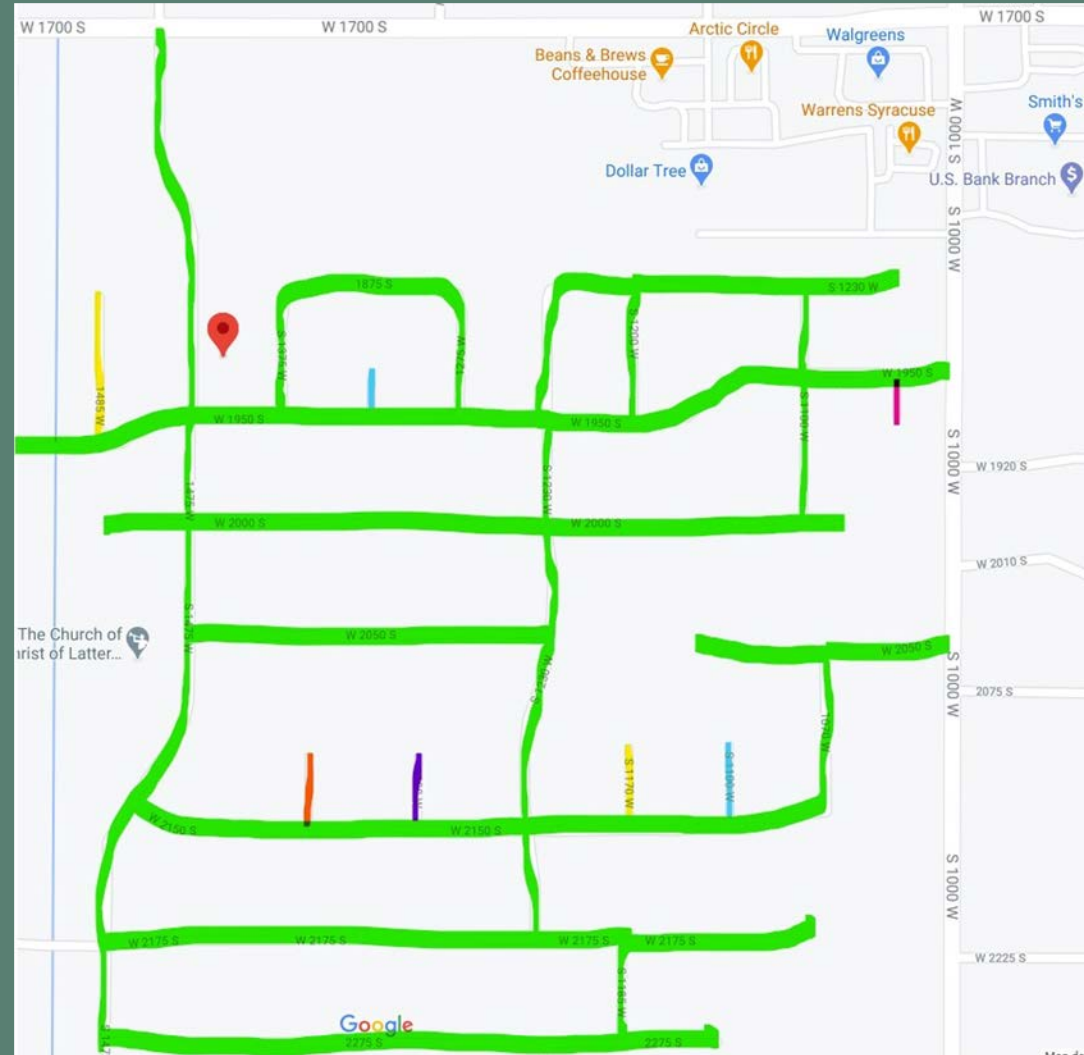
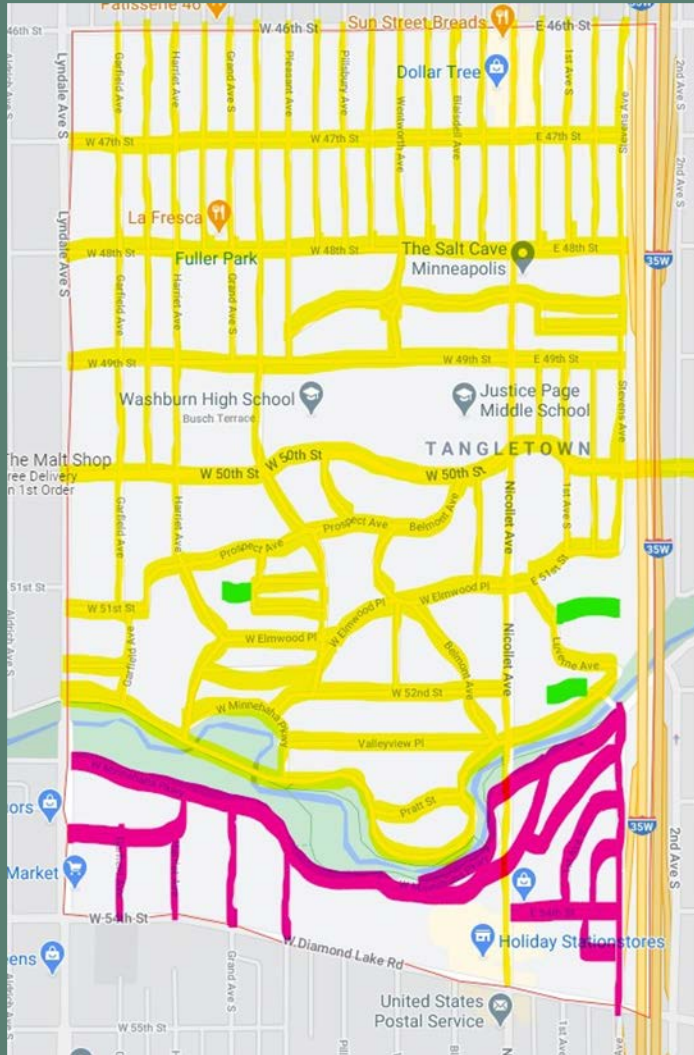


Street Connectivity



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Street Connectivity



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Street Connectivity

UTAH STREET **CONNECTIVITY** GUIDE



**GREAT RESOURCE FOR
IMPROVING STREET
CONNECTIVITY**

A RESOURCE FOR WHAT STREET CONNECTIVITY IS, WHY IT IS IMPORTANT - AND HOW TO INCREASE IT IN OUR COMMUNITIES

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Wayfinding

Three types

Confirmation: You're on the right path!

Turn: Which way do I go?

Decision: Where am I?!



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Wayfinding

WAYFINDING AND SIGNAGE GUIDANCE FROM THE URBAN BIKEWAY DESIGN GUIDE

Design Guidance

Bike Route Wayfinding

1 Follow MUTCD standards (Section 9B.01—Application and Placement of Signs), including mounting height and lateral placement from edge of path or roadway. Additional standards and guidance are found in Section 9B.20—Bicycle Guide Signs.

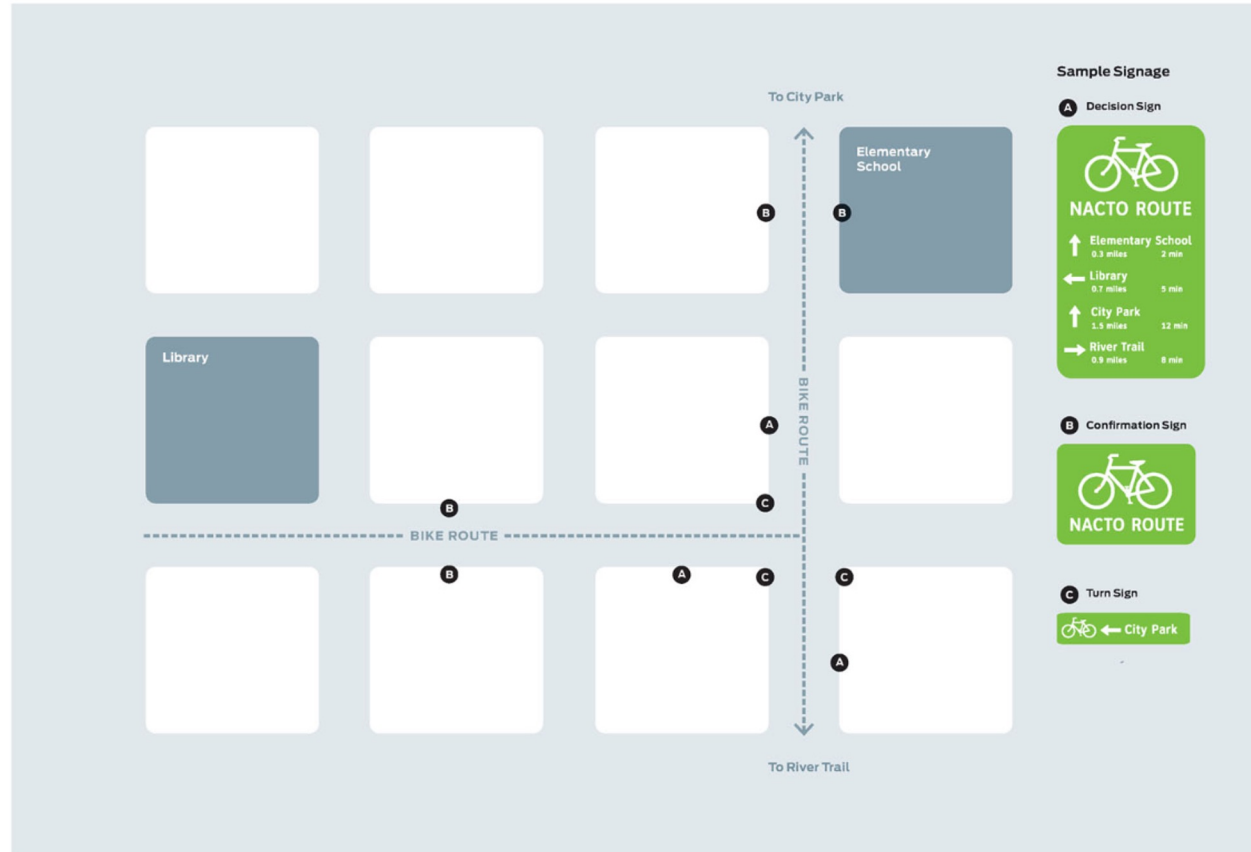
Recommended Features

- 2 Decision signs should be placed in advance of all turns (near side of the intersection) or decision points along the bicycle route.¹⁶
- 3 Decision signs should include destinations, directional arrows, and distance. Travel time required to reach the destination provides bicyclists with additional information and may also be included. It is recommended that a 10 mph bicycle speed be used for travel time calculations.¹⁷
- 4 Place the closest destination to each sign in the top slot. Destinations that are further away can be placed in slots two and three. This allows the nearest destination to “fall off” the sign and subsequent destinations to move up the sign as the bicyclist approaches. For

longer routes, show intermediate destinations rather than include all destinations on a single sign.

- 5 Turn signs should be placed on the near-side of the intersection to indicate where the bike route turns.¹⁸
- 6 Confirmation signs should be placed every 1/4 to 1/2 mile along off-street bicycle routes or every 2 to 3 blocks along on-street routes, as well as on the far side of major street intersections.
- 7 Clearview Hwy font is recommended, as it is commonly used for guide signs in the United States.¹⁹
- 8 Signs may be placed on “feeder” streets between the bicycle route and nearby destinations.
- 9 Bicycle route map signs may be periodically placed along bike routes to provide additional wayfinding benefits to users.
- 10 Conventional street name signs along bicycle routes may be redesigned to incorporate the street’s identity as a bicycle route.
- 11 The placement of wayfinding signs may be limited specifically to the designated bicycle network, as other streets may be difficult or dangerous for bicyclists.

Optional Features



- 12 Pavement markings may be used to help reinforce routes and directional signage. Pavement markings may be useful where signs are difficult to see (due to vegetation or parked cars) and can help bicyclists navigate difficult turns and provide route reinforcement. Pavement markings may also be a standard component of bicycle routes.
- 13 Some wayfinding signage networks, such as those in San Francisco and Denver, utilize a route numbering system. Refer to MUTCD Section 9B.21—Bicycle Route Signs for standards and options. Route numbering systems may not be intuitive for bicyclists without a map or directory.

Pavement Markings

Pavement markings can be installed to help reinforce routes and directional signage and to provide bicyclist positioning and route branding benefits. Under urban conditions, pavement markings may often be more visible than signs to users of the route. Pavement markings may be especially useful where signs are difficult to see (due to vegetation or parked cars). They can also help bicyclists navigate difficult turns. In the United States, Portland OR, Berkeley CA and Minneapolis MN have experimented with pavement markings. Berkeley and Minneapolis have applied a large stencil taking up nearly the entire travel lane designating the street as a “bicycle boulevard.” In Portland, smaller markings including a small circle and arrow system were initially used, however, since the

- 14 There is no standard color for bicycle wayfinding signage. Section 1A.12 of the MUTCD establishes the general meaning for signage colors. Green is the color used for directional guidance and is the most common color of bicycle wayfinding signage in the US, including those included in the MUTCD. Signed bicycle routes may be partnered with a printed or on-line bicycle route map. Many online services, such as Google, now offer bicycle route mapping that may differ from signed routes. Cities may wish to consider such advancements in technology when planning wayfinding programs.²⁰



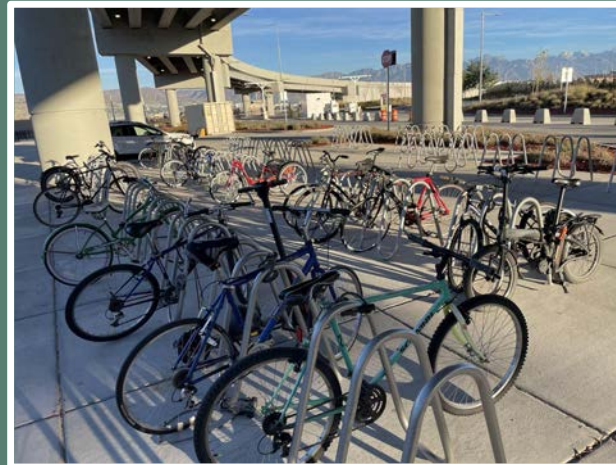
PORTLAND, OR

adoption and wide spread use of the shared lane marking, most bicycle boulevards are being retrofitted with these larger markings. Portland has also applied the shared lane marking as a wayfinding device by turning the chevrons of the marking in the direction of intended travel.

image credit: NACTO

Bike Parking

- 🚲 **Should be required in your city code**
- 🚲 Plentiful bike parking
- 🚲 Secure locations
- 🚲 Easy to find
- 🚲 Weather protection
- 🚲 Bike valets at events!



Bike Parking

Bike parking as art & neighborhood branding

- ? City/county art program funding
- ? Neighborhood buy-in

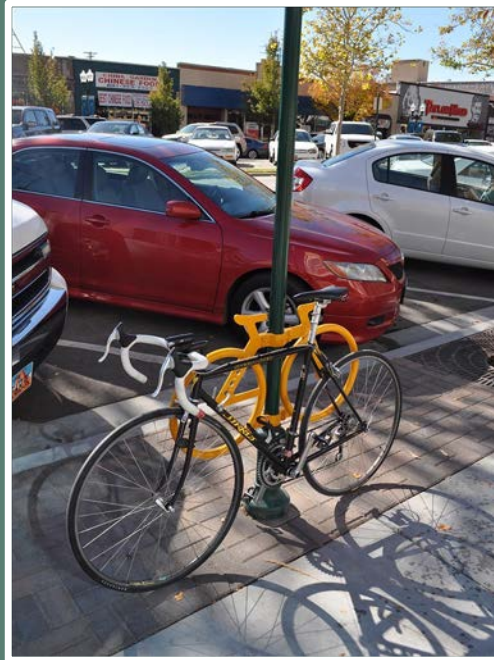


image credits: everydaytourist.ca, Rocketship Design, Madrax, CycleSafe

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Bike Parking

THE ACTUAL
ESSENTIALS!

ESSENTIALS OF

BIKE PARKING

Selecting and installing bicycle parking that works



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 - Installation surface
 - Installation fasteners
 - Installation techniques
- 05** BICYCLE RACK SELECTION
 - Performance criteria for bike parking racks
 - Rack styles
 - Rack materials and coatings
- 10** PLACEMENT

RACKS FOR ALL APPLICATIONS

INVERTED U
also called
staple, loop



POST & RING

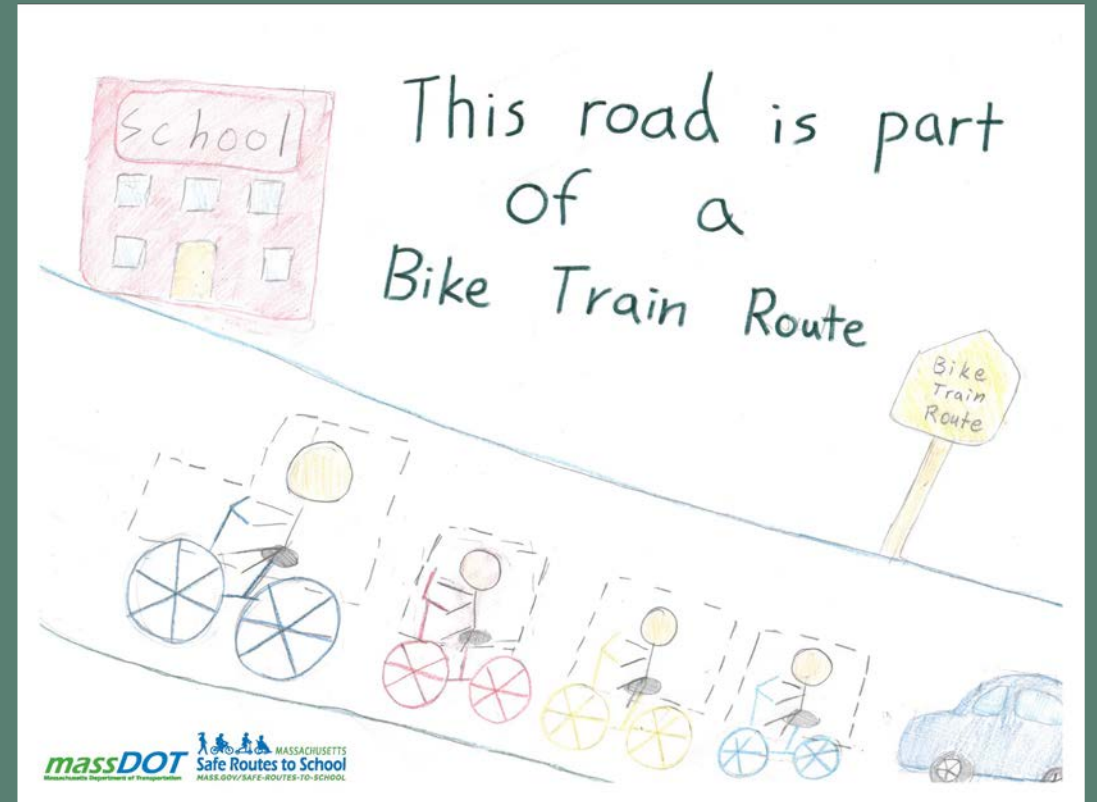


**WHEELWELL-
SECURE**



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Safe Routes to School



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Safe Routes to School



LOTS OF
GREAT
RESOURCES
OUT THERE!!

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Building Champions



Officials & employees



Community members



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Building Champions



Get staff and electeds on bikes!

- ? Mobile tours of infrastructure
- ? Site visits by bike
- ? Office bikes for meetings
- ? Invitations to bike rides
- ? Include partners e.g. health departments, non-profits, etc.



Building Champions



- ? Invest in community champions
- ? Build community-led demonstration projects
- ? Use social media
- ? Build champions through events
- ? Consider establishing bicycle advisory boards



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Culture

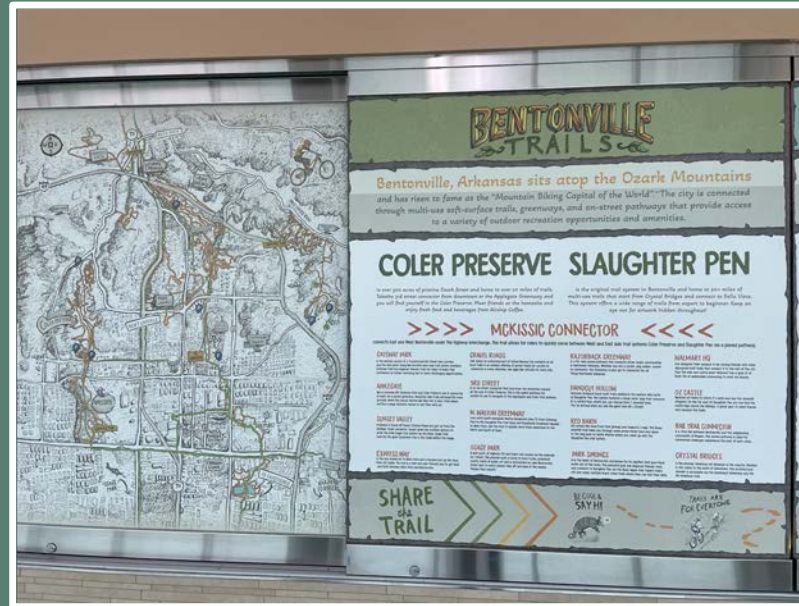


HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Culture



Image credits above:
<https://www.thejonescenter.net/bike-park>



Culture

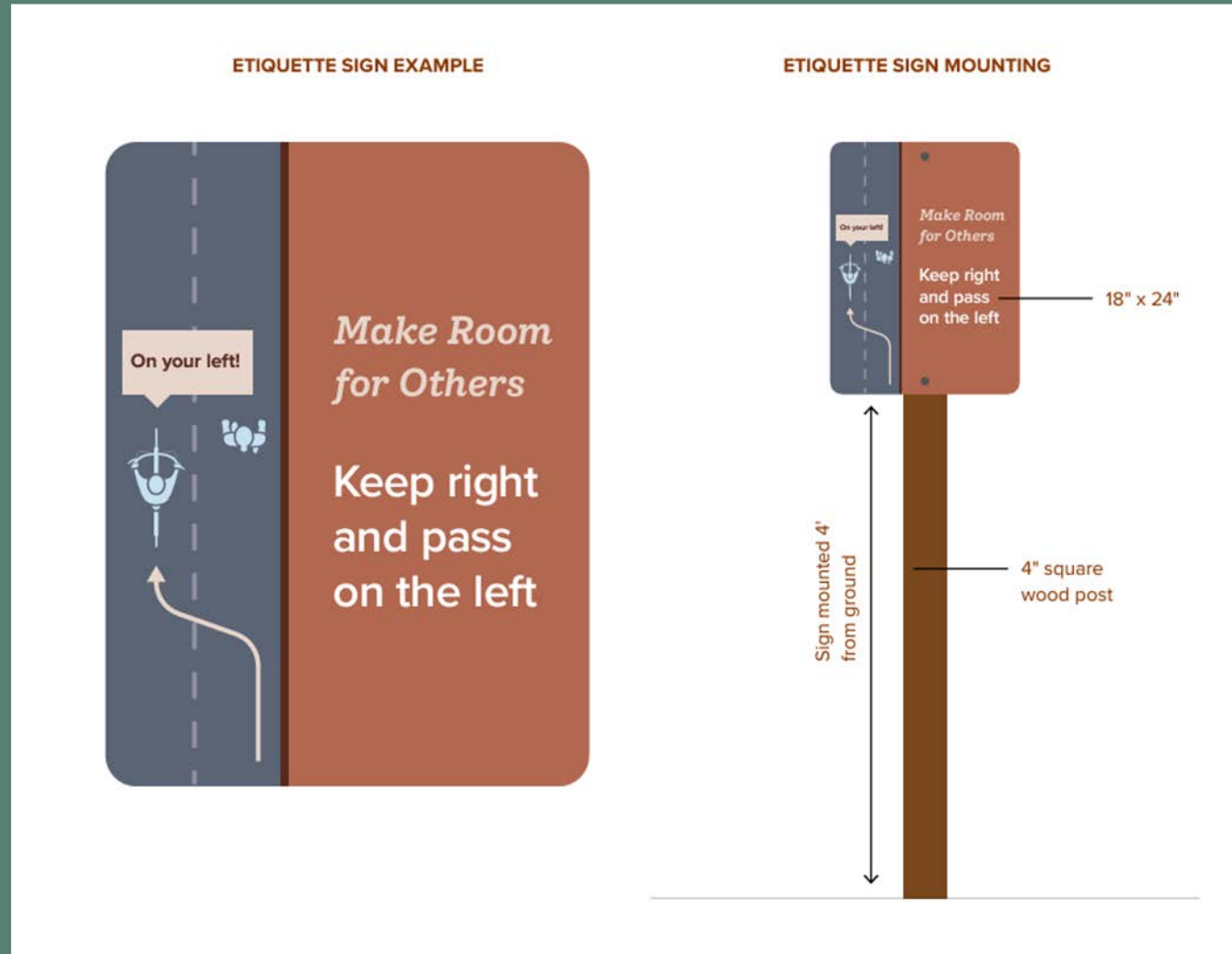


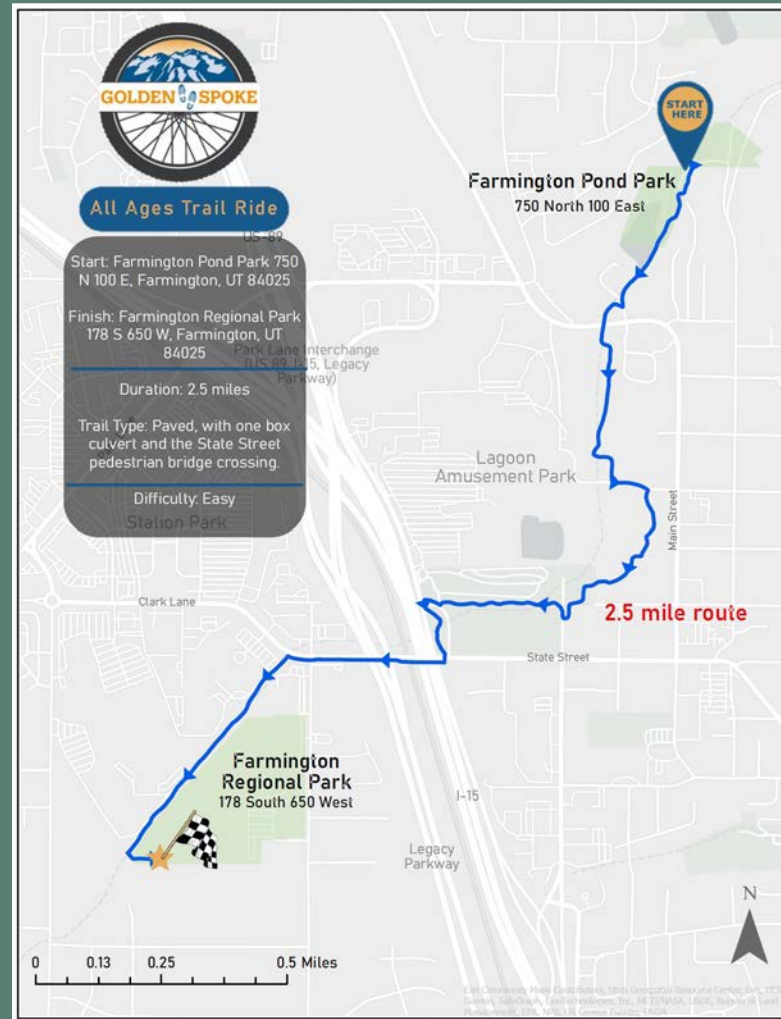
image credit: Southern Utah Regional Trail Standards

HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Events

Community rides




HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Events

Don't forget about the kids!

- ? Get 'em started early!
- ? Make it fun!
- ? Make it safe!



kidical mass pittsford

Kidical Mass is an international movement promoting safe, fun family biking (kidicalmass.org). Its purpose is to create awareness of kids and families on bikes and to provide rides on which kids can practice their safety skills.

At Kidical Mass Pittsford, we plan casual family bike rides—slow paced, on calm streets/trails that end at a fun spot like a playground or ice cream shop. Everyone on or in a bike is welcome! (Parents/guardians must be on their own bicycles and accompany their children.)

2017 Rides!

- 🚲 Sunday, May 14 @ 10-noon (bike week!)—New to biking as a family or wondering how to start? Join our “ABC’s of Family Biking” to see and try out different family biking solutions before our group ride!
- 🚲 Sunday, June 11 @ 2-4pm
- 🚲 Saturday, July 15 @ 2-4pm
- 🚲 Sunday, August 13 @ 10-noon
- 🚲 Sunday, September 17 @ 2-4pm (Worldwide Kidical MASSIVE ride)
- 🚲 Saturday, October 14 @ 2-4pm

Find us online for details on each of our upcoming rides:
safe, fun family bike rides!
web: walkbiketopittsford.com/kidicalmass
facebook: search “kidical mass pittsford”
email: kidicalmasspittsford@gmail.com



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?

Events

Street Closures & Open Streets

In SLC, businesses saw a **19% increase** in revenue during Open Street weekends

ABC4 Utah

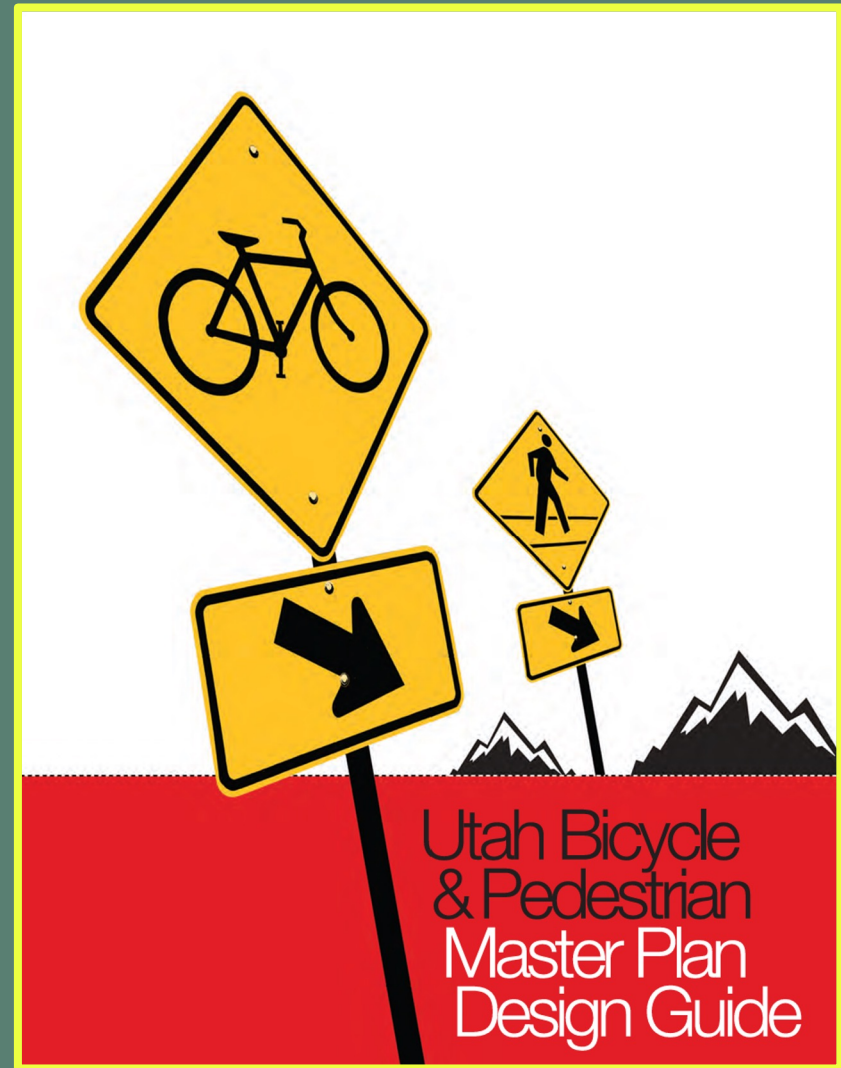


HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?



Planning

- ? Plan for a **connected network**
- ? Create policies that **require developers** to add bike lanes, pathways, and bike parking
- ? Require **new roads and significant modifications** to include bike infrastructure



JULIE HELPED
WRITE THIS!



Planning

LET US KNOW IF
WE MISSED A
RESOURCE AND
WE'LL ADD IT!

Technical Assistance Resources

BRAG	Local Community Planning Assistance
Bike Utah	Community Assistance Program
MAG	Technical Assistance to Governments
R6	Regional Planning Program
SEUALG	Regional Planning Program
UDOT	Technical Planning Assistance
WFRC	Transportation & Land Use Connection

Bike Shop

Really good to have one!



I'm so excited for the future!
I know we can get more
people on bikes!



Me, too! Hughville is going to
be the coolest place ever!

Photo by [krakenimages](#) on [Unsplash](#)



HOW AM I ENCOURAGING BICYCLING IN MY COMMUNITY?