

JEFFERSON TOWN GASLIGHT RECREATIONAL AND WORKPLACE BICYCLE AND PEDESTRIAN MAP

MISSION

To enhance the quality of life within Jefferson town by providing alternative means to the automobile and encourage physical fitness, family exercise and to create a link between where people live and work. Connecting the neighborhoods to the downtown, city parks, commercial corridors and the workplace will enhance accessibility throughout the city.

VISION

Jeffersontown will become a place where people choose to make walking or riding a bicycle a part of their everyday lives. Residents and visitors will be able to walk and ride with confidence, safety and security throughout the community. New and enhanced facilities and services will make the trip more pleasant, more convenient, without conflict with motorized modes, and with minimal barriers to the mobility impaired. Bicycle and walking will become a routine part of the transportation system and everyday trips



- Education
- Point of Interest
- Other Jurisdiction Route
- Road
- Railroad
- Streams
- Jtown Parks
- Downtown
- City Boundary

- Bike Lane
- Future Bike Lane
- Sidewalks**
- Galene Dr
- Merioneth Dr
- Plantside Dr
- Stony Brook Dr
- Timberwood Cir
- Whetstone Way
- Share the Road
- Future Share the Road
- Sidewalks**
- Bayport Rd
- Cambridge Stat. Rd
- Chambers Way
- Charlane Pky
- College Dr
- Colonnades Pl
- Corinthian Dr
- Ethelwood Dr
- Florian rd
- Forestwood Dr
- Gaudet Rd
- Grand Ave
- Gutenberg Rd
- Janlyn Rd
- Laverne Dr
- Linn Station Rd
- Lochridge Pky
- Longview Rd
- Michaele Ln
- Mulberry Rowway
- Nottinghamshire Dr
- Old Six Mile Ln
- Portico Ct
- Rivanna Dr
- Ruckriegel Pky
- St Edwards Dr
- St Rene Rd
- Stillmeadow Dr
- Stony Brook Dr
- Sue Helen Dr
- Tregaron Ave
- Walnutwood Way
- Willowood Way
- Paved Trail
- Future Paved Trail

The paved trail accomodates both pedestrians and bicyclists. It is intended for non-motorized vehicles with the exception of motorized equipment for the disabled.

"Nothing compares to the simple pleasure of a bike ride."
John F. Kennedy

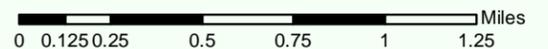
"Thoughts come clearly while one walks."
Thomas Mann



Bike Lane

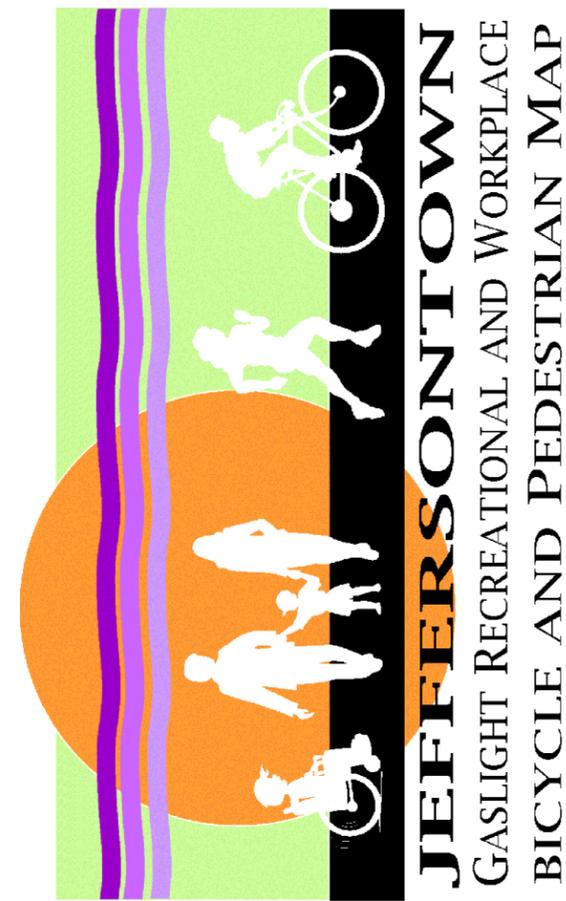
Separated Paved Trail

Share the Road



Copyright (c) 2007, LOUISVILLE AND JEFFERSON COUNTY METROPOLITAN SEWER DISTRICT (MSD), LOUISVILLE WATER COMPANY (LWC), LOUISVILLE METRO GOVERNMENT, and JEFFERSON COUNTY PROPERTY VALUATION ADMINISTRATOR (PVA). All Rights Reserved. Louisville & Jefferson County Information Consortium (LOJIC), a Jefferson County, Kentucky, based cooperative project of: Louisville/Jefferson Metro Government, Louisville Water Company, Metropolitan Sewer District, Property Valuation Administrator





JEFFERSON COUNTY GASLIGHT RECREATIONAL AND WORKPLACE BICYCLE AND PEDESTRIAN MAP

RIDING TIPS FOR BEGINNERS

- Always wear an approved Helmet - they do save lives.
- Take water (or a sports drink) with you. Drink Frequently, especially in summer.
- Carry a tire pump, patch kit and spare tube and learn how to use them.
- Always use lights and reflectors for night riding.
- Take a good lock in case you want to leave your bike.
- Try to select your lowest gear such that your feet can spin smoothly while maintaining reasonable pressure on your pedals. This will reduce strain on your knees.
- Avoid busy roads. Use less traveled residential streets whenever possible.
- When riding near parked cars be aware that car doors can suddenly open in front of you.
- Do not impede other traffic. Always ride single file when with a companion unless road conditions clearly allow for two abreast.
- Let pedestrians and other cyclist know you are passing them with an audible warning before you pass.

INTRODUCTION

This map is provided by the City of Jeffersontown to enhance the experience of pedestrian and bicycle travel throughout our community. The pedestrian and bicycle trails shown on this map are categorized as follows; bike lane, paved trail and share the road. A photograph of each is provided on the front of this map and will let you know what to expect. The City of Jeffersontown continues its commitment to provide bicycle and pedestrian trails for the benefit of our community.

When utilizing these facilities please keep SAFETY in the forefront of your mind. When utilizing bike lanes and share the road trails always be alert for automobiles, follow the rules of the road and wear your helmet. See you on the trails!

BENEFITS OF WALKING AND BIKING

The positive consequences of bicycling and walking as healthy modes of transportation, or as purely recreational activities, span across many aspects of our lives. A transportation system that is conducive to bicycling and walking can reap many benefits in terms of reduced traffic congestion and improved quality of life.

Health Benefits

The Health benefits of regular physical activity are far-reaching: reduced risk of coronary heart disease, stroke and other chronic diseases; lower health care costs; and improved quality of life for people of all ages. Studies have shown a reduction in depression, stress and stress-related diseases when subjects walked on a regular basis. Increase your physical activity and light intake especially in the winter, by being outside more.

Transportation Benefits

Many of the trips that Americans make every day are short enough to be accomplished on a bicycle, on foot or via wheelchair. Bicycling and walking can help reduce roadway congestion. Be fueled by your own power.

Environmental Benefits

Motor vehicles create a substantial amount of pollution. In fact, transportation is responsible for nearly 80 percent of carbon monoxide and 50 percent of nitrogen oxide emissions in the U.S.

Economic Benefits

Bicycling and walking are affordable forms of transportation. The cost of operating a bicycle for a year is \$120. Walking is Free!

Quality of Life Benefits

Better conditions for bicycling and walking have intangible benefits of quality of life in cities and towns. Increase your connection with your neighbors and other people in your community. "To get to know a country, you must have direct contact with the earth. Its futile to gaze at a world through a car window." - Albert Einstein



10 MINUTE BICYCLE CHECK

- Check that your front wheel quick release or axle nuts are tight.
- Squeeze the front brake lever and check that the brake pads align squarely on the rim. Check the brake cable for cuts or kinks.
- Pick up the front of the bike and spin the wheel. Check if the wheel wobbles from side to side. Check the brake pad clearance from the rim (should be 2-4 mm).
- If you have fenders (mudguards) or bike bags, make sure these do not rub the tire.
- Check your tire pressure with a gauge and inflate to the recommended pressure marked on the tire.
- Check the tire for cuts and worn spots; replace as necessary.
- Repeat steps 1 through 6 for the rear wheel.
- Grab the front brake and try to rock the front wheel back and forth. If you feel any play, your headset might be loose or need adjustment.
- Grab the crank arms and try to push them in and out to check the crank arms and bearings for looseness. There should be no lateral play in the crank axle. Also check that the pedals are in all the way and flat against the crank arm.
- With the rear wheel off the ground, turn the pedals and shift through the gears. Make sure the derailleurs can reach your chain- ring combinations and does not throw the chain off the front chain-rings or back sprockets.
- Try to twist the saddle up and down, and left and right; if it does not move it is secure.
- Do the same to your handlebars, bracing the front wheel between your knees.
- Check other attachments, nuts and bolts to make sure nothing is loose or might rub against your tires or interfere with the drive-train.

SAFETY TIPS

- Make Sure Your Bike is Safe
 - Perform a BICYCLE CHECK each time you ride.
- Obey Traffic Laws
 - Ride in the direction of traffic.
 - Obey traffic signals.
 - Use proper hand signals.
 - Use proper lighting at night.
- Wear a Helmet
 - Always wear the helmet level on your head.
 - Side buckle is just below earholes.
 - Chin strap fits snugly.
- Watch for Other Trail Users
 - Show courtesy to other trail users.
 - Stay to the right of the trail.

Downtown Jeffersontown Inset Map

Number	Point of Interest
1	CITY HALL
2	GERMAN REFORM CEMETERY
3	JEFFERSONTOWN CEMETERY
4	COMMUNITY CENTER
5	JEFFERSONTOWN FIRE DEPARTMENT #1
6	LEATHERMAN HOUSE
7	JEFFERSONTOWN COLORED SCHOOL
8	BLANKENBAKER HOUSE
9	SEATON HOUSE
10	AUBURN PARK
11	VETERANS MEMORIAL PARK
12	SKYVIEW PARK
13	JEFFERSONTOWN YOUTH FOOTBALL COMPLEX
14	JEFFERSONTOWN LIBRARY
15	JEFFERSONTOWN MUSEUM
16	PAVILION
17	JEFFERSONTOWN POLICE DEPARTMENT
18	JEFFERSONTOWN POST OFFICE
19	CARRITHERS MIDDLE SCHOOL
20	JEFFERSONTOWN ELEMENTARY
21	ST. EDWARD ELEMENTARY
22	JEFFERSONTOWN HIGH SCHOOL
23	ROBERTA A. TULLY ELEMENTARY
24	ACADEMY FOR INDIVIDUAL EXCELLENCE
25	JEFFERSONTOWN SENIOR CENTER
26	OLMSTEAD HISTORIC STONE BRIDGE

- Other Jurisdiction Route
- Bike Lane
- Future Bike Lane
- Paved Trail
- Future Paved Trail
- Share the Road
- Future Share the Road

0 500 1,000 2,000 Feet

