

A Cyclist's Daily Log & Wish List

From the "bicycle capital" of Copenhagen to Kuala Lumpur



My commute in Copenhagen



My commute in Kuala Lumpur

By Gregers Reimann

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Webinar: Cycling in the Tropics

Experiences from people and organisations in promoting cycling in tropical cities

15th June 2020, Monday, 11.00 am Kuala Lumpur / 10.00 am Jakarta

A bit about myself

- From Denmark
- A cyclist all my life
- A bicycle commuter in Kuala Lumpur since 2007
- Advocate for bicycling as key to urban transportation
- Sharing my bicycle commuting videos:
<https://www.youtube.com/user/mysustainablefuture>



Folding bike



My two bicycles

Electric cargobike
giving Subang mayor a ride

Everybody bicycles in Copenhagen



Member of parliament
Magrethe Vestager

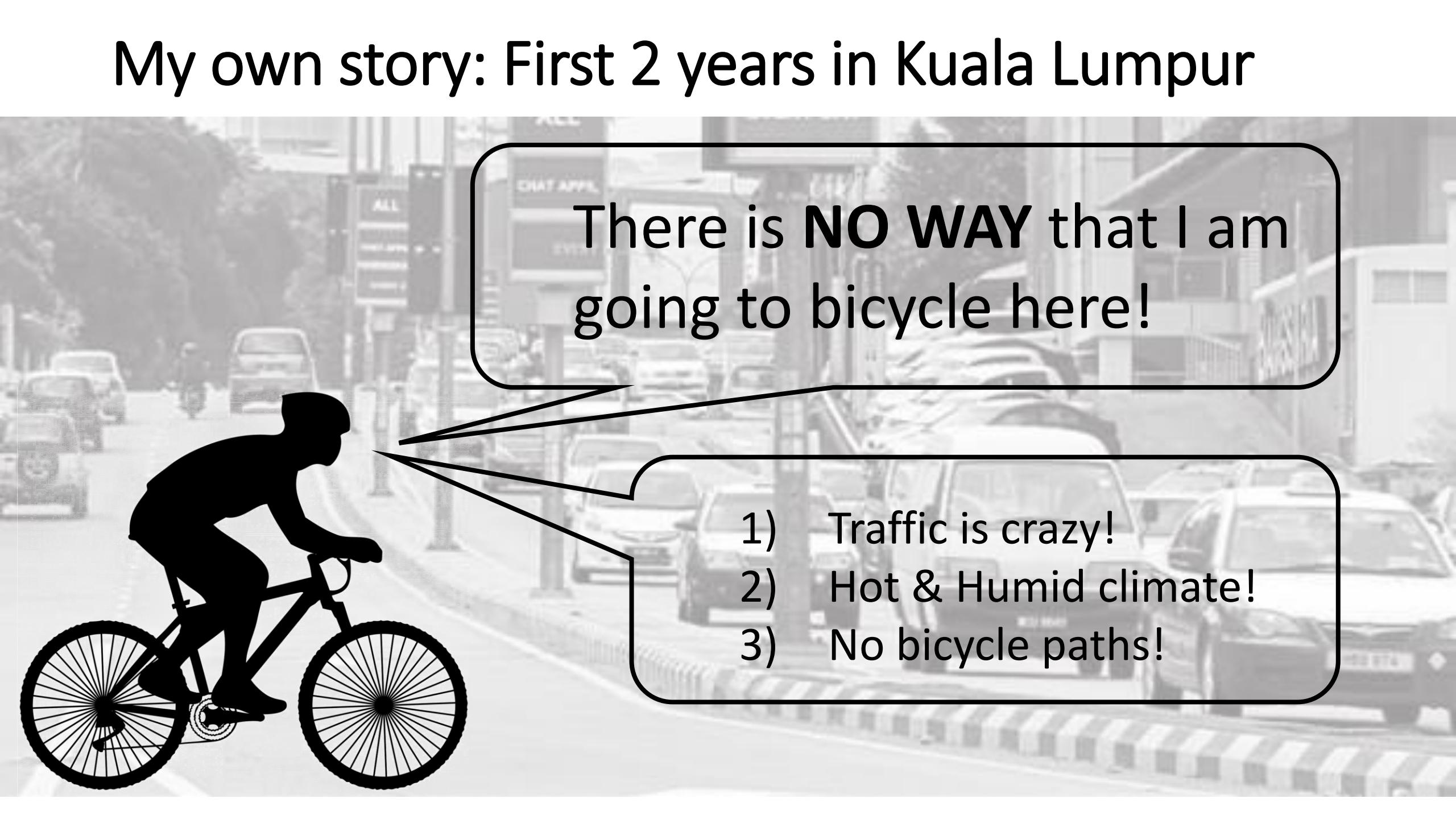


Future Queen, princess Mary
Blue jacket. Photographed from car in front

My own story: First 2 years in Kuala Lumpur



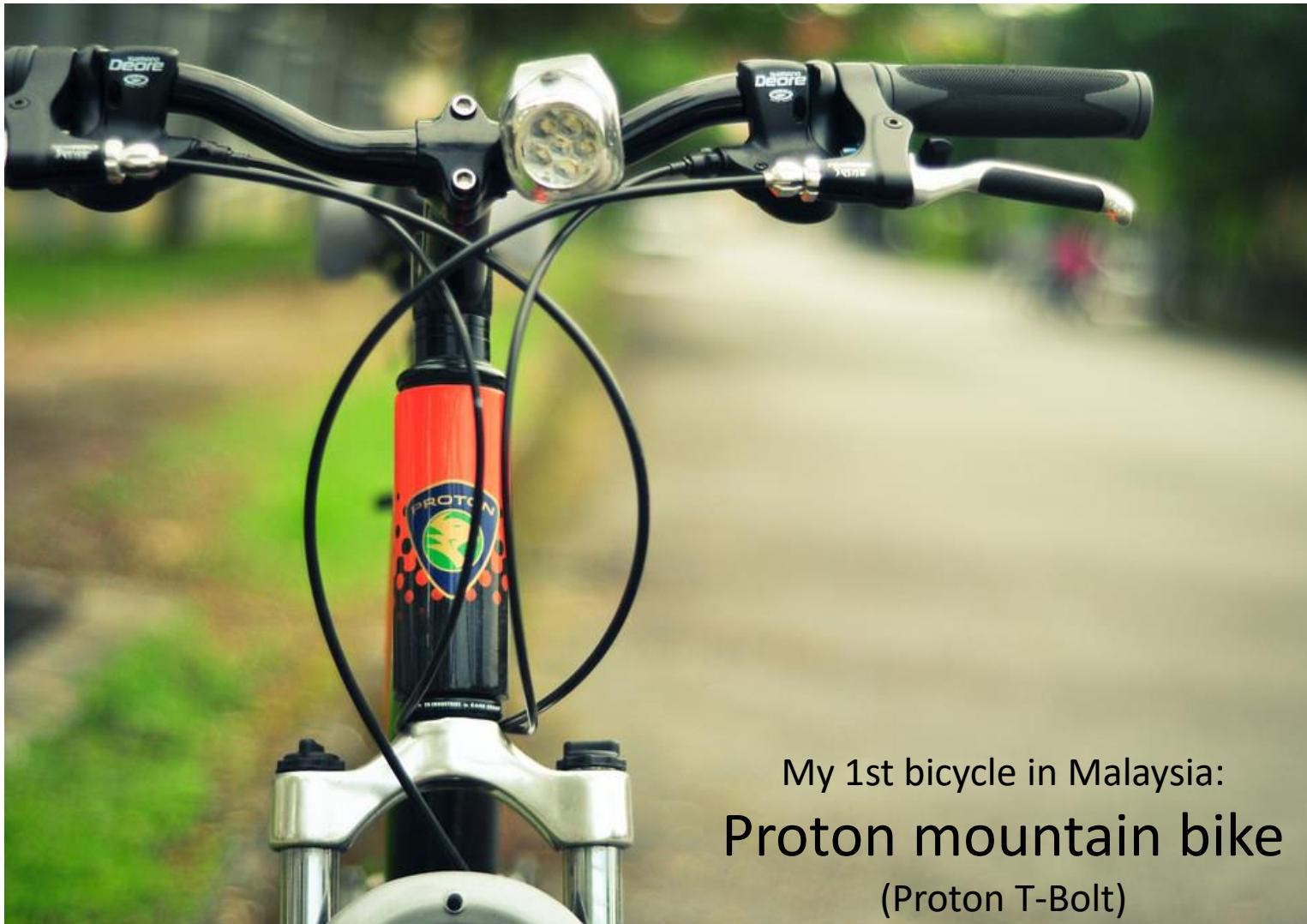
My own story: First 2 years in Kuala Lumpur



There is **NO WAY** that I am going to bicycle here!

- 1) Traffic is crazy!
- 2) Hot & Humid climate!
- 3) No bicycle paths!

But then I bought a bicycle....



My 1st bicycle in Malaysia:
Proton mountain bike
(Proton T-Bolt)

.... and found that bicycle commuting **IS POSSIBLE** insofar you choose your roads carefully. My rules are:

- 1) Don't go on roads with fast traffic (max. 50 km/h traffic)
- 2) Don't go on narrow roads, where cars cannot easily pass you
- 3) Be as visible as possible, bright clothing and use bicycle lights, even in the daytime

Video uploads of my bicycle commutes in KL



Brompton bicycle in Kuala Lumpur - very useful and fast

74,355 views

412

18

SHARE

SAVE

...



Yike Bike through Kuala Lumpur - fast, convenient, fun!

20,172 views

225

5

SHARE

SAVE

...

<https://youtu.be/qgS0SW67kdE>

<https://youtu.be/7tzvEC73ovo>

Video uploads of my bicycle commutes in KL



Cargo Bike in traffic filmed from Brompton

1.143 views

43

410

SHA

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18



Brompton bicycle commute 3-4 times faster than by car!

15,002 views

209

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10

<https://youtu.be/tFtp89Tbjk>

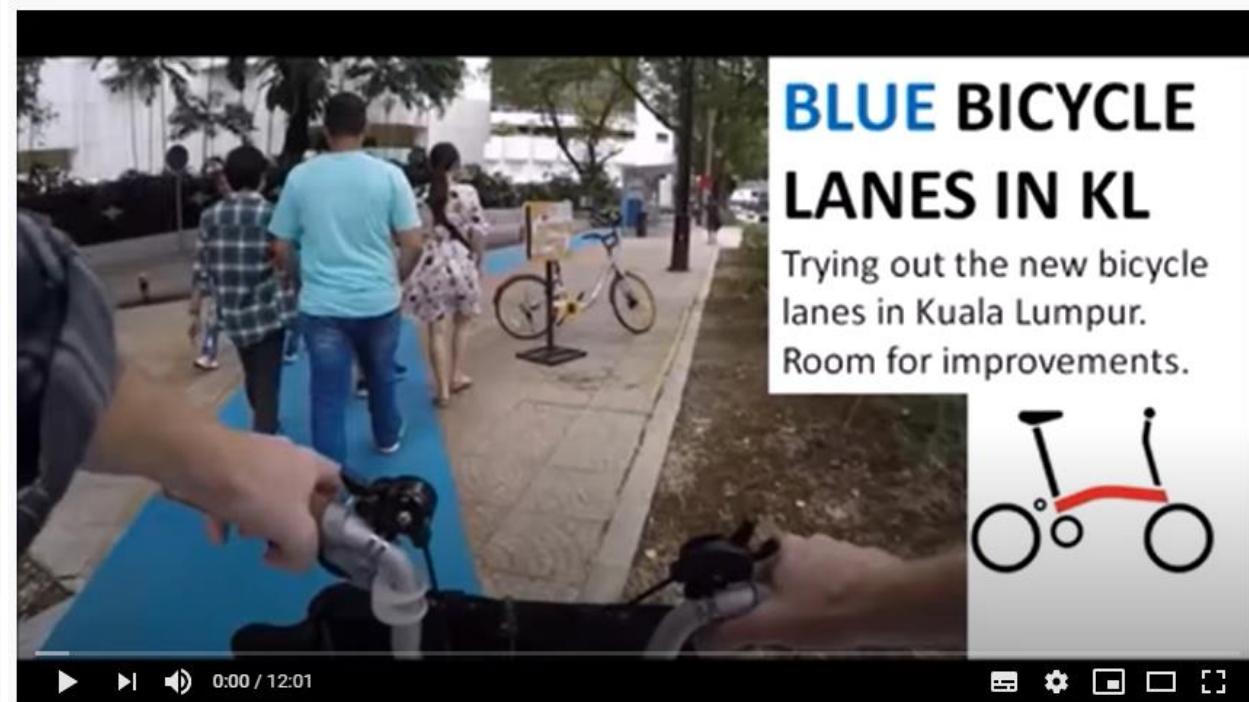
Video uploads of my bicycle commutes in KL



Brompton bicycle + Train commute (16 km)

11,256 views • 29 May 2018

145 5 SHARE SAVE ...



Testing out new blue bicycle lanes in Kuala Lumpur, Malaysia

11,032 views • 14 Jan 2018

142 11 SHARE SAVE ...

<https://youtu.be/5J2rKAcCICU>

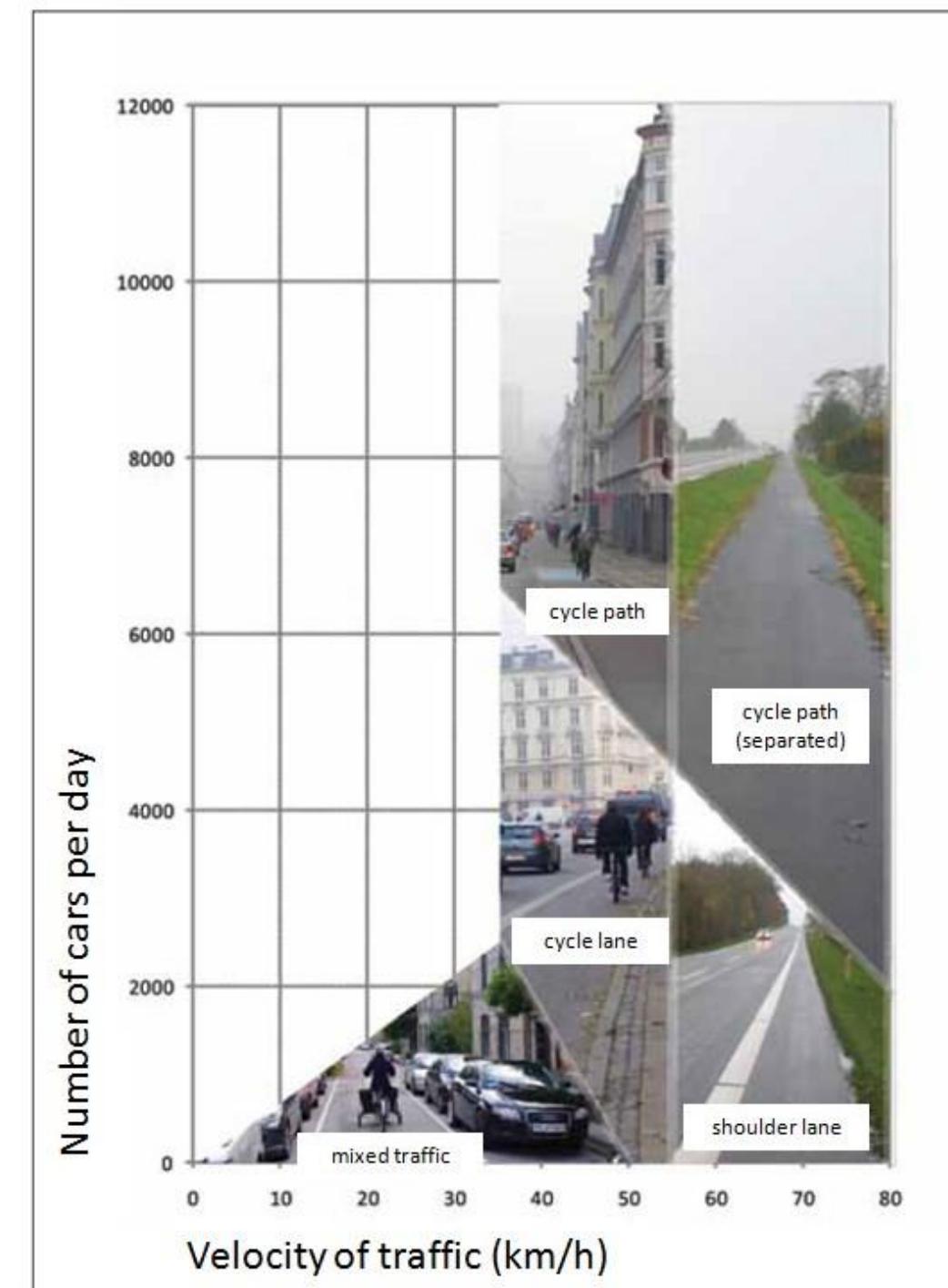
<https://youtu.be/8cKdBtgPbtg>

Bicycle Infrastructure Design

bicycles and pedestrians should not share the same path

Refer to bicycle design diagram from Denmark (on right) as applied to Kuala Lumpur:

- 1) Roads with low speed traffic do not need designated bicycle lanes. Bicycle logos printed on road informing motorists that road is to be shared with bicyclists will be sufficient
- 2) Roads with semi-fast traffic (40-50 km/h) but moderate traffic rate (less than 6000 cars per day) can demarcate bicycle lane with just a stripe (no need to paint the whole lane blue). This is cheap to implement.
- 3) Roads with semi-fast traffic (40-50 km/h) but high traffic flow (more than 6000 cars per day) needs physically separation between cars and cyclists, for example a curb or low bollards.
- 4) Painting the entire bicycle path blue is normally done only at intersections to highlight to motorists that they need to look out for cyclists.



But what about the Hot & Humid climate?

My bicycle commute is 9 km and has an elevation of 145 meters

<https://www.thestar.com.my/lifestyle/features/2013/09/21/cyclings-cash-benefits/>

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LIFESTYLE

Saturday, 21 Sep 2013



By Andrew Sia



Reimann who adapted the common toilet bidet spray into a shower by attaching a longer hose.

The RM50 (USD12) shower retrofit

All Malaysian toilets have a bidet hose, buy a dual valve + a showering hose. Not ideal, but it works.

NB. After 4 years, the building management installed a real shower

Link to article:

<https://www.thestar.com.my/lifestyle/features/2013/09/21/cyclings-cash-benefits/>

What about safety?

I often hear people say “You will not live long”

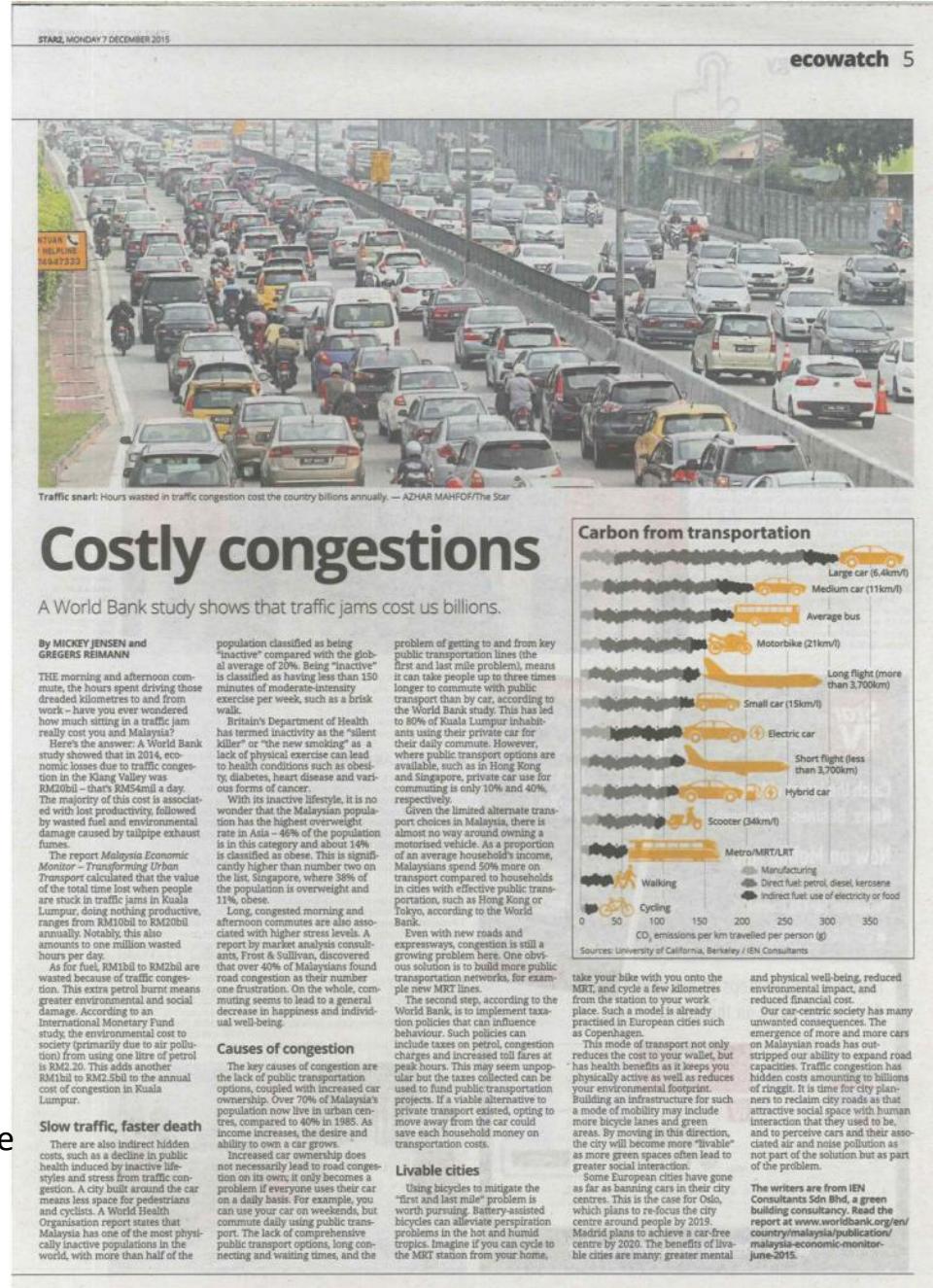
On the contrary,
by exercising I am
adding years to my life!



STUDY: Bicycling saves society money

1. **RM4.50 saved per km (USD1)**
Bicycling instead of driving car
2. **Savings mostly health related**
 - Reduced strain on the national health service
 - More productive employees
 - Less sick leave
 - Longer life expectancy

Source: Danish Ministry of Transport (2014)



My article in The Star, Dec 2016 ([link](#))

1 million hours wasted per day

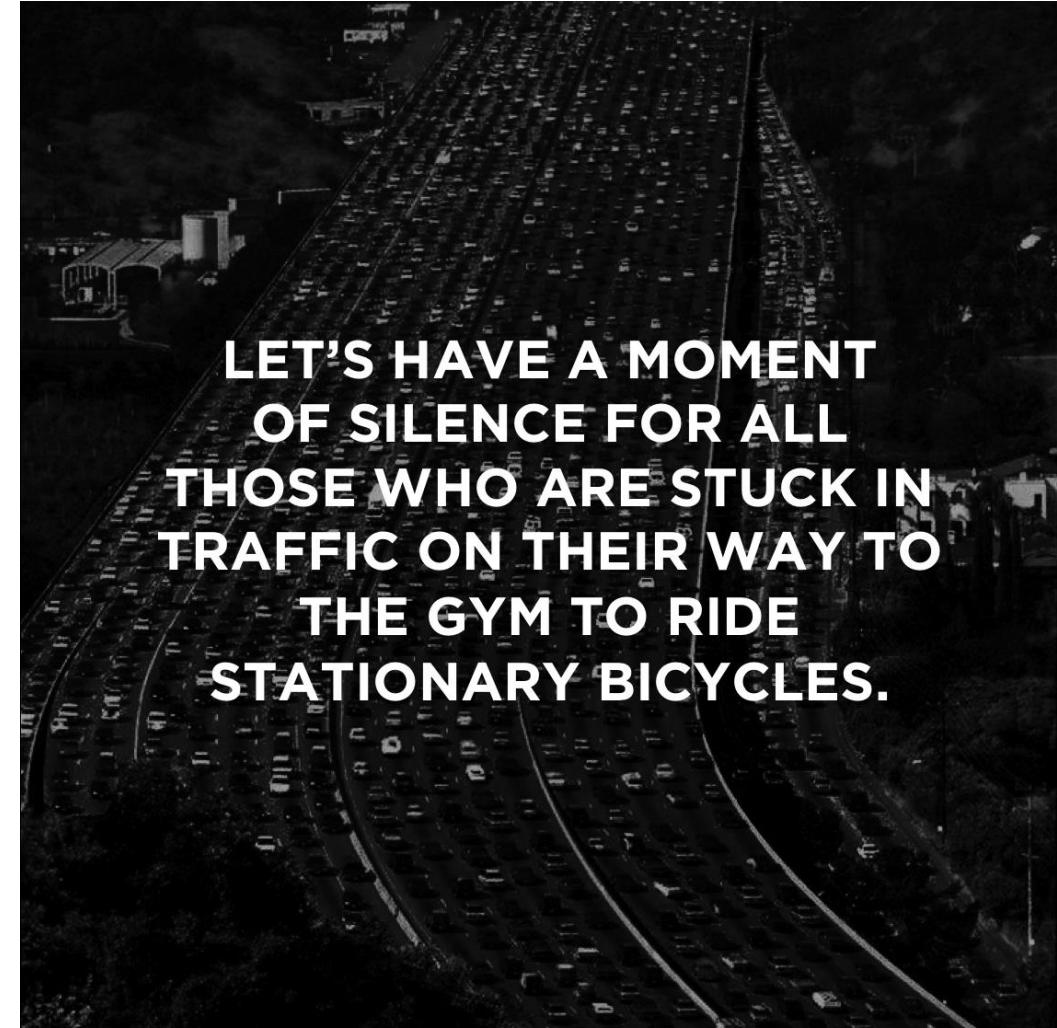
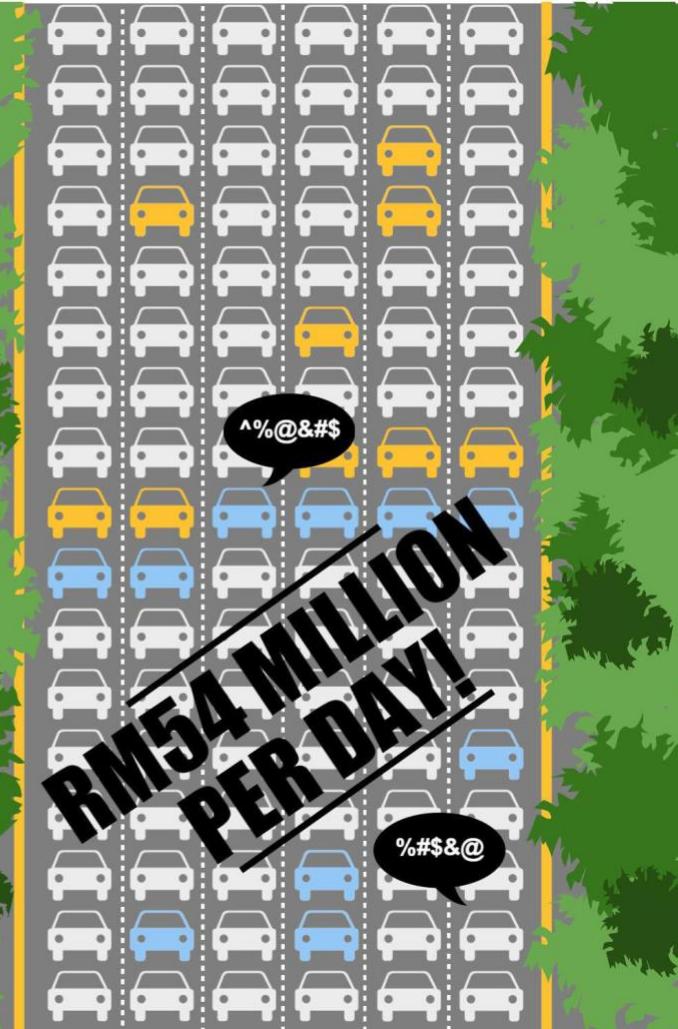
in the traffic congestions of greater Kuala Lumpur

Cost of Kuala Lumpur Traffic Jams

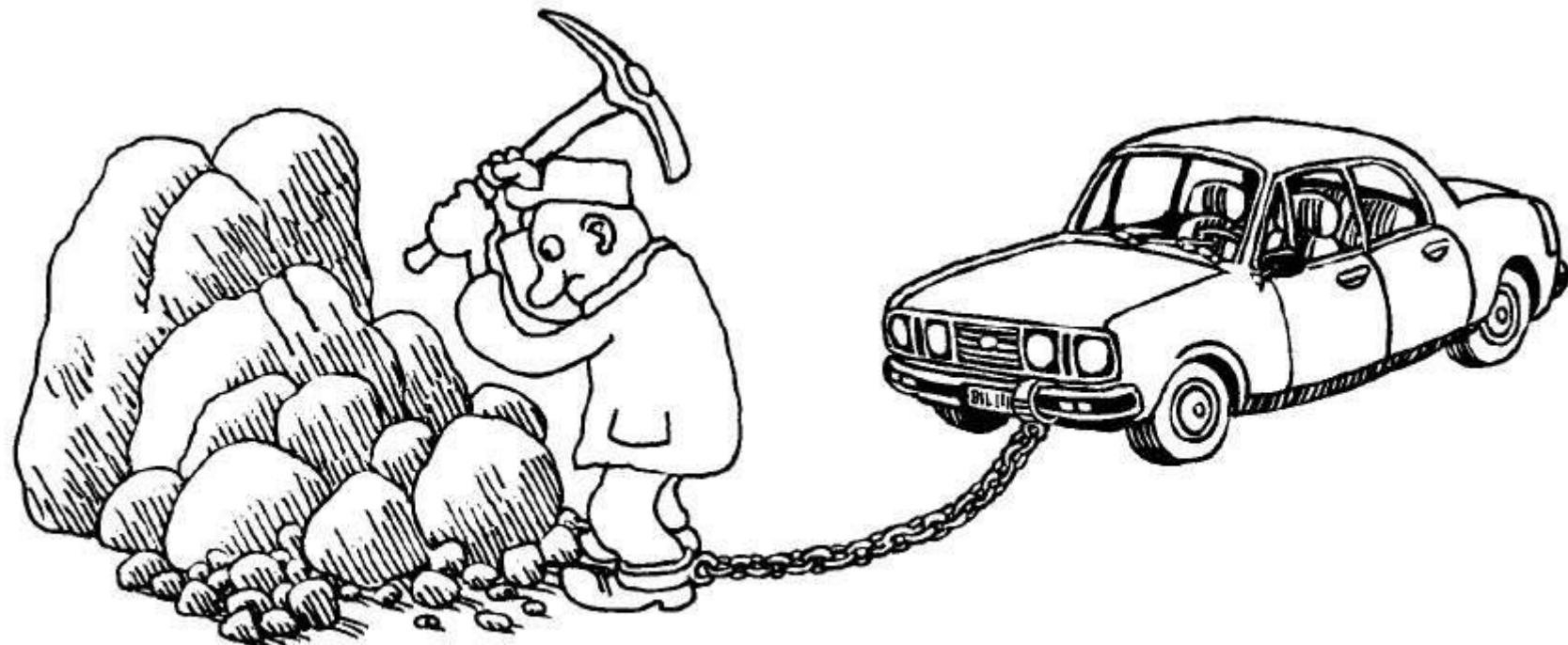
- Time Wastage
- Fuel Wastage
- Environmental Harm

RM4.50
per liter
(USD1)

The real cost of
petrol

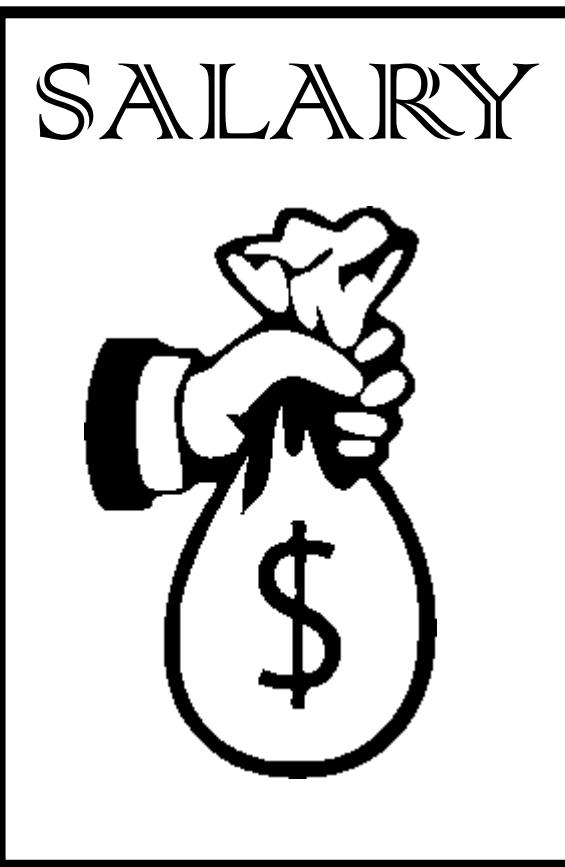


“Freedom” of the Car



The average Danish car owner works more than one week per month in order to achieve the freedom a car provides.

Danish cartoon (1984) still relevant today – also for South East Asia



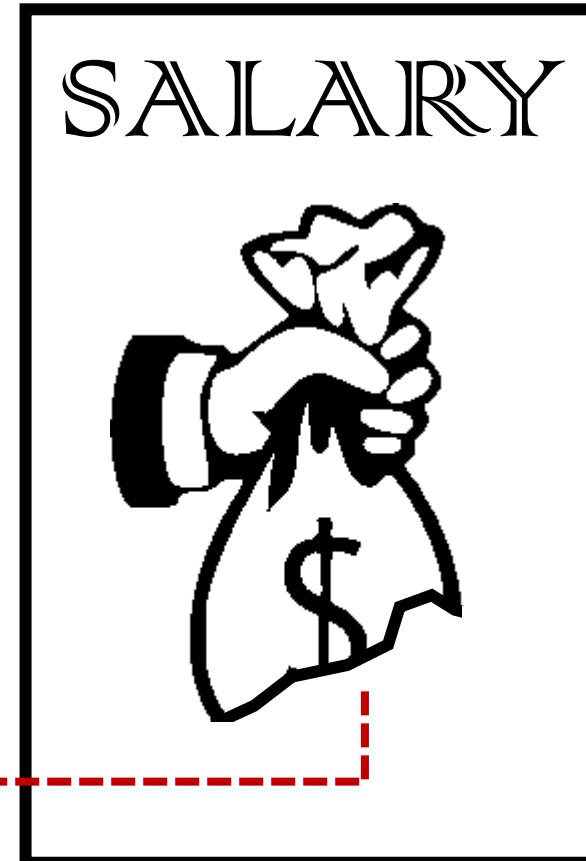
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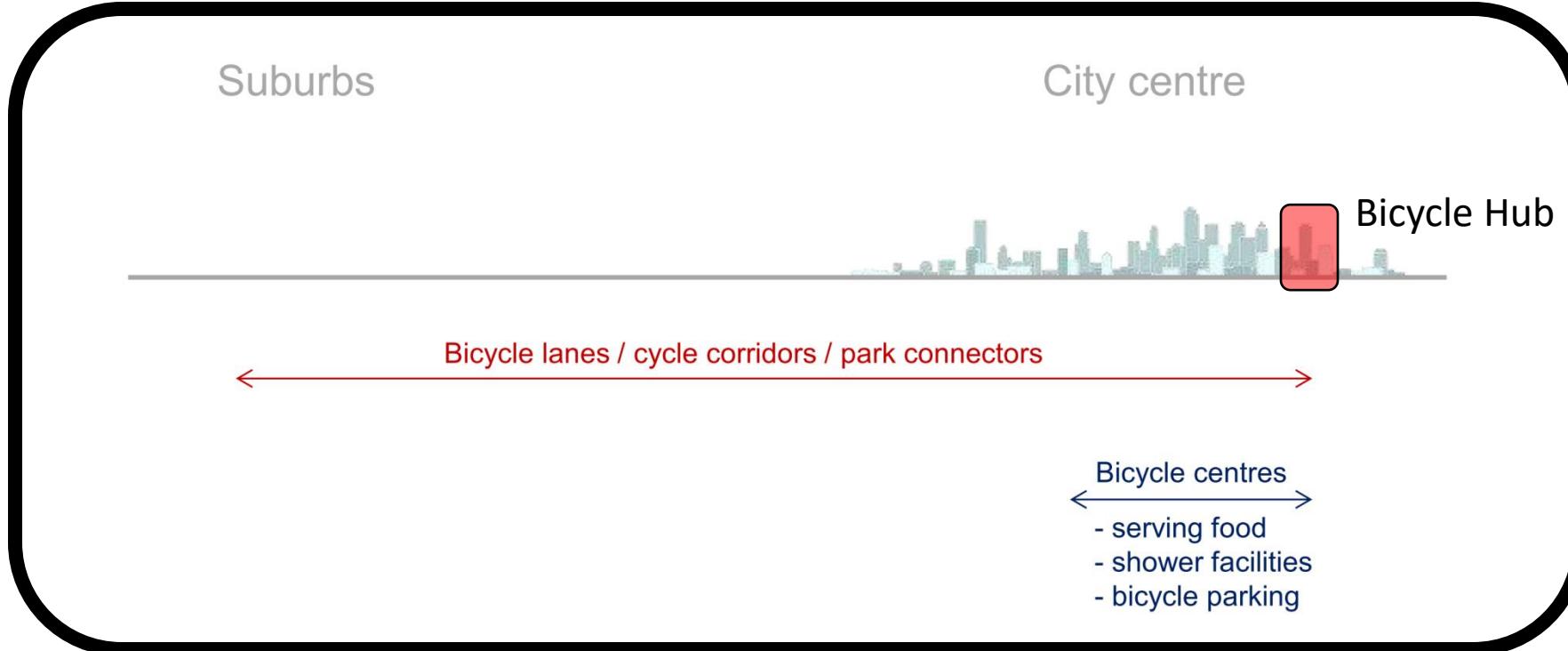
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For example, 80% of bicyclists in Manila quote cost savings for choice of transport



WISH LIST: “Bicycle & Makan” concept

bicycle commuters get **free meal** to help spur bicycle commuting from suburbs to City Center



BICYCLE HUB facilities



What?

- Free meal for bicycle commuters
- Eat → Cool down → Shower → Go to work

Where?

Near Transit Hub
(street level)

Why?

- Good for the city & good for people
- Reduce traffic congestion (RM54m cost per day, USD13m, for Kuala Lumpur)
- Improve public health (big saving)
- Helps Kuala Lumpur to achieve its C40 Cities Climate Leadership goals

Concluding remarks

Improving bicycling and pedestrian infrastructure would have these benefits:

1. Make cities more livable
2. Give people alternate and cheaper transport options
3. Reduce energy consumption and carbon emissions
4. Reduce air pollution
5. Reduce noise pollution
6. Improve public health

“Make bicycle commuting convenient and safe, and people will use it”

Let's make dreams come true



“The World has three major problems: Climate Change, Congestion and the Obesity Epidemic.

The bicycle is the answer to all three of them”

Mr. Jan E. Jørgensen
Member of the Danish Parliament

Appendix

additional slides

The biggest cost of cars: POOR HEALTH

Overweight prevalence (%) in Asian countries caused by diet and sedentary life-styles



Source: WHO Non-Communicable Diseases Country Profiles, 2011

In the case of Malaysia:

- 44.2% of the population is overweight
- More than 50% of Malaysians are physically inactive (i.e. doing less than 150 minutes of exercise per week)
- The Malaysian Health Ministry of Health call it an **epidemic** of non-communicable diseases (NCD), including diabetes.

Cities are ramping up bicycling infrastructure in response to the Covid-19 pandemic to maintain safe time-efficient commuting



<https://youtu.be/TNJVoUo8hc8>