Bike Programs for Youths

Fun Activities to Introduce Cycling to the Next Generation

NEXT MEETING begins at 7:30pm on April 17 at Oakland’s Rockridge Branch Library, 5366 College Ave. Three bicycle plans (Alameda County, Contra Costa County, and Regional) will dominate the agenda. As well, new Bay Bridge issues will be discussed. Bicycles are allowed inside. At 8:30pm, we will present a special program on the *Cycles of Change* youth program. We are particularly pleased to welcome Maya Carson, one of the program’s founders.

View from the Saddle - Youth Programs

What a joy it is to help repair bikes at Oakland’s Roosevelt Middle School each Monday after school as part of the Cycles of Change program. Some twenty to thirty kids clamber about the shop space learning new skills amid cries such as “who’s got the 15 millimeter cone wrench?” Each Monday, Maya, Grey, and Mario provide solid guidance to help the neighborhood youth advance from learning to repair a flat tire to performing a complete bicycle overhaul.

The popularity of the ‘Crazy Bike Shop’ amongst the neighborhood kids is readily apparent. Many of the youngsters built their own bikes from cast-off frames and parts donated to Cycles of Change. Everyone looks forward to the weekend rides. In fact, my first encounter with the group occurred on a Saturday morning last November while I was headed to the Fruitvale BART station. I was joined by a mini-mass of energetic youth on bikes who would take BART to a ride on Mt Diablo State Park’s precursor to an overnight camping trip at Rock City within the park on March 31.

Another group, Youth Bike Adventures, (formerly Trips for Kids in the East Bay) focuses on taking smaller groups of youths on off-road rides. This program of the EBBC affiliated Bicycle Trails Council of the East Bay (BTCEB listing on page 7) aims to conduct over ten rides during 2001. Jose Sabas has been a key organizer during the past year, but his studies are going to restrict his participation this year. Nevertheless, he published an article in the Winter BTCEB newsletter on the opportunities at Point Pinole for introductory youth rides.

Other youth programs are listed on the accompanying Youth Program Resource Listing. However, many lack adequate resources and volunteers to maintain a steady presence. Don’t be surprised if no one answers the telephone. (Oakland’s Park & Recreation Department’s “Earn a Bike” program seems to be defunct). Please give your time or support to a group in your area.

The upcoming July Races offer excellent opportunities for youth groups to get involved and actually race during the entertaining criteriums scheduled for July 14. (Bastille Day) in Lafayette, July 15 in Oakland and July 22 in Alameda. We have a commitment from the CoCoCo Health Department to bring their Bike Safety Trailer and Helmet Bank program to the Bastille Day Criterium in Lafayette. In Alameda County, however, we have yet to engage either the Public Health or Public Safety (police) to take this opportunity to help provide bicycle safety programs.

You can help East Bay youth by encouraging local and county officials to direct the necessary resources to maintain Injury Prevention programs in the health departments. The local police traffic units should also be encouraged to take bicycling seriously by offering Bicycle Traffic School for both youth and adult traffic violations. Have you helped a child discover the joys of bicycling lately?

-Robert Raburn

CYCLES OF CHANGE

Cycles of Change is a hands-on learning and adventure program on bikes. For the last 3 years we have been offering: Bicycle mechanics education, bicycle safety, rides and camping; environmental education; community service and an earn-a-bike program. All of our services are free and run out of Roosevelt Middle School in Oakland. We are part of the Roosevelt Village Center, a collaborative of organizations and individuals that turn this public school into a dynamic community center providing academic, cultural, arts and environmental programs after school hours and on weekends.

On Monday afternoons Cycles of Change holds an open bike shop for Roosevelt students, and neighbors of all ages, to learn bicycle mechanics, to tinker, and to fix their own bikes.

Wednesday and Friday afternoons, and Saturdays 8:30 AM - 4 PM, we go on bicycle adventures to destinations of ecological, cultural, or historic significance. On these days sometimes we participate in restoration projects, go on canoe rides, or just ride for fun. We take our bikes on BART, on the Ferries and sometimes we just lock them up and take the bus. Lately we are going on monthly bike camping trips. Last month we rode to Anthony Chabot park’s Hawkridge Campsite. This month we are riding to Mt Diablo to camp near Rock City.

We also have an internship/job training program for high school students and program graduates. In this program interns learn ride-leading skills, advanced mechanical skills and participate in community service projects. Two other similar youth bike programs have developed over the last year. One of these is held at the Peralta Historic House in Oakland’s Fruitvale neighborhood, the other at the Tinkers Workshop in West Berkeley.

Bicycles, tools, parts and helmet donations are gratefully accepted and bicycle mechanical help at our open bike shop on Mondays afternoons is of great value to us. If you want to give a donation, come and volunteer, or just would like more information, please call Cycles of Change at (510) 595 - 4625.

YOUTH BIKE ADVENTURES

At Youth Bike Adventures we take a group of inner-city kids on what is sometimes their first visit to an East Bay Park. We teach them the basics of safe mountain biking, provide a healthy lunch, and give them a helmet and a T-Shirt to take home. More importantly these kids get a great sense of accomplishment and satisfaction from mastering the trails and the hills and their bikes which we also maintain and provide.

Every kid gets an adult BTCEB member guide who accompanies them throughout the ride. The guide explains the basics of trail riding and also shows them the beauties of the parks where we ride. Many trips in Wildcat Canyon and Tilden include a visit to the nature center and little farm in Tilden.

If you know of a kid or a group that could benefit, or a company or non-profit that might want to donate, please contact the Youth Bike Adventures at 510-658-7566.
ALAMEDA COUNTY - Supervisor Nate Miley convened the inaugural Transportation Roundtable on March 30. We heard from the Bay Area Transportation and Land Use Coalition (BATLUC) about the Regional Transportation Plan recommendations, including implementation of County bicycle plans and increased emphasis on bicycle access to transit stations. Supervisor Miley has endorsed the recommendations in a letter to the Alameda County Congestion Management Agency (CMA).

BICYCLE COMMUTE BILL - Congressman Earl Blumenauer, D-ORE, has introduced H.R. 1265, The Bicycle Commuting Tax Credit bill. As background, the transportation fringe benefit provision of the federal tax code allows employers to offer employees a $65 per month tax benefit for the use of either transit or carpooling, as a means of commuting. This bill would add bicycling to the section of the code that defines the alternative modes of transportation eligible for the benefit.

DUBLIN - A record of some 2500 females rode the 25th Annual Cinderella Century on March 31st. Over the past 25 years the Livermore Valley area has changed from a sleepy outpost to growth center in Alameda County. The EBBC applauds the efforts of the Valley Spokesmen for a Quarter Century of Cinderella Century Rides. We will also continue to work to improve the access to BART, as called for in the Draft Alameda Countywide Bicycle Plan, so that more Cinderella riders can help reduce the parking impact on neighboring streets.

OAKLAND - Grand Avenue is slated for a slurry seal starting on May 7 near El Embarcadero and extending to Market St by May 18. The bike lane striping will immediately follow the repaving.

RICHMOND - The West Contra Costa Transportation Advisory Committee (WCCTAC) heard our appeal to apply state funds to opening a commuter bikeway on the Richmond Parkway. The direct 6-mile route, opened in the mid 1990s between Chevron and the Hilltop Mall, prohibits bicycle access despite having wide shoulders. Staff was directed to investigate the proposal and report to WCCTAC on April 27. Your correspondence on the issue can help our cause. Please write to WCCTAC, 13831 San Pablo Ave, San Pablo, CA 94806.

SAN PABLO - WCCTAC heard our appeal to apply state funds to remove a barrier to bicyclists who need to make a left turn from San Pablo Dam Road onto Amador Street. This route is crucial for commuters along the I-80 corridor between Pinole and the El Cerrito del Norte BART station. The EBBC has repeatedly pushed for this intersection improvement. Staff was directed to investigate the proposal and report to WCCTAC on April 27. Please write your support (see above item).

EARTH DAY EVENTS - Join us as we either park bikes or inform bicyclists about local issues. Please consider arriving an hour early to help us set up at the following locations:
- Oakland Environmental Expo, Frank Ogawa Plaza, Wednesday April 18, 11am-2pm.
- Berkeley Earth Day, Civic Center Park, April 21, 11am-5:30pm.
- Richmond Earth Day, Integrated Resource Recovery Center, 101 Pittsburgh Ave, April 28, 10am-4pm.
- CoCoCo Earth Day, Concord Pavilion, April 29, 10am-6pm.

BERKELEY - The Southside plan has emerged from the Planning Dept and is coming soon to a meeting near you. A new planner has been hired to take on the Plan and has proposed 5 meetings to get more public input. The most exciting part of the plan is to make Bancroft and Durant two-way streets with bike lanes. To review the draft, visit http://www.ci.berkeley.ca.us/planning/advance/southside/welcome.htm. For more information, contact Karen Haney-Owens, Advanced Planning Manager, 705-8137, email: kahl@ci.berkeley.ca.us.

AUTO-FREE MOUNTAIN BIKE RIDES - Ride along the San Leandro and Hayward shorelines, Saturday April 21st. Meet 10am at the San Leandro BART station. Ride will go by the San Leandro Marina to pick up the Bay Trail and then head south through the recently restored marsh and hayward Regional Shoreline. Approx. distances - 16 miles consisting of 6 miles dirt roads and 100 ft. of climbing.

BAY BRIDGE - Senator Don Perata has called into question the greatly inflated cost projection for a new East Span. Current estimates between $2.2 - 2.7 billion make the retrofit option look very attractive to state legislators. Please note that at a cost of some $50 million, the bike path represents a miniscule portion of the overall cost. As well, the State Legislature already approved the bike path in AB2038, signed by the Governor in 1998. Senator Perata has proposed a Senate Transportation Subcommittee hearing in late April. The hearing will likely take place at the Elihu Harris State Office Building, 1515 Clay St in Oakland. Please confirm the hearing time and place by contacting Senator Perata’s office at 510-286-1333.

The EBBC Online
To keep up with the latest news and happenings, subscribe to the EBBC online mailing list. Mailing lists are a great way to quickly notify lots of EBBC members of important meetings, hearings, etc.

To subscribe to the list, send email to: majordomo@listlink.berkeley.edu with the following in the body of the message:
subscribe ebbc-talk

Submissions to ebbc-talk are archived at http://www.ebbc.org/hypermail/ebbc-talk.
Educating Kids in Palo Alto

by: Amanda Jones, City of Palo Alto Commute Coordinator

Palo Alto has a history as a bicycle friendly town, with flat terrain and many bicycle facilities. Compared to the rest of Santa Clara County, which has a bicycle mode share of 2.3%, the City of Palo Alto is closer to 5%.

Some form of bicycle education has been offered in the Palo Alto Unified School District since the 1960’s. Prior to 1991, all third graders participated in a fairly traditional program emphasizing dangers to bicyclists on the street, presented by the Palo Alto Police Department. But when city budgets were cut that spring, the PAPD proposed eliminating the third grade bicycle education program.

In 1993-94, a task force of the City/School Traffic Safety Committee developed a new three-lesson program for third graders. This improved curriculum was modeled on the ‘Basics of Bicycling’ curriculum of the Bicycle Federation of America. It includes two interactive video/discussion lessons and an on-bike practice session in which the third graders rotate through 5 stations: Controlled riding right turn and stop; scanning and moving left; driveway yielding; intersection, yielding and eye contact; checking helmet fit.

These stations are designed to help third graders learn skills to avoid common car/bike crashes and reduce injuries. Responsibility for these lessons is shared by the district, the fire department and the PTA.

In 2000 the school district and the City of Palo Alto jointly funded a coordinator for the bicycle education curriculum and the pedestrian safety curriculum for kindergarten through second grade. Safe Moves was hired to teach the module which includes a discussion of helmet use and basics such as looking four ways and crossing with an adult, as well as driveway and railroad crossing safety.

In the 2000/2001 school year, 2200 kindergarten through second graders participated in the Safe Moves training and approximately 750 each of third, fifth and sixth graders will go through the bicycle education curriculum. The City of Palo Alto will also offer an adult basic bicycle skills class in May of 2001. The course will be open to City employees as well as to the general public. If successful, it will be offered regularly through the City’s continuing education program. The City of Palo Alto also offers a citation diversion program that includes bicycle education for juveniles who are cited for violating traffic laws.

East Bay Youth Program Resources

Alliance for Latino Academic Success
Cesar Chavez Middle School
27845 Whitman St
Hayward, CA 94544-4752
Mariana Triviso
510-293-8581

Berkeley Boosters
PO Box 17
Berkeley, CA 94701
Kathy Corliss: 510-845-7193
Tristan Flores: 510-559-9714

Berkeley HS Outsiders Club
David Stevens
Hm: 510-526-4363

Berkeley Village Ed Project
Longfellow Middle School
Mona Gonzalez
510-412-5940

BETR Project
Richmond, CA
510-215-3331

Big Brothers Big Sisters of the East Bay
Kristianna Bryant
510-729-5050 x204

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Maria do Rocio Quandt, Chief Information Officer for the Curitiba Institute of Urban Research and Planning, will be speaking on the policies, designs, planning and projects that have made Curitiba an ecological development model. Curitiba is of course famous for its extensive “Rapid-Bus” transit system. The event, organized by EcoCity Builders and UCB Earth Week 2001, begins at 7:30pm at the Chan Shun Auditorium in the Valley Life Sciences Building (room 2050) on the UC Berkeley campus ($10 admission, $5 students). For more information, call 510-649-1817.
Will There Be An Iron Horse Trail Overcrossing at Treat Boulevard?
by: John Ruzek

With the completion of the first round of the recent charrette (community meetings) in February, the fate of the two bridges over Treat Blvd is now somewhat uncertain. In 1998, the county Board of Supervisors approved the Specific Plan for the Pleasant Hill BART Station Area. The two overcrossings, one for pedestrians at Oak Road, and the second - a bicycle/pedestrian bridge for the Iron Horse Trail (IHT) along the Jones Road alignment at Treat, were both called for by the previously approved Specific Plan.

However, some of the concerns revolve around the principles favored by the County Redevelopment Agency’s consultants that both pedestrians and cyclists should stay at ground level. It seems that the consultants’ “New Urbanist” design principle would dictate that all pedestrians and cyclists on the IHT should cross Treat Blvd. in the existing crosswalks. This approach completely ignores the very high volume of high-speed traffic on Treat and the increasing importance of the IHT to users of all age groups and skill levels.

The East Bay Regional Park District states that nearly a million recreational and transportation users per year are using the IHT due to its popularity, length, destination connectivity and proximity to three BART stations along the trail’s length. In Walnut Creek, the beautiful overcrossing of the IHT at Ygnacio Valley Road (YVR) was justified on the grounds of safety to trail users, and interestingly, less disruption to the flow of traffic on the YVR. The traffic levels on Treat Blvd, while less than on YVR, are of the same order of magnitude and are just as daunting if not more due to the heavy traffic on Jones Road and the frantic drivers trying to either enter or exit the Pleasant Hill BART station.

While the concerns of some neighbors of the architectural style of the structures are valid, and should be addressed in public meetings, the underlying need and importance of an overcrossing should not be diminished by the agency’s consultants. Unlike the YVR overcrossing, we are told that funding of the new bridge is not a problem: the Redevelopment Agency has funding sources secured for a Treat Blvd IHT overcrossing if they act quickly to finish the design and put a contract out to bid for construction.

What can you do?
Contact the involved parties, especially the Board of Supervisors. Let them know how important the completion of the Iron Horse Trail bridge over Treat Blvd. is to you and the need to quickly move forward.

Supervisor Donna Gerber
309 Diablo Road
Danville, CA 94526
PH: (925) 820-8683
FAX: (925) 820-6627
E-mail: dist3@bos.co.contra-costa.ca.us

Supervisor Mark DeSaulnier
2425 Bisso Lane, Suite 110
Concord, CA 94520
Ph: (925) 646-5763
FAX: (925) 646-5767
E-mail: dist4@bos.co.contra-costa.ca.us

BART Director Dan Richard
Mail Stop LMA-5
P. O. Box 12688
Oakland, CA 94604-2688
Ph: (510) 464-6095
FAX: (510) 464-6011
E-mail: DDR0@pge.com

The Pleasant Hill BART Station Steering Committee is also scheduled to meet on April 11, at 6:00 pm at the CCTA offices at 1340 Treat Blvd., Suite 150, directly across from the BART station at Oak Road. Please call John Ruzek at (925) 939-5181 for further information and confirmation of this meeting.
MINUTES of the General Meeting of Tuesday, March 20, 2001 held at the HUBCAT, 1336 Channing Way, Berkeley

CHAIR was Robert Raburn.

MINUTES of last meeting were corrected to read that the new State Park is known as the East Shore State Park, not East Bay Park.

MEMBERSHIP 891 newsletters were mailed this month.

TREASURY no report this month.

ACTA AWARD Christine Monsen of ACTA, the Alameda County Transportation Authority, presented an award to Robert Raburn and the EBBC for his (and our) work to get the voters to approve by 81.5% Transportation Measure B, which continued a 1/2% sales for transportation, and 5% of the take will go for non-motorized transportation, thanks to Robert's hard work.

PLEASANT HILL BART STATION AND THE IRON HORSE TRAIL
Several meetings were held recently to get community input on how to use the land around the PH BART station. Part of the plan includes an Iron Horse Trail bike-ped bridge across busy Treat Blvd. A proper design should include bike access between the Trail and the BART station.

BIKES & BART There was discussion of bikes being allowed on the BART escalators, since that appears to be less dangerous than is carrying bikes on what are usually spiral staircases in some downtown SF stations.

BIKE RACES IN JULY The races will be in the following cities and dates: Lafayette, Sat, July 14th, Bastille Day. Sun, July 15 in Concord. Sun, July 22 in Alameda. Preparation meeting Mon, Apr 2nd, 4:30 PM, Oakland Museum.

REGIONAL TRANSPORTATION PLAN (RTP) for the Bay Area is being worked on by MTC, and numerous public meetings are scheduled. Ms. Gail Payne of Dowling Associates will be doing the bicycle part for the East Bay, and she will continue coming to our meetings. She wants us to contact her at (510) 839-1742, gpayne@dowling-inc.com

BATLUC or Bay Area Transportation and Land Use Coalition was represented by Jeff Hobson. We voted to join this very useful ally for $50 annual dues.

T-SHIRTS We need a volunteer to order more EBBC "ONE LESS CAR" T-shirts of varying sizes.

NEXT MEETING will be back at the Rockridge Library on College Ave at Manila, in Oakland, at 7:30 PM on Tues, April 17, 2001.

Respectfully submitted Yehuda Sherman, sec'y.
EAST BAY BICYCLE COALITION

510 433-RIDE

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RobertRaburn@csi.com
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Ian MacDonald 832-6300
ian@roymcdonald.com
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Andrew Rudik‡ 925-462-5017
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meric@mondes.com

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EAST BAY BICYCLE COALITION membership form
Send your tax-deductible donation to EBBC, PO Box 1736, Oakland, CA 94604
For EBBC information & messages, call (510) 433-RIDE (433-7433)

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Member Type

☐ Regular ($12)
☐ Shop/Club ($40)
☐ Low Income ($6)
Century Club:
☐ Half ($50)
☐ Full ($100)

☐ New
☐ Renewal
☐ Please do not share my name with other mailing lists.

http://www.ebbc.org

AFFILIATED BIKE CLUBS

Cherry City Cyclists Tom Kunich 510-793-6702
Delta Pedalers Dave Steffler 925-634-1793
http://www.deltaped.org
Diablo Cyclists http://www.diablocyclists.com
Different Spokes Derek Lecy 510-339-2345
Fremont Freewheelers Ed Sampley
edsample@earthlink.com
Grizzly Peak Cyclists Al Forkosh 510-655-4221
aforkosh@mac.com
http://GrizzlyPeakCyclists.org

Oakland Yellowjacket
Recorded Message 510-986-9011
http://www.exocet.com/oaklandyellowjackets
Santa Rosa Cycling Club Bill Oeting
srcc@metro.net
Sierra Club Doug Baker 510-658-5941
Single Cyclists (Marin Co.) 415-459-2453
Strada Sempre Duro Rick De Gette 925-944-7049
Valley Spokesmen Kathy Tate 925-671-7579
http://www.valleyspokesmen.org

COMMUNITY REPS & ADVOCATES

Alameda, BikeAlameda
http://www.bikealameda.org
Albany Matthew Ridgway 510-284-3200
m.ridgway@fehrandpeers.com
Bike-Friendly Berkeley Coalition

Recorded Message 510-549-RIDE
Bicycle Trails Council of the East Bay
Hot Line 510-466-5123
www.bteastbay.org
Bike the Bridge Coalition
Jason Meggs 510-273-9288
jmeggs@ucdata.Berkeley.edu
CA Association of Bicycling Organizations (CABO)
Kathy Tate, East Bay Rep 925-671-7579
biketate@ti.net
California Bicycle Coalition (CBC)
Chris Morfas, Exec. Dir 916-446-7558
cbc@ips.net
Concord Kathy Tate 925-671-7579
Contra Costa County
John Ruzek* 925-939-5181
John_Ruzek@yahoo.com
El Cerrito TBA
Lamorinda Bart Carr 925-299-1522
Bart_Carr@yahoo.com
Peninsula Bicycle & Pedestrian Coalition
650-424-6134
Pleasant Hill Beathaw 925-825-6720
Pleasanton Robert DeMattei 925-484-1470
deMattei@juno.com
Regional Bicycle Advisory Committee (REBAC)
Alex Zuckermann 510-452-1221
rebacac@uol.com
Rides for Bay Area Commuters 800-755-7665
Contra Costa County  Meets yearly in late fall to review TDA Article 3 projects. **Staff:** Joe Yee 925-313-2258; **Chair:** John Ruzek, 925-939-5181, John_Ruzek@yahoo.com.

Danville  Meets as required. **Staff:** Bryan Welch, 925-314-3313, Bwelch@ci.danville.ca.us. **Chair:** Sandra Meyers 925-837-5960.

Dublin  Meets yearly in late fall to review TDA Article 3 projects. **Staff:** Ferd del Rosario, 925-833-6630, Ferd.delRosario@ci.Dublin.CA.us.

East Bay Regional Park District (Park Advisory Committee)  April 23, 7:30 pm, Board Room, 2950 Peralta Oaks Court, Oakland 94605 **Staff:** Ro Aguilar, Legislative Analyst, 510-635-0138 x2006, **Chair:** Henry Losee, 510-276-2271, EBHIKER@aol.com.

Lafayette  April 16, May 7, 7:00 pm (1st & 3rd Mondays, but call to confirm dates), Community Center Manzanita Room, 500 St. Mary’s Road **Staff:** Leah Greenblat, 925-299-3229, **Bicycle Liaison:** Commissioner Lynn Hiden 925-283-5487; EBBC rep YehudaSherman@webtv.net, 925-284-5363.

Livermore  April 24, 7:00 p.m.(4th Tuesdays) City Council Chambers, 3575 Pacific Avenue, **Staff:** Anna Vickroy, 925-373-5796, **Chair:** Steve Howard, 925-455-8090.

Oakland  April 19, 3rd Thursday at 3:30 pm at 250 Frank Ogawa Plaza, Suite 4314. **Staff:** Kathryn Hughes 510-238-6493; **Chair:** Ron Bishop 510-652-4667, rbishop747@aol.com.

Pittsburg  May 3, 7:00 pm, Civic Center 2nd Fl, 65 Civic Avenue, **Staff:** Paul Reinders, PReinders@ci.Pittsburg.ca.us, 925-252-4822, **Chair:** Peter Carpin.

Pleasanton  Spring meeting TBD. **Staff:** Mike Tassano, 925-931-5670

UC Berkeley  To be scheduled. **Staff:** Diane Sutch, 510-643-9276, DSutch@uclink4.berkeley.edu; **EBBC rep:** (open)

Walnut Creek  April 18, June 20, 7:30 pm, City Hall, 2nd Floor. Meets bimonthly, 3rd Wednesdays. **Staff:** Mike Vecchio, Community Development, 925-256-3529; **Chair:** Lanny Bryant, BryantL@calbt.com, 510-627-7981.