

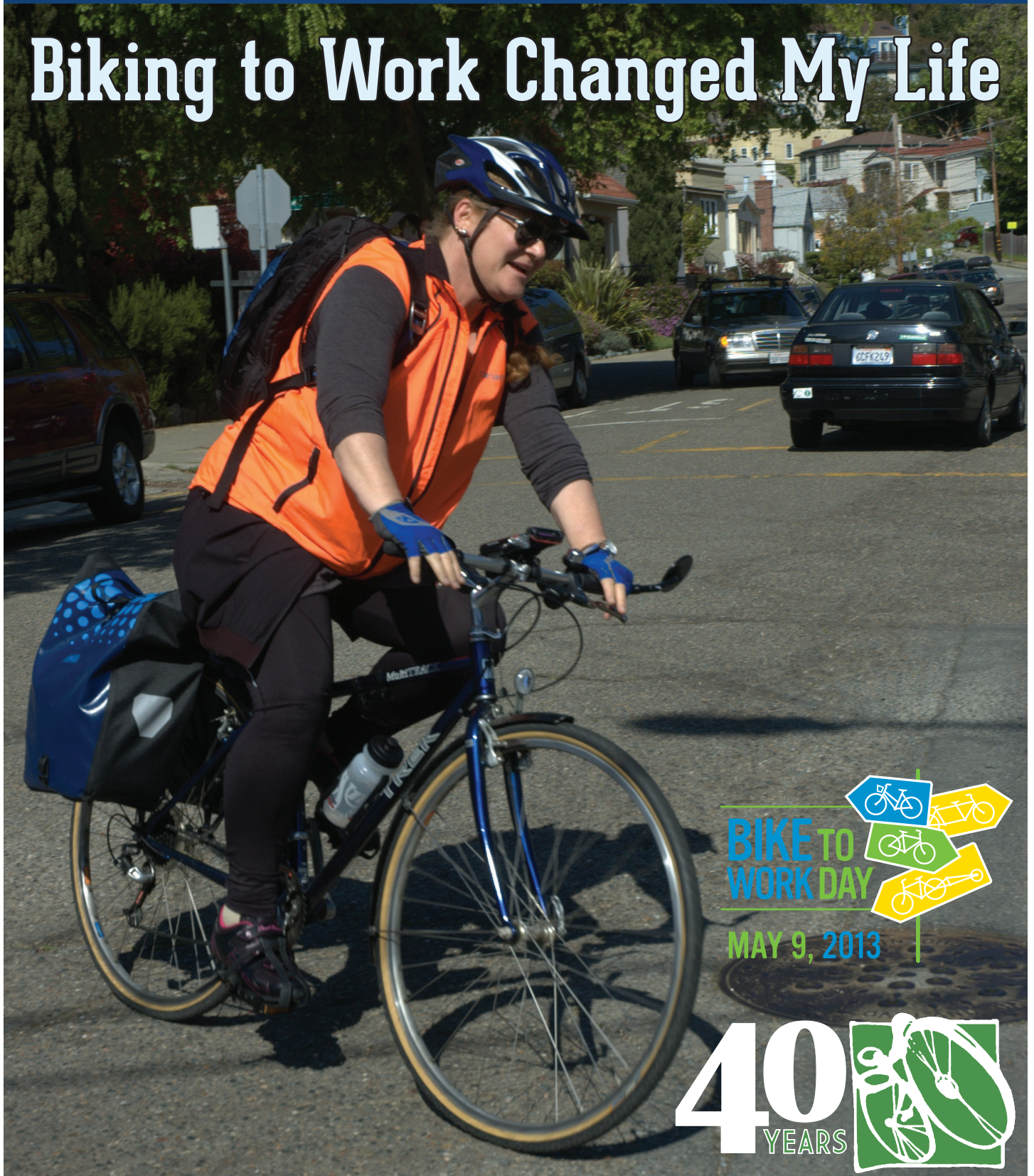


rideOn

NEWSLETTER OF THE EAST BAY BICYCLE COALITION

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Biking to Work Changed My Life



BIKE TO
WORK DAY

MAY 9, 2013

40
YEARS



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LETTER FROM THE SADDLE:

EBBC Goes to Washington

Last month EBBC Advocacy Director Dave Campbell and I found ourselves, with 750 other bicycle advocates, in our nation's capital for the National Bicycle Summit. While we still have a long way to go to lift bicycling and walking into their deserved places in the political priorities of this county, it was powerful to witness the ways the city of Washington DC has prioritized bicycling on its streets. We joined dozens of advocates on the last day for a congressional bike caucus ride. There is nothing like riding a Capital Bikeshare bicycle on a well-designed cycletrack down the center of Pennsylvania Avenue to the capital with a pack of advocates! Our Federal elected representatives can hardly miss the impact of DC's bicycle-friendly transformation over these last few years.

Another highlight from our few days in the capital was seeing hundreds of advocates, bicycle industry reps, elected officials and others come together for the Women's Bicycling Summit to strategize about how to get more women on bikes. Many powerful ideas came out of this gathering to make our bikeshops, community spaces, and streets more welcoming to women and families.

A high point for me personally was receiving the Susie Stephens award for Joyful Enthusiasm from the Alliance for Biking and Walking. Susie Stephens was the first Executive Director of the Alliance and did more than anyone else to weave the many bicycle advocates around the country together into one cohesive voice. Stephens did this through her enthusiasm for using bicycling as a tool to solve the pressing problems facing our cities and her simple joy in riding.

Is there another political movement that recognizes the power of joy to create change in the world? I feel very fortunate to have found bicycle advocacy, a political force for change that has its roots in joy and connection. And I feel deeply honored to have been recognized by our national partner as a leader who brings that joyful enthusiasm to our work here in the East Bay.

As I write this column today it is the 45th anniversary of the death of Dr. Martin Luther King Jr. Dr. King's teaching on non-violence has had a big influence on me personally. We don't often make this connection, but bicycling is a simple act of non-violence we can practice every day. We are choosing not to harm the planet, choosing to make streets safer, choosing not to contribute to the congestion and frustration on our streets.

Dr. King went one step beyond non-violence to talk about the end goal: "beloved community." As Dr. King said, "But the end is reconciliation; the end is redemption; the end is the creation of the beloved community. It is this type of spirit and this type of love that can transform opposers into friends." This is part of what inspires me. It is not hard to envision what we are working towards: a vision of our cities as places where people connect joyfully as they navigate the streets on foot, by bicycle, or on transit, as places where we are not divided in individual metal boxes, but share a smile and wave as we pass.

With Bike to Work Day coming up on May 9th, I look forward to this special day of the year when our streets are transformed into this vision of beloved community with tens of thousands of cyclists sharing the East Bay streets, showing us what the world can be like.



Oakland Teacher Bikes to Work With Dramatic Results

By Gene Anderson

Phoebe Diamond is extremely dedicated to her work as a public school teacher. Recently, however, that dedication almost got in the way of taking care of herself. Diamond had bicycled a lot during her college days UC Santa Cruz. Since then, the places she lived were not as friendly for bicyclists and, over the years, she got out of the habit. It took a serious health scare for her to decide to get back on her bicycle.

A little over a year ago, Diamond was at the Red Cross to donate blood. Part of that process is a 'mini-physical,' which includes a blood pressure reading. Her blood pressure was too high to donate, so they waited a bit and tried again, with similar results, and again a third time. When she went to her doctor for more tests, the results came back with what Diamond calls a 'perfect trifecta': high blood pressure, sleep apnea, and Type 2 diabetes. It was a wake-up call.

Faced with serious health risks and the prospect of an array of medications, Diamond decided to make some changes. There were challenges, but over time she changed her diet and started cycling to work on a regular basis. Today, she can happily report that her health has improved: she has lost 30 pounds, her blood sugar is down to an acceptable level, and she was able to stop using a CPAP machine at night for her sleep apnea. Blood pressure? That's way down, too. She still takes a small amount of blood pressure medication, but she's hoping to transition off that soon.

Now Diamond rides to work three times a week, whenever her schedule permits. She fills up her car's gas tank less often. And she's feeling a lot better now that cycling to work has become part of who she is. "A number of friends I take walks with have noticed my improved stamina," she noted. "I can walk and carry on a conversation without being out of breath."

One of the biggest challenges Diamond found in getting started was giving herself permission to take time away from her job for self care. In hindsight, it was a net gain.



Join Phoebe Diamond and thousands of other bike commuters on Bike to Work Day, May 9, 2013

While she spends a bit longer getting to and from work, she is much healthier and she doesn't need to try to squeeze in time for trips to the gym for exercise.

Diamond has also spent time and money getting the right clothing and equipment for regular rides to work. All she had when she started were the basics: her bicycle, a helmet, and a light. A rack on the back and some waterproof panniers let her transport books and papers securely to and from work no matter what the weather and better lights allow her to ride at safely night.

Phoebe has some advice for people considering riding to work for the first time:

- Try your routes when you're not under time constraints. As with any form of transportation, there can be unexpected things the first time, so don't stress yourself out trying to make everything happen right the first time when you're on a deadline.
- Realize that bicycling to work will take more time than driving, but there are benefits, too. That extra time getting to and from work? It's time you don't have to spend at the gym or the doctor's office.
- Be respectful of others while using the streets and public transit. Obviously not everyone is, but it makes it that much easier for everyone if you're respectful of others.

If Phoebe Diamond can do it, so can you! Ride on **Bike to Work Day, Thursday, May 9, 2013**, and you will join hundreds of thousands of other bicycle commuters around the Bay Area. Stop off for free snacks along the way with friendly volunteers to cheer you on, parties, goodie bags and more. Whatever your reason to start riding more, EBBC and the Bay Area's vibrant bicycling community are here to help you get started. Today is a good day to ride to work!

Members Propel Campaigns for Better Bikeways

EBBC members are vital to the advocacy and outreach work of our organization. You are making change happen. Here, we shine the spotlight on five committed volunteers working on bikeway campaigns in their neighborhoods.



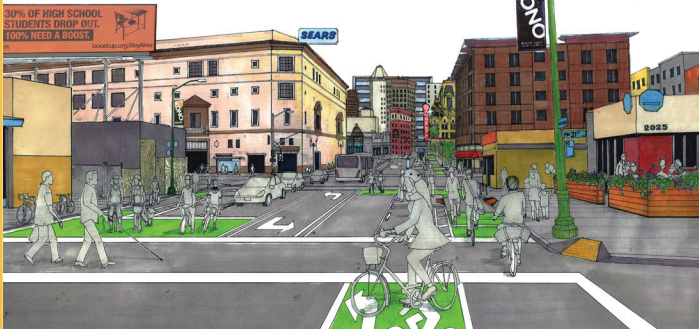
Bruno Lopez - Oakland Bikeways Campaign

"As an artist I enjoy recreating city landscapes to inspire people's imagination for more walkable & bikeable places," said Bruno Lopez. The artist behind the imaginative streetscapes that illustrate the Oakland Bikeways Campaign, showing what a future Telegraph Avenue, 14th St and Park Blvd

could look like added, "Campaigns are about sharing and spreading our message and capturing the enthusiasm of both new riders and local business owners to make this happen. I help do that with art."

A native of Caracas, Venezuela, Bruno appreciates how much more bike-friendly Oakland is than his hometown. "The improvements going in around Lake Merritt will create a great urban scene," Bruno said. "You might even see me riding around the Lake on my skateboard as my dog pulls me along."

Proposed Telegraph Ave. Bike Lanes



Thank you to all our community advocates and campaign volunteers.
You can volunteer too at ebbc.org/volunteer



Kathleen Mills - Oakland Sustainable Neighborhoods Initiative

"The first time I rode by El Colectivo bike co-op in East Oakland, I volunteered immediately because I enjoy helping people as much as I like seeing them on bikes too," enthused Kathleen Mills, a long time Oakland resident. "Plus, it's good for the environment."

Kathleen observed, "I see many people riding in my neighborhood east of Fruitvale, and I think there would be as many people biking as driving if the streets were safer for riding and were repaved more often. My favorite street is International Blvd, which I ride all the time, but mostly on the sidewalk because traffic is too crazy. I want to help change that."



Alma Schneider - Bike Walnut Creek

"I organized a neighborhood bike tour earlier this year for members of Bike Walnut Creek. It was a great way to get people interested in helping make Walnut Creek a bicycle friendly city," said Alma Schneider, who bicycles 20 miles to and from work several days every week. "Riding around Walnut Creek is a bit challenging because

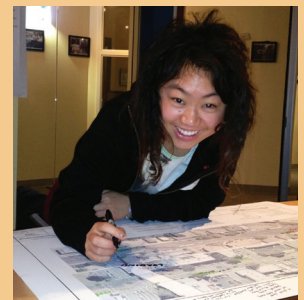
of Ygnacio Valley Road and the downtown area."

Alma volunteers with the East Bay Bicycle Coalition because she loves riding. "I want others to experience the benefits of riding as well, but Walnut Creek needs to build more bikeways first. Our city would be a wonderful place to call a great bicycling city because it is such a beautiful place with great weather and awesome trails and parks."

Dianne Yee - Oakland Bikeways Campaign

"I enjoy the volunteer work I do in Berkeley and Oakland because I get to meet like-minded people who want to promote bicycling positively, and I get to learn first-hand about the community design and planning process for new bikeways," said Dianne Yee. She has also volunteered with Bike San Diego. "Oakland is years ahead of San Diego in terms of bike-friendly communities. More bike lanes, bike corrals and bike racks on more blocks claim Oakland as a winner."

Dianne is a forward-thinking campaigner. She noted, "I would push for European-style cycle tracks in lieu of the standard North American bike lanes, since I've very nearly been doored twice on the existing bike lanes of Telegraph Avenue in Berkeley. Plus, our neighbors in San Francisco and Alameda have built and are building more cycle tracks, so we need to catch up."



Jonah Chiarenza - Telegraph Avenue Bikeway Campaign

"Before volunteering, I used to really admire the commitment of people who did a lot of it, and wished I had the drive," Jonah Chiarenza noted, adding, "Now that I've found my urban planning skills are of value to EBBC, along with our shared mission to improve bike culture, volunteering is a joy. I'm really happy to be of service." Jonah lives in the Temescal and rides down Telegraph every day to work. His volunteer contributions include 3-D renderings that show the future of Telegraph Avenue, circa 2014, which he hopes will become reality.

By the time you read this, Jonah will be a new dad. "I'm comfortable riding myself, but Oakland will need a lot more protected bikeways, such as cycle tracks and buffered bike lanes, for me to feel safe riding with my child," the cautious father-to-be stated. "I hope to see them on Telegraph soon."



Bike-Friendly Business Awards

The East Bay Bicycle Coalition (EBBC) is pleased to announce the winners of our 4th-annual **Bike Friendly Business Awards**. This year's competition highlights the efforts of three companies to make the East Bay more bike-friendly through community involvement and staff support.

Certificates will be presented to all three winners on May 9th at the Bay Area's largest Bike Happy Hour Party in Old Oakland. Come to show appreciation for these three companies' positive efforts; stay for the music, fun and beer!

Small Business: GU Energy Labs



As a sports nutrition company based in West Berkeley, GU staff is comprised of athletes of all kinds – but bicyclists are “probably our largest group” according to Emily Strayer, GU's Business and Services Manager. Promoting a healthy, active lifestyle is a central theme of GU's business model – and they do so through an extensive bike commuter program, regular employee rides, and great amenities for bicyclists.

Through GU's bicycle commuter program, every employee who commits to riding to work for 6 months receives one day of paid time off, as well as earning \$20 a month. There is a bicycle room with company bicycles, which employees are encouraged to use during the day instead of their cars. GU also offers a bike repair station and a subsidy for repairs that need a mechanic. Not to mention a lifetime supply of GU Energy Gel!

Medium-Sized Business: Sports Basement Walnut Creek



Sports Basement is the perfect example of a local store helping the bicycle community thrive. Not only does it provide a knowledgeable, full service bike shop that caters to all experience levels, but the store actively participates in and fosters the growth of local bicycle advocacy group Bike Walnut Creek.

Danny Milks of Bike Walnut Creek said Sports Basement has played an important role in helping kick-start their advocacy efforts “with a meeting place, free drinks and snacks, discounts, free gift cards, supplies, advertising and print marketing

for us. Sports Basement has gone above and beyond the normal bicycle friendliness to employees and customers.”

Large Business: Kaiser Oakland Medical Center



Kaiser Permanente is well known for its wellness mission encouraging healthy and active living. In the Bay Area, Kaiser has consistently sponsored Bike to Work Day and the Oakland Medical Center has a long-term partnership with EBBC's Bicycle Safety Education Program. EBBC regularly holds free classes for the public at Kaiser Oakland as well as one-hour lunch workshops for employees. “Employees enjoyed the Day 1 Urban Bicycle Safety Class so much that they requested that we host a Day 2 class,” said Jackie Stiasny, the commuter services program coordinator.

“We continue to think of ways we can make bicycling more appealing to our employees,” said Stiasny. This is all part of Kaiser Permanente's award-winning Live Be Well Program offering more than 250 services aimed at promoting and enhancing the health and well-being of Kaiser Permanente employees in Northern California.

What Makes a Bike-Friendly Business?

More and more businesses in the East Bay are promoting bicycle commuting for their employees and their customers. Companies like Kaiser Permanente have discovered that cycling to work makes their employees healthier, happier and more productive. Not only that, but we are seeing innovative companies locate in bicycle-friendly cities like Berkeley and Oakland because the talented employees that they want to attract value being able to ride to work. Bicycle commuting is good for the planet, good for business, and great for the local economy.

So, what can a business do to become more bicycle-friendly? Here are a few tips we have learned from the inspiring businesses that have been nominated for our BFB awards these last few years:

- » Provide secure bike parking for your employees, customers, and visitors. EBBC can help recommend racks or other parking facilities.
- » Offer your customers discounts for bicycling to your business. There is no better way to be a good neighbor business than by encouraging customers to walk and bicycle to your place.
- » Give your bicycle commuting employees commute benefits for bicycle expenses through the Federal Bike Commuter Program or Commuter Checks.
- » Provide shower/locker facilities for your staff or passes to a nearby gym.
- » Host a Lunchtime Commute Workshop. Go to ebbc.org/safety to request one of these free classes for your workplace.
- » Employ cargo bikes in your business. Pedal Express cargo delivery of Berkeley can make deliveries for you or just give you some great advice on how to purchase your own cargo bikes for hauling & deliveries.
- » Participate in Bike to Work Day. Host an Energizer Station on the big day and reward your employees/customers for commuting by bicycle.

Free Bike Safety Workshops

ebbc.org/safety

Family Cycling Workshops



Learn traffic safety with your kids! This fun and interactive 2½ hour course builds safe road-cycling skills for the whole family using games, drills, discussion, and a neighborhood ride. Adults and kids must bring their own bicycles and helmets to the class and be able to ride in order to participate. All ages are welcome!

April 27th 2pm - 4:30pm

Warwick Elementary, 3375 Warwick Rd, Fremont

April 28th 2pm - 4:30pm

Memorial Park, 1325 Portland Ave, Albany

May 4th 10am - 12:30pm

Dougherty Elementary, 5301 Hibernia Drive, Dublin

May 11th 10am - 12:30pm

Cherryland Elementary School, 585 Willow Avenue, Hayward

Family Cycling Workshops, con't

May 18th 10am - 12:30pm

Harding Elementary, 7230 Fairmount Ave, El Cerrito

May 25th 9am - 11:30am

Meadow Homes Park, 1371 Detroit Ave, Concord

One-Hour Bike Commuter Workshops

This 1-hour introductory classroom course teaches the basics of safe bike commuting, equipment, bikes on transit, and more. For adults and teens, no bike needed.

April 28th 9am - 10am

Richmond Spokes, 322 Harbour Way, Richmond

May 1st Noon - 1pm

Hacienda Business Park, 4473 Willow Rd, Ste. 101, Pleasanton

Urban Cycling 101: Classroom Workshops

Learn basic rules of the road, how to equip your bicycle, fit your helmet, ride at night or in the rain, and avoid crashes by riding predictably, visibly, and communicating with other road users. No bike required.

May 2nd 5:30pm - 8:30pm

Cal State East Bay Concord Campus, 4700 Ygnacio Valley Rd, Library Building room 151 (first floor)

Urban Cycling 101: Classroom Workshops, con't

May 4th 9am - 12:30pm

Tidewater Boating Center, 4675-A Tidewater Ave, Oakland

May 4th 2:30am - 6pm

Bay Area Chinese Bible Church, 750 Fargo Ave, Room #25, San Leandro (This class in Mandarin Chinese only)

May 6th 3pm - 5pm

UC Berkeley, Barrows Hall Room 60 (basement), Berkeley

May 9th 6pm - 8pm

Alameda Fire Department Conference Center, 431 Stardust Place, Building 522 on Alameda Point, Alameda

May 11th 1pm - 4:30pm

Concord Library Meeting Room, 2900 Salvio Street, Concord

Urban Cycling 101: Road Class

At this second part of Urban Cycling 101 we'll cover on-road, on-your-bike practice sessions, learning handling and crash avoidance maneuvers. Every attendee receives a free set of lights! A working bike and helmet are required.

May 5th 1pm - 6:30pm

Dublin High School, 8151 Village Parkway, Dublin

Bike Month Events

Bikes in Berkeley Earth Day Festival

Washington Elementary School, 2300 Martin Luther King Way, Berkeley

April 20th, 10am - 5pm

Alameda County Safe Routes to School and Berkeley Unified School District are putting on this fun event celebrating bicycles and Earth Day. Activities to include a bike swap, bike blended smoothies, arts and crafts, and more.

EBBC Day at Phil's Sliders

2024 Shattuck Ave, Berkeley

April 22nd, 11am - 9pm

Come on down to Phil's Sliders! Enjoy their tasty sliders (including new vegan and gluten free options), potato tots, homemade desserts and sodas. Identify yourself as with the EBBC, and 15% of the day's sales will go to the EBBC.

Mojito Monday's Fundraiser for Bike Walk Alameda

Angelo's Bistro and Bar, 2301 Central Ave, Alameda

April 22nd, 5:30-7:30pm

Head on over to Angela's Bistro and Bar in Alameda for a tasty happy hour to benefit our friends over to Bike Walk Alameda. www.bikealameda.org

Blessing of the Bikes

Civic Center Park, Downtown Berkeley

May 4th, 11am - 2pm

To launch National Bike Month this May, the EBBC will host its second ever Blessing of Bicycles. Bring your bike to be blessed by interfaith clergy and spiritual teachers. Mayor Tom Bates and EBBC director Renee Rivera will present. Bike bells encouraged!

Gear Up at the South Shore Center

South Shore Center, 523 S Shore Ctr W, Alameda

May 4th, 10am - 6pm

Bike mechanics will be on site 10:00am to 4:00pm. Join the Urban Cycling 101 class from 1:00-4:30pm, followed by a group ride 5pm. There will also be a Total Woman Gym stretch class for cyclists, a bike gear fashion show, a visibility station and live music.

Bike to the Movies Day Discounts at the Alameda Theatre

Alameda Theatre, 317 Central Ave

May 5th, 1pm - 2:30pm

Ride your bicycle to the Alameda Theatre for shows that start between 1 and 2:30 pm and receive \$6 admission. A portion of proceeds from this time frame will go to the local nonprofit, Bike Alameda.

Bike Month Events

Flat Tire Repair Clinic

Iron Horse Trail at Amador Valley Bd, Dublin

May 5th, 10:30am - 1pm

Dublin City Staff and Dublin Cyclery will be on hand to conduct bike safety checks, help inflate tires, and offer instruction on proper helmet fitting, flat tire fixes, and other basic bike maintenance.

Bike to Work Day



May 9th, Everywhere, All Day

Join thousands of other Bay Area residents and commute via bike on this annual one-day event. Energizer Stations are set up throughout the Bay Area to offer giveaways, refreshments, and encouragement to cyclists as they commute. Visit East Bay Bicycle Coalition's Bike to Work Day website to learn more about regional events taking place www.ebbc.org/btwd.

Pancake Breakfast and Press Conference at Oakland City Hall

Frank Ogawa Plaza at Oakland City Hall

May 9, 7-9am

The City of Oakland and the EBBC invites you to a pancake breakfast on Bike to Work Day. Come to the biggest energizer station in the East Bay and hear Mayor Jean Quan, city council members, and local bicycling heroes talk about this year's achievements. Free pancakes provided by Whole Foods.

Los Positas College Bike to Work Day Ride

Livermore Cyclery, 2752 1st Street

May 9th, 7:30am - 12pm

Meet at Livermore Cyclery at 7:30am to take part in this organized bike ride with Los Positas College President Kevin Walthers. The ride will end on campus at the top of the hill on the corner of Campus Hill Road and Loop Road. Livermore Cyclery will have a tent set up there from 8 AM - noon, and the campus will provide juice and healthy snacks for riders.

Alameda City Bike Away from Work Party at Dragon Rouge

Dragon Rouge Restaurant, 2337 Blanding Ave

May 9th, 5-7 pm

Celebrate Bike to Work Day with other Alameda cyclists at Dragon Rouge Restaurant.

East Bay Bike Party

May 10th, 7:30 - midnight

Join hundreds of other Bay Area cyclists at this themed party on wheels. For more details visit <http://eastbaybikeparty.wordpress.com/>

EAST BAY BICYCLE COALITION PRESENTS: BIKE HAPPY HOUR PARTY
A free street party in Old Oakland celebrating Bike to Work Day

New Belgium Beer Garden // Live music by Planet Booty Pinball // Bike Sumo // Slow Roll contest // DJ Olga T on the Turntables
fun Raffle Prizes // Berlin-style Ping-Pong // Billiards // Awards // Vintage Pinball
Four Square // Food trucks: Liba Falafel, Tina Tamale & El TacoBike

THURSDAY, MAY 9, 2013 - 5:00 TO 8:30PM
OLD OAKLAND, 9TH & WASHINGTON STREETS

FREE ADMISSION. ALL DRINK AND RAFFLE PROCEEDS BENEFIT THE BICYCLE ADVOCACY WORK OF THE EAST BAY BICYCLE COALITION

Recology City Car Share East Bay East Bay Bicycle Coalition Fehr & Peers

Urban Tilth Volunteer Day/Rosie the Riveter Museum Ride

Richmond Greenway, 6th at Ohio

May 11th, 10 - 4 pm

Meet us at 10am to volunteer with Urban Tilth; an agriculture nonprofit that works to build a more sustainable, healthy and just food system in West Contra Costa County. Refreshments will be provided around noon. At 2pm we will depart for a ride to the Rosie the Riveter Museum in Richmond led by EBBC staff.

CycloFemme Ride

May 12th, everywhere

CycloFemme believes that strong communities are built around women - especially women who bike. On May 12th women around the world will ride in celebration. Join a local ride at cyclofemme.com.

Richmond Ride of Silence

Richmond Civic Center Plaza

May 15th, 5pm

The Richmond Ride of Silence is a reflective and quiet ride to honor those who have been seriously injured or killed while bicycling in Richmond. The ride will traverse areas that the City of Richmond is planning to improve in order to be safer for cyclists. The Ride of Silence aims to raise awareness in motorists, police and city officials that cyclists have a legal right to the public roadways. Visit <http://richmondbpac.org/ROS/> for more information.

Amgen Tour of California

Livermore stage

May 18th, downtown Livermore

EBBC will be hosting a booth to cheer on cyclists as the Amgen Tour of California rides through town with a bike decoration booth for kids, and a custom bike show (bring your custom bike to enter a contest!)

Albany Police Activities League Bike Rodeo

Cornell School, 920 Talbot Avenue



May 18th, 10am - 1pm

The Albany Police Activity League Bike Rodeo will be out showing kids how to ride their bikes safely and responsibly. "Check for Bikes" mirror decals will be available for parents. The famous Bicycle Blender will be out so everyone can pedal-power a delicious smoothie, and the Bikemobile will be on site providing free tune-ups and repairs.

Albany Arts and Green Festival

Memorial Park, 1325 Portland Avenue

May 19th, 11am - 3pm

The Arts & Green Festival is a celebration of Albany's vibrant arts and sustainability efforts. Visit the Albany Strollers & Rollers both to find out what's going on for cyclists and pedestrians in Albany. Street Level Cycles will be out providing low-cost bike tune-ups. Free bicycle valet sponsored by Bua Luang Thai Cuisine.

Climate Ride California

May 19th - 23rd, California Coast

Team EBBC will be riding the 320 miles from Eureka to San Francisco again. They leave on the 18th and return on the 23rd at noon. Cheer them on at the ride end at San Francisco's Civic Center Plaza and hear bicycle-friendly speakers or offer them your support online. It is not too late to sign up for this year's ride. Learn more at www.ebbc.org/climateride.

Bike-in-Movie:

"Premium Rush" at Trumer Pils Brauerei
1404 4th Street, Berkeley

May 24th, 6pm - 10pm

Once again, we will be out at Berkeley's Trumer Pils Brauerei with a bike-in-movie. This time around we will be showing the bicycle action flick "Premium Rush". There will be food trucks, popcorn, soda, and Trumer Pils available for purchase. Arrive early to grab a good seat.

Bike Donation Drive

REI Dublin, 7099 Amador Plaza Road

May 25th, 11am - 3pm

The City of Dublin, Cycles of Change and REI Dublin are teaming up to host a Bike Donation Drive! Bring your gently used bicycles to REI Dublin and turn them into a tax-deductible donation; they will be repaired, polished, and distributed for use in local youth programs and to disadvantaged residents throughout Alameda County. Participants will receive giveaways and a discount coupon from REI Dublin.

□ NEWS BRIEFS □

Your Help Needed for Dublin Blvd Bike Lanes



Dublin is currently updating its Bicycle Plan to include several new, much needed bike lanes around the city. New bike lanes on part of Village Parkway and Brighton Drive are in the plan, but the City is resisting putting bike lanes on Dublin Blvd in

the new 'downtown' area proposed at the intersection of Amador Plaza Rd and Dublin Blvd. Your advocacy can make a difference!

What you can do:

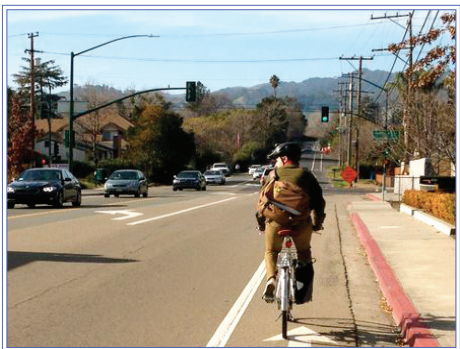
Please send an email to Ferd Del Rosario, Dublin's Senior Civil Engineer, and let him know you want bike lanes on Dublin Blvd. You can also call Mr. Del Rosario at 925.833.6630.

ferd.delrosario@dublin.ca.gov

We are also pushing for a complete bikeway on Village Parkway and on Amador Plaza Rd. Send Del Rosario an email today and let your voice be heard on these important street improvements.

ebbc.org/dublinblvd

Walnut Creek's Geary Blvd. Bike Lane Completion



Walnut Creek is taking the lead and Pleasant Hill is in support of our request

for a complete bike lane on Geary Blvd, to connect the Palos Verde Shopping Center with Main St and downtown Pleasant Hill. Currently, bike lanes extend east of Buena Vista Ave. This project connects those bike lanes west to Pleasant Hill Road.

Walnut Creek is considering adding a bike box at Buena Vista, in order to facilitate left turning movements for people on bicycles, and green paint in the bike lanes where there cars cross over the bike lanes to turn. A new bike box will also help prevent right

hooks by motorists turning off of Geary Blvd. Bike boxes are part of the NACTO Urban Bikeway Design Guide, which your Bicycle Coalition is pushing for East Bay cities to start implementing. To date, 12 cities are developing plans for modern, innovative bikeway treatments such as bike boxes, all of which are going to improve your ride.

Take a quick online survey about which bike improvements you would like to see on Geary Road: ebbc.org/geary

Niles Canyon Road Bicycle Safety Improvements



Caltrans has not given up on improving safety in Niles Canyon, and that's a good thing for bicyclists. After many groups opposed

Caltrans' initial plan to add freeway-like wide shoulders to Niles Canyon Road, Caltrans reconsidered the project and has scaled it down substantially. However, there are still many opportunities for bike safety improvements.

First, Caltrans is going to install additional shoulder areas where needed. This will improve bicycling along narrower stretches of Niles Canyon Rd. Caltrans will also add sharrows on the existing bridges, as well as more share the road bikeway signage. Most exciting, Caltrans is considering adding a flashing beacon at the entrances to the

bridges, to let motorists know that bicyclists are present on the bridge. The flashing beacon would be triggered either by a push button for bicyclists or by sensors. One of the existing bridges will be completely rebuilt with comfortable shoulder for bicycling.

EBBC joined with the Valley Spokesmen and the Fremont Freewheelers on April 7 for an advocacy ride up Niles Canyon to scope out additional improvements. Check out our final recommendations at: ebbc.org/nilescanyon



**BIKE TO
WORK DAY**

MAY 9, 2013

www.youcanbikethere.com

**Call for Bike to
Work Day Volunteers**

May is going to be a big month for bikes in the East Bay, and we need your help! Volunteering with the EBBC is a great way to meet your fellow East Bay cyclists, check out local events, and help promote something that's important to you - bicycling! There are many different ways to help, whether it's on our Party Team, Poster Team, Office Team or Bike Valet Team! Find upcoming events and volunteer opportunities at ebbc.org/volunteer

Bicycle Lawyers Advise Bicyclists To Purchase High Limits of Uninsured Motorist Coverage

THE LAW OFFICE OF DANIEL H. ROSE strongly recommends that California bicyclists purchase, as part of their car or motorcycle insurance policy, high limits of uninsured motorist (UM) coverage in case they are ever injured by a motorist.

Sadly, it is often the case that a bicyclist is seriously injured by either (1) a motorist who has no insurance; (2) a motorist who has very little insurance (the minimum required by California law is only \$15K in bodily injury liability insurance); or (3) a motorist whose identity is unknown, such as a hit-and-run driver.

In any of these circumstances, under California law, the bicyclist's uninsured motorist coverage would cover any injuries or damages over and above the driver's insurance amount. The same applies to a pedestrian injured by a motorist. For example, if a bicyclist has \$100K in UM coverage on their auto policy, and they suffer \$100K worth of damages in an accident caused by the negligence of a motorist who has only \$15K in bodily injury liability insurance coverage, the bicyclist or pedestrian may first recover \$15K from the motorist and thereafter may recover \$85K from their own auto insurer (the bicyclist's own auto insurance essentially steps into the shoes of the driver's insurance). However, in the above example, if the bicyclist's UM coverage is only \$15K, then the bicyclist cannot assert a UM claim since the policies cannot be stacked. Making a UM claim does not increase the bicyclist's insurance premiums since it is based on the fault of the motorist.

The good news is that UM insurance is relatively inexpensive to purchase; in fact, UM is usually one of the least expensive components of auto insurance coverage. As bicycle injury attorneys, the Law Office of Daniel H. Rose recommends having as high limits as you can afford (as high as your bodily injury liability limits) since this may be your only source of compensation in the event of an accident. Most auto insurers, however, do not allow UM limits that are higher than the policy's bodily injury liability limits. You may not even need

to own a car to purchase UM insurance, as long as you are listed as an additional insured under the auto insurance policy of a spouse or other household member. Getting yourself listed on the policy usually does not increase the spouse's or household member's insurance premiums.

The Law Office of Daniel H. Rose in San Francisco specializes in the representation of injured bicyclists in personal injury and wrongful death cases, with more than 27 years experience. If you have any questions about this article, do not hesitate to contact us - we would gladly provide you with our best advice free of charge. danrose@danroselaw.com

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Learn to Pedal Together at a Free Family Cycling Workshop



Throughout April and May we are bringing family fun to your neighborhood with our biggest lineup of FREE Family Cycling Workshops ever! Parents and children attend these 2.5-hour sessions together, both with their own bikes and helmets. These classes are for children who can ride a bike and are ready to take to the streets and paths with their parents.

Our certified instructors will lead fun games and activities with the kids to improve their handling and balance skills while we address all of your questions about safety, equipment, local bicycling resources, and more! We will also cycle through a “mock city” course, take a ride around the neighborhood together, and then end the session with bike-powered smoothies and free lights for every child!

EBBC member Kristi Marleau bicycles in Dublin with her husband and 6-year-old son, and said the workshop she attended “was a great reinforcement of the lessons we’ve been trying to teach him as he learns to ride and an opportunity to practice safety skills with other kids his age.” She added this advice: “Parents, take a bike safety class. Be confident in your

ability to ride safely. Your kids will see your confidence and feel confident that biking is safe for them, too. Then take your kids to a family safety class like this one if you have the opportunity to do so.”

At many of our events, Alameda County’s Bikemobile (bike-mobile.org) will also be in attendance, providing free bicycle tune-ups and adjustments not just for workshop participants but to anybody whose ride needs a little love. And as an added bonus, everyone who attends an EBBC Family Workshop through the end of May will automatically be entered into a raffle to win a FreeRadical Classic bicycle extension donated by Xtracycle! This add-on turns any ordinary bike frame into a utility bicycle suitable for carrying big loads of groceries, multiple kids, or almost anything else you can think of.



To learn more about our upcoming workshops and sign up, please visit our website at www.ebbc.org/safety.



Team Bike Challenge Inspires CalTrans Employees

On May 1, 2012, David Salladay did something he had never done in his 25-year career at CalTrans: he rode his bike to work.

Salladay, District 4 Permits Engineer for CalTrans, had figured out the best route for his 10-mile ride to BART and the best way to park his bicycle securely while he was at work (BikeLink e lockers at BART). When he arrived at the station, however, he wasn't able to stash his bike in the bike locker (he chalks this up to user error – he has been a happy BikeLink user ever since). He decided to ride the rest of the way to his office – a total of 36 miles one way. He got to work only a few minutes late, despite the extra distance.

Salladay went on to ride his bike every single day in May. So did a lot of CalTrans employees: over 200 members of Team Caltrans rode 13,900 miles during the 2012 Company Team Bike Challenge. Salladay was also part of the 5-person Caltrans Bike Romance team, which placed second in Alameda County's 2012 Team Bike Challenge.

David Salladay said the Challenge was what got him to try riding to work for the first time: "It gave me an excuse. Once I commit to something, I do it." Now that he has figured out the logistics of getting to work by bicycle and BART, Salladay continues to replace some of his car trips with bicycle. He has noted a difference among his co-workers at CalTrans, too: "I have seen a lot more bike riding going on around here."

One of the reasons that so many CalTrans employees took up the Team Bike Challenge in 2012 was Rachel Donovan who works in Toll Bridge - Structures Maintenance Investigations at the agency. "She has enthusiasm," Salladay said. "She takes a personal interest in it and gets really excited when people meet their goals." Other colleagues have praised her innovative ideas and leadership in getting CalTrans on bicycles – including the bicycles that were already

available for use in the CalTrans motor pool, a resource many employees didn't know about. In fact, bicycling has become such a hit at CalTrans that the agency hosted a Bike-athon during October 2012, is making Caltrans logo jerseys, and is already gearing up for the 2013 Team Bike Challenge.

As an engineer working on Bay Area roadways, the experience of cycling to work had additional benefits for David Salladay. "For anyone who rides out on the streets, they can tell right away if it's a good design or needs improvement," he said, adding that riding to work lead him to "start looking at things beyond just the space in the roadway for the cars and see all the users' needs."



Will you be riding during Bike Month this year? The Team Bike Challenge offers a fun, easy way to track how many miles you ride, how many calories you burn and the carbon emissions you save. Compete with your friends or try to top your own best bicycling month. It's a great way to get yourself on a bicycle more and to encourage others to do the same. Sign up today at teambikechallenge.com.

Thank you to our generous sponsors of Bike to Work Day 2013



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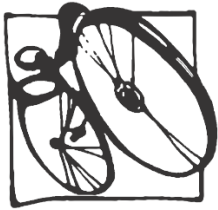


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JOIN THE EAST BAY BICYCLE COALITION! Become a member and help us build hundreds of miles of new bikeways in the East Bay

All of the events, free classes, and innovative new bikeways that you read about in this newsletter have been made possible by the community of EBBC members. Mike's Bikes recognizes that EBBC's members are making a difference in the East Bay, so they've offered a Specialized Globe as the grand prize for our Spring membership raffle.

You'll be entered to win a beautiful new **Specialized Globe** in your size

- You'll have this award-winning newsletter delivered to your doorstep four times per year
- You'll receive discounts of up to 20% at over 60 local bike shops and other businesses across the East Bay
- As part of the community of EBBC members, you'll receive invitations to parties, rides, and other fun events
- Most importantly, you'll help transform the East Bay into a great place to ride a bicycle for generations to come.

Join or renew your membership today to be a part of the movement for better bicycling. You can sign up using the form below, or online at www.ebbc.org/donate

