

RideOn

Volume 49 No.1 Spring 2019



BETTER BIKING

Today, Tomorrow,
and Into the Future

ROUTES FOR
BIKE TO WORK DAY

BRIDGING THE GAP

MILVIA STREET CONNECTION

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Cover: Katie Styer at Bike to Work Day

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LETTER FROM THE SADDLE

I love riding my bike around town, but I confess I'm pretty rough on equipment. With hitting potholes and dropping off curbs, I'm always throwing my wheels out of true. Back when I was a student without much money in my pocket, I learned to fix my wobbly wheel at Street Level Cycles, the community bike shop at Berkeley's Aquatic Park. The volunteer assisting me had a sagely white beard and the patience to match. He walked me through the steps and then let me figure it out at my pace. Together—over two or three hours!—we pulled my wheel back into perfect roundness and strength.



My experience was so satisfying that I started hanging around the shop, gaining skills and confidence in bike mechanics. A few years later, I started volunteering at Spokeland, another community shop, helping many other people learn to true wheels and tackle bike repairs.

Community bike shops changed my life, so I'm excited to share that Bike Concord, one of Bike East Bay's fiscally sponsored organizations, has opened a bike kitchen at Olympic High Continuation School (page 3). Located in the Monument Community of Concord, this bike kitchen brings free bike repairs to students in a community that otherwise does not have access to bike shops and affordable repairs. The shop also trains students at Olympic High School on bike mechanics basics. Another Bike East Bay sponsored organization, Oakland's Scraper Bike Team, plans to open a second bike repair shed in East Oakland at Arroyo Viejo Recreation Center this year. I am so excited to see all of these shops thrive.

If community bike shops have kept me riding throughout the years, then my favorite day of the year to ride is Bike to Work Day. This year, we're celebrating the 25th Anniversary of Bike to Work Day in the Bay Area. Incredibly, I know Bike East Bay members who have a collection of Bike to Work Day bags dating all the way back to the first year we gave them out!

I am grateful to the hundreds of volunteers who will be stuffing goodies into Bike to Work Day bags, being ambassadors at Energizer Stations, and helping you wind down at Bike Happy Hour parties. If Bike to Work Day takes you through San Leandro, be sure to visit the Energizer Station on Bancroft Avenue hosted by Dr. Sheila Donnelly, where you can pick up your free canvas bag and try her homemade muffins (page 10). Bike Walk San Leandro will also be around to share their vision for a bike-friendly Bancroft Avenue. You can join in the fun as a Bike Ambassador (page 9), a fantastic way to share the joy of biking—and Bike East Bay membership—at Energizer Stations around the region.

It takes an epic team to make Bike to Work Day happen. Inside this issue, you'll find stories of Bike East Bay members coming together, as a community, to make biking better in the East Bay. Whether this is your first Bike to Work Day or your 25th, get event details inside including recommended routes (page 5) and happy hours near you (page 8). I look forward to riding with you on Thursday, May 9th!

Ride on,

Ginger Jui, Executive Director



Olympic High School students troubleshoot with instructor Ken Carlock (center)

Photo by Smitty Ardrey

STUDENTS: IT'S WRENCH TIME

Bike Concord Brings on the Bike Grease at Olympic High School

By Eileen Rice

When the bell rings for the end of school at Olympic High, most students pack their bags and head home, but some get ready for bike grease. Just don't call it an "after-school program." As Smitty Ardrey from Bike Concord says, "it's Wrench Time!"

Bike Concord started a bike kitchen on the grounds of Olympic High School in 2018 to teach students valuable bike mechanics skills. The workshop is housed in a repurposed shipping container filled with spare bike parts, pumps, and loaner gear. They opened the space in what Smitty calls "the coldest, wettest month we could," but student interest in the Wrench Time classes has been high despite the unfriendly weather.

On the coldest, wettest days, bike mechanics instructor Ken Carlock, social studies teacher Jesse Forsland, and students gather for Wrench Time in the multi-purpose room at Olympic High, roll up the bike repair stand, and get to work.

At the hands-on lessons, students learn basic flat fixes and diagnose issues on bikes other students bring to class.

Teacher Jesse notes that many students' bikes go unused for years because of a flat tire or a problem that has a simple fix. At Wrench Time, students learn how to fix their own bikes. One student says, "my favorite part is finishing fixing the bike and riding it knowing there aren't any more problems with it." But many students say the biggest reason to stay late after school is the chance to pass on the knowledge. One student attends Wrench Time so that they can start to teach their nephew how to fix a bike.

Members of Olympic High leadership are in on the action too. Teachers have donated bikes to the bike kitchen and the Wrench Time crew are planning a bike field trip that will tie back to geology and English classes. Even the onsite security guard is donating sandwiches for the field trip.

In a few months, Bike Concord will welcome the first round of student interns from Olympic High School. Interns will help run the Wrench Time classes, learning the ins and outs of bike mechanics. The interns and leaders will bike over to the weekly farmer's market in Todos Santos Plaza and practice on real bikes in the community, offering free repair at the Bike Concord bike tent along with Bike Concord members. The next generation of Concord's bike advocates are bringing the power of community bike shops to the people—and learning the ropes along the way.

Bike East Bay is the fiscal sponsor of Bike Concord. We provide advocacy, fundraising, and administrative expertise so groups like Bike Concord can come to the table and tackle major challenges in our neighborhoods.

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BAY AREA BIKE TO WORK DAY

25TH
YEAR

MAY 9, 2019



Photo by Karl Nielsen

PLEDGE TO RIDE ON BIKE TO WORK DAY

Join the fun on the biggest bike day of the year: Bike to Work Day on May 9th! Bike East Bay is bringing you 140+ Energizer Stations located throughout Alameda and Contra Costa counties. Energizer Stations are open during the morning commute with refreshments, free Bike to Work Day canvas bags, and high fives for everyone riding by.

Pledge to Ride

Pledge to ride on Bike to Work Day to tell your city that bikes count. Sign the pledge and you'll get \$10 off at Mike's Bikes! You'll also get a map of Energizer Stations before the event, so you'll know where to get your free Bike to Work Day bag and renew your membership.

Join or Renew at Energizer Stations

Join or renew your Bike East Bay membership on Bike to Work Day for special perks: a BIGGER Bike to Work Day bag, Chinook Book with discounts at local businesses, and a free drink at the Berkeley Bike Happy Hour. Sign up at Bike East Bay's tent at Oakland's Frank Ogawa Plaza, one of 35+ Energizer Stations, or at Berkeley Bike Happy Hour.

Pancake Breakfast at Frank Ogawa Plaza

If you live or work in downtown Oakland, start your day at the Frank Ogawa Plaza Energizer Station. Everyone who arrives by bike is welcome to a free pancake breakfast hosted by Walk Oakland Bike Oakland (WOBO). Ride in with friends or in a pedal pool with WOBO and city councilmembers. Park your bike with Bike East Bay's free and secure bike valet.

Bike Happy Hour

Pedal away from work to Bike Happy Hour, the Bike to Work Day after-parties happening across the East Bay. Join Bike East Bay's block party at Sports Basement Berkeley from 5:30pm to 8:30pm. During the party, the store will offer a 20% discount on merchandise. Come on down for live music on a pedal-powered stage, food trucks, and drinks from Drake's Brewing. Join or renew your membership for a free drink!

Take the pledge, find your Energizer Station, and locate a Bike Happy Hour near you at BikeEastBay.org/BTWD

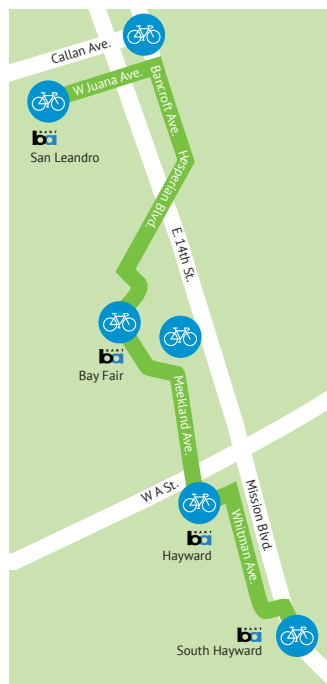
BIKE (A NEW WAY) TO WORK

Want to try riding to work, but not sure of a good route? Check out these East Bay favorites! If it's your first time riding to work, we suggest trying the route on a weekend first. With these routes, you can join other bike commuters at one of more than 140 Energizer Stations on May 9th: the biggest bike day of the year! Visit BikeEastBay.org/Routes for zoomable route maps to share with friends and co-workers.



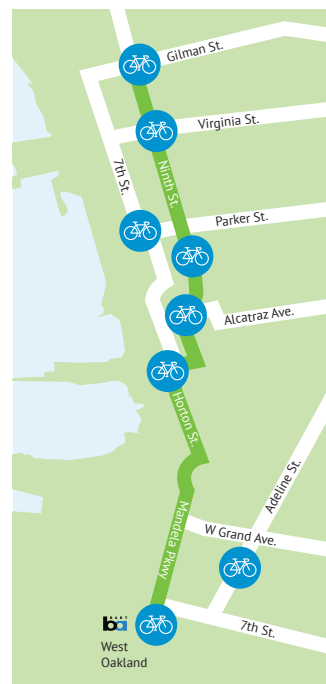
North Berkeley to Richmond BART

Check out convenient connections to BART stations via the scenic Ohlone and Richmond Greenway paths. Visit our online map for additional routes to the new Richmond ferry terminal.



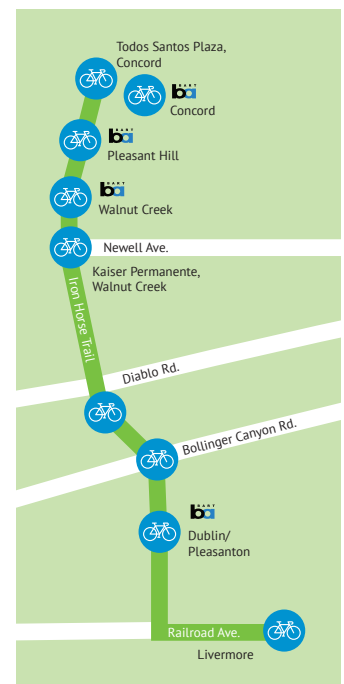
San Leandro to South Hayward

Looking for a lower stress route instead of East 14th/ Mission? With connections to local schools and BART stations, our San Leandro to Hayward wiggle is a great alternative!



West Oakland to Northwest Berkeley

From the West Oakland BART station, explore the lower-stress boulevards through Emeryville and Berkeley.



Livermore to Concord via the Iron Horse Trail

Explore a section as part of your morning commute, or tackle the whole route for an epic East Bay ride!

Even more Energizer Stations are along these routes! Visit BikeEastBay.org/Routes to see them all.

THE MILVIA STREET CONNECTION

Relentlessly Connecting the Gap

By Dave Campbell

In 1971, Milvia Street was first highlighted on the Berkeley map for its potential for bike lane greatness. 1971 was a long time ago, and Milvia St. still doesn't have a world-class bike lane. You and Bike East Bay have been there at every opportunity to show support for a connected Milvia St. and better downtown Berkeley. After five decades of planning, pushing, and perspiration, we are so close to seeing this important network connection come to life.

Milvia St. is an essential connection in the biking network, linking protected bike lanes downtown with bike boulevards from across Berkeley. For a low-stress network, the feeling of a smooth, easy ride should last the whole route. Milvia St. runs along Berkeley High School and parallel to downtown and the UC campus—where pedestrians and people on bikes can and should travel easily. In fact, central Berkeley boasts some of the highest concentrations of bicycling in the nation. But on streets with bike infrastructure in Berkeley, Milvia St. still has the highest number of collisions^[1].



A bustling intersection at Milvia Street in Berkeley

Why are we still waiting for a better bike lane on a street that's a perfect connector? Bike East Bay members asked that question, and came out on Bike to Work Day in 2015, creating a pop-up protected bike lane to show what's possible.

One year later, the Berkeley Bicycle Plan update emphasized Milvia St. as the highest priority project in the city. Great news, but we know bike plans need follow-through to get results on the ground. Bike East Bay urged the City of Berkeley to apply for funds to create an improved Milvia St. bikeway, and pushed for the funds to be put into action early. With money in hand and a successful demonstration that protected bikeways on Milvia St. work, lanes on the ground were within reach.

But projects officially labeled as "high priority" can still take years to build. In late 2018, the City of Berkeley said that improvements on Milvia St. could take three more years. Bike East Bay joined with Walk Bike Berkeley to step in again, letting the city know the public is not willing to wait. Because of your voice, Berkeley Mayor Jesse Arreguin made a promise to install bike lanes by Bike to Work Day 2019.

We are so close to having bikeways we need for more connected biking downtown. Milvia St. is under construction for pipeline work, so better bike lanes by Bike to Work Day don't seem likely. Bike East Bay, our members, and Walk Bike Berkeley will take every opportunity to inch this project forward. Together we've won exceptional bike lanes, building the Berkeley network one project at a time. After 50 years, we are about to complete the next connection.



Urban Cycling 101

Learn to ride in the city! Bike East Bay's Urban Cycling 101 starts in the classroom and then takes you on the road with League Certified Instructors.

Sign up for a free class today!
BikeEastBay.org/Education

[1] "City of Berkeley Bicycle Plan, Appendix B" https://www.cityofberkeley.info/uploadedFiles/Public_Works/Level_3_-_Transportation/Berkeley-Bicycle-Plan-2017_AppendixB_Analysis.pdf



A view of Richmond from the Richmond-San Rafael Bridge

Photo by Contra Costa Transportation Authority

RAISING THE BAR FOR THE RICHMOND-SAN RAFAEL BRIDGE

Seeing a Path Beyond the Bridge

By Dave Campbell

A bicycle and pedestrian path on the Richmond-San Rafael Bridge seems like a no-brainer. Bridge access is integral to the Bay Trail, a popular and well-used network throughout the Bay Area. Regional agencies are committed to converting an unused shoulder, and have funding and public support to do so. It's slated to open this year. And yet, throughout this project, officials in Marin County have pushed back.

The argument is always the same: more lanes for cars, at the expense of bicycle and pedestrian access on the bridge. Opponents are not talking about how this project affects residents of Richmond neighborhoods near the bridge, why commuter traffic to Marin is increasing, or how we make transportation decisions as a region.

Bike East Bay's role as a regional organization is to see the big picture and create connections across boundaries wherever we can: bridges, transit, and networks especially. We shaped the agreement for bicycle access on the bridge. When attempts were made to commandeer the project for cars, we pushed back, and asked for more, winning an additional \$500,000 for improvements to connect Richmond neighborhoods to the bridge, the waterfront, ferry service, and each other.

We could see that the project needed to be about more than a path on a bridge.

On the ground in Richmond, overcoming the barrier of the 580 freeway with bike lanes will connect Richmond's Iron Triangle and Santa Fe neighborhoods with destinations along the Bay: Point Richmond, Miller Knox Park, and Point Molate. Quick-build bike improvements are slated for key connecting streets within the city's bicycling network, encouraging more people to walk, bike, and scoot out to the bridge, and creating better rides in town.

We expect, and will relentlessly push for, the improvements to serve as a preview for permanent, high-quality bicycle infrastructure to come. Cut off from the Bay Trail by freeways, railroad tracks, and the Chevron complex, residents of Richmond have been prevented from accessing vital outdoor and recreational space. Encouraging more vehicles on the bridge only causes more driving, air pollution, unnecessarily dangerous streets, and poorer quality of life for communities along freeway corridors—including Black and Brown communities in Richmond. Any projects in the area must contribute to the healing of Richmond neighborhoods.

This project touches on so many topics that we struggle with in the Bay Area. The Richmond-San Rafael Bridge project is about the reality of what it costs to commute to, but not live in, Marin. More workers are crossing the bridge because they can't afford to live in Marin County. Congestion will continue to be an issue no matter how many vehicle lanes are opened if Marin County doesn't address its woeful lack of affordable housing. In the meantime, increased commute options are a much better solution than more traffic lanes. Ferry service to San Francisco and a bicycle and pedestrian path on the Richmond-San Rafael Bridge are just the start.

Bike East Bay has helped reshape regional transportation goals to no longer prioritize moving more people in cars as fast as possible. This project is about connecting communities and acknowledging gaps in our current systems. We changed the conversation to consider neighborhoods around the bridge that have historically been cut out and cut off. Bike East Bay has not only kept the project on track, we've broadened it to do more of what it should do. We won't let short-sighted officials limit the good this project will bring.

See you on the bridge.

CALENDAR of EVENTS

APRIL - JUNE

SPRING RIDE SERIES

Saturday, April 27, 8:45am

Mt Diablo from Pleasant Hill BART

Saturday, May 18, 9:15am

Morgan Territory from Pleasant Hill BART

Saturday, June 1, 8:45am

Pleasant Hill BART to Davis

Challenge yourself and explore popular cycling routes this spring. RSVP at BikeEastBay.org/SpringRides

Grizzly Peak Century Ride

Sunday, May 5, 6:30am

Campolindo High School, Moraga

Ride three challenging routes with the Grizzly Peak Cyclists. Register at Grizz.org/Century/

Bike SL

Sunday, May 5, 9:30am

Casa Peralta, 384 West Estudillo Ave., San Leandro

Family-friendly community bike ride with free raffle and lunch. SanLeandroDowntownAssociation.org/Events

Bike To Work Day

Thursday, May 9, all day

Find your Energizer Station, Bike to School events, and Bike Happy Hour near you at BikeEastBay.org/BTWD

Bike to School Day

May, dates & times vary

Schools in Alameda County will be organizing Bike to School Day events. Check out participating schools and event details at BikeEastBay.org/B2SD

Bike Tour of Cooperative Community Living

Saturday, May 11, 10:00am-4:00pm
1072 60th St., Oakland

East Bay Cohousing hosts a flat, family-paced bicycle ride to several resident-led affordable, sustainable neighborhoods. Healthy lunch provided. EBHO.org

Dublin & Pleasanton Community Bike Ride

Saturday, May 18, 9:30am-12:00pm

Mike's Bikes, 6754 Bernal Ave., Pleasanton

A scenic ride highlighting local bike trails. RSVP by May 15: CityofPleasantonCA.gov/BikeEvents

Alameda Bike Festival and Rodeo

Sunday, May 19, 12:00pm-3:00pm

Otis Elementary School, 3010 Fillmore St., Alameda

Family-friendly bike festival with free classes and bike tune-ups. Family Cycling Workshop hosted by Bike East Bay at 9:30am. AlamedaBikes.com

Drake's Session Beer Fest

Saturday, May 25, 1:00pm-5:00pm

Jack London Square, Oakland

Sample low-ABV session beers from 30+ local craft breweries. Benefits Bike East Bay. SessionFest2019.EventBrite.com

Central Coast Climate Ride

June 12-16

Bike East Bay's Climate Ride team will bike the California Central Coast from Santa Cruz to Edna Valley. Make a donation to support bike advocacy at BikeEastBay.org/ClimateRide

WOMEN BIKE EVENTS

BikeEastBay.org/WomenBike

Women Bike Book Club

First Thursdays, 6:00pm-7:30pm

Location varies.

Everyone is invited to discuss biking, feminism, and the intersection of the two. Co-hosted with the Oakland Public Library.

Women Bike Happy Hour - Oakland

Fourth Thursdays, 5:30pm-7:30pm

Location varies.

Spend some quality, off-the-bike time with other women who bike over a cool drink. Co-hosted with Walk Oakland Bike Oakland.

CycloFemme

Sunday, May 12, hours vary

Community-led rides celebrating women on bikes. Oakland Public Library, Walk Oakland Bike Oakland, Bike East Bay and more co-host. BikeEastBay.org/CycloFemme

I Can Handle That

Wednesday, May 22, 6:00pm-8:00pm

Fix a Flat

Wednesday, June 5, 6:00-8:00pm

Pre-Ride Check

Hands-on intro-level bike mechanics workshops for femmes, women, and gender variant folx. Co-hosted with Hard Knox Bikes at Spokeland.

RiDE LiKE a GiRL - Bike Camping

June 22-23

Overnight at Coyote Hills Regional Park

Ever wanted to try bike camping? All levels welcome! Co-hosted with Walk Oakland Bike Oakland. WOBO.org/Ride-Like-A-Girl-2019

BIKE EAST BAY EDUCATION CLASSES

Free workshops in the East Bay taught in multiple languages, providing everyone with an engaging way to learn skills for smart cycling. BikeEastBay.org/Education

Urban Cycling 101

Classroom workshops and on-the-bike sessions to learn rules of the road and hone your bike handling skills.

Adult/Teen Learn to Ride

Learn the basics of balancing, pedaling, and steering in a secure, non-judgmental environment.

Family Cycling

A day of fun games, drills, and skills building for parents and kids in grades 2-6.

Complete details on these classes and more at BikeEastBay.org/Education

BIKE AMBASSADOR: JIANHAN WANG

By Chris Corral

Every Bike to Work Day, Bike East Bay gives out snacks, coffee, and signature Bike to Work Day bags to bike commuters at 140+ Energizer Stations. Our Bike Ambassadors make the magic happen, and Jianhan Wang has brought his pedal power to the Hayward BART Energizer Station the past two years.

A resident of Hayward, Jianhan loves the freedom and fun he has travelling by bike. He never really got a sense of freedom from driving, instead finding frustration and congestion. Jianhan started volunteering with Bike East Bay to see more of his community walking and biking. He advocates for better biking conditions on the BART Bicycle Task Force and offers input on

the Downtown Hayward Master Plan. Jianhan is also a League of American Bicyclists certified instructor, teaching adults and youth how to ride safely and confidently with Bike East Bay's education program.

BART stations are an interesting place to be on Bike to Work Day, reflects Jianhan. Many people are rushing to work, but some people take the time to chat and learn more about the event and Bike East Bay's work in the community. Greeting neighbors as a Bike Ambassador is the perfect way to be on the ground in Hayward, and Jianhan enjoys people's reactions when they find out the bags are free tokens of appreciation—just for riding!

Jianhan thinks Bike to Work Day is a great opportunity for people to give



Bike Ambassador Jianhan Wang

biking a try. His hope is that the spark grows into something bigger—with more people biking throughout the year.

Find a Bike Ambassador at your local Energizer Station on May 9th, or volunteer with Bike East Bay! BikeEastBay.org/Volunteer

**BICYCLISTS ARE EVERYWHERE.
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Dr. Donnelly (right), putting the "energy" in Energizer Station on Bike to Work Day
Photo by Reh-Lin Chen

SAN LEANDRO SPIRIT

San Leandro Superheroes Make Biking to Work a Treat

By Susie Hufstader

Each year on Bike to Work Day, Dr. Sheila Donnelly of Healing Hands Chiropractic wakes up at the crack of dawn to bake muffins and cookies for her Energizer Station at Memorial Park on Bancroft Avenue in San Leandro. She goes the extra mile to put the "energy" in her Energizer Station. Riders traversing San Leandro on their way to school, work, or BART can expect a warm welcome from greeters in superhero aprons, fresh coffee, and a signature Bike to Work Day canvas bag.

Dr. Donnelly loves the collaboration that goes into the biggest bike day of the year. "This is what I enjoy most about Bike to Work Day," she says, "so many people getting together and helping. It is a community effort and spirit."

Dr. Donnelly's Memorial Park Energizer Station is special for San Leandro. Each year, city staff, elected officials, and community members gather there to celebrate. After fueling up, everyone rides together to the city's other major Energizer Station at San Leandro BART, hosted by the city's Engineering and Transportation department.

Memorial Park's location on Bancroft Avenue is also significant for the San Leandro biking community. It is a major cross-town bike route and home to Bancroft Middle School, San Leandro High School, and several elementary schools. Many students already bike along and across Bancroft. Christian Rodríguez, a 5th grader, writes: "I like biking to school because of nature. I love the breeze..."

I want to bike to school next year in junior high, I am very excited."

As a connector to schools, Bancroft was a major focus of the 2018 update to the City's Pedestrian and Bicycle Master Plan. During the planning process, Bike Walk San Leandro and Bike East Bay successfully campaigned for a vision of a more continuous low-stress bikeway. Now, both groups are supporting the city in implementing long-term upgrades for many Bike to Work (and School!) days to come.

Join in celebrating a great Bike to Work Day with bike-loving San Leandro on May 9th. Stop by Dr. Sheila Donnelly's Energizer Station from 7:00am-9:00am for an exceptional start to the day. If you're not a morning person, join Bike Walk San Leandro at the Englander Pub for evening happy hour. As Dr. Donnelly says, "There are fantastic human beings who live in this community." Whether at an annual event like Bike to Work Day or building a better Bancroft Avenue for the future, the team effort in San Leandro makes biking a treat.

BikeEastBay.org/SanLeandro



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BIKE EAST BAY presents

Bike HAPPY HOUR

5:30PM-8:30PM | Thursday, May 9
Derby St & Milvia St, Berkeley

DOLAN LAW FIRM BikeEastBay.org/BTWD

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BAY AREA BIKE TO WORK DAY 25TH YEAR MAY 9, 2019



Become a Monthly Supporter!

Starting at \$10/month, you'll sustain long-term campaigns to build protected bike lanes, the Iron Horse Trail, and the Bay Bridge People Path.

- 1 **Sign up online at BikeEastBay.org/Join**
Choose the Monthly Supporter option
- 2 **Call us at (510) 845-7433**
Ask to become a Monthly Supporter

