



BIKE TO WHEREVER MAY 18

Plus
Building Bridges in 2023
Active Transportation Advocacy
Plan your Bike Month

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Cover: A group of smiling people pose and gather around with their bikes at a local Oakland park.

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LETTER FROM THE SADDLE

As we emerge from a season of transition for Bike East Bay with the departures of our long time champions and friends, former executive director Ginger Jui, and Advocacy Director Dave Campbell, we would like to introduce ourselves as your two new Co-Executive Directors, Jill and Justin.

Together we will be working collaboratively to continue the work of weaving mobility justice into the fabric of the organization and the work that we do. This shift is further instilling our core values of shared leadership and collaborative decision-making that are foundational to our organization's culture.

In the past year we saw huge wins for safer, more connected streets, including protected bike lanes in Richmond on Cutting Blvd, in Fremont on Fremont Blvd, and in Berkeley with Milvia St. We also launched new environmental justice and community organizing trainings to further promote BIPOC leadership, which you can read more about on page 4. Finally, we took our education program to the next level with a cargo van purchase that helps us teach new skills to over 1,500 class participants for free.

This year, we will embark on a strategic planning process that will set the direction of the organization and guide our work over the coming years. We sit at the intersection of many important issues, including affordable housing, transit-rich communities, safe streets, and police reform. Building on our work around street safety and bicycle access, we want to continue developing a strategic vision and plan that centers the organization on building human infrastructure and community healing.

This year we will build community capacity through the recruitment and development of new League Cycling Instructors (LCIs) from all parts of our communities, who will teach bike education classes. You can learn about one LCI's personal story on page 5. We will also focus on transforming corridors that connect our East Bay communities, such as the San Pablo Corridor, Bay Trail and East Bay Greenway.

With the rainy winter behind us, let's dust off those bikes and get riding with tens of thousands this Bike to Work Day on May 18th: plan your Bike Month starting on page 6.

And, save the date for a special Richmond-San Rafael Bridge ride with the two of us scheduled for Saturday, June 24th from 9:00am-2:00pm.

See you out there on the road!

Ride On,

Justin & Jill
Co-Executive Directors

Meet your two Co-Executive Directors!



BUILDING BRIDGES IN 2023

Connecting communities between East Bay geographies

By Robert Prinz

As we celebrated Bike East Bay's 50th anniversary this past year, there were also some big announcements and transitions. From previous Executive Director Ginger Jui passing the torch and a new shared leadership model to our new Co-Directors Jill Holloway and Justin Hu-Nguyen, to former Advocacy Program leader Dave Campbell handing things over to longtime staff member Robert Prinz, we have been busy building bridges between Bike East Bay's history and our vision for the future.

Similarly, around the East Bay there are many bicycle bridges in the works to both enhance connectivity between our geographies, as well as reconnect communities that have long been bisected by infrastructure barriers. Read on for info on a few of these, then scan the QR code below or visit BikeEastBay.org/BuildingBridges2023 for an interactive map and complete details.

Opening Soon

Under construction and estimated to open in 2023, Berkeley's Gilman Street Bridge over I-80, the Iron Horse Trail Bridge over Dublin Blvd, and the Mokelumne Trail Bridge over Hwy 4 between Antioch and Brentwood have been in the works for many years. Both

the Gilman and Mokelumne bridges span major freeways, and the Dublin bridge a wide and imposing surface street, overcoming barriers constructed to serve car traffic at the expense of anyone outside a vehicle.

Of the Dublin Blvd bridge, local advocate Kristi Marleau said: "This bridge will give us a much safer, faster connection between BART and the rest of the Iron Horse Trail. No more waiting for minutes for the light to change, crossing 7 lanes of traffic, and making awkward turns to get back on the trail at Dublin Blvd."

We look forward to biking with you to the ribbon cuttings!

Up Next

Currently in the planning stages, two more bridges that span major barriers include the Richmond Greenway Gap Closure Bridge over train tracks and roadways, and the Oakland-Alameda Estuary Bridge across a 1000-foot waterway and busy boating channel. Each of these will be a major engineering challenge, requiring lots of funding and community support. Sign up for the Bike East Bay email newsletter at BikeEastBay.org/enews to know when and how to get involved.

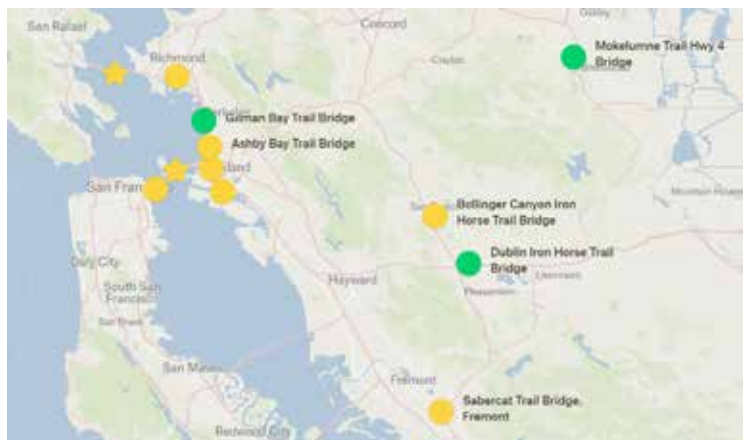
Happy Birthday!

Two existing bridge pathways are celebrating anniversaries this year: The Richmond San-Rafael Bridge path and the Bay Bridge East Span. The Richmond pathway is turning four years old in November, marking the end of a pilot program intended to study the facility's success. A final report will be available in Summer 2024 with details about the path use and impacts on car traffic, and we will be working hard to make sure that the outcomes maintain full access for people walking or rolling. The Bay Bridge East Span people path opened in September 2013, which means it will be a decade old as of Labor Day this year. We will be celebrating both of these pathways in a major way, and advocating for the continuation of the Bay Bridge path the rest of the way to San Francisco. Be on the lookout for announcements as we get closer to the anniversary dates!

If you have questions or comments for our Advocacy Team, send us a message at Advocacy@BikeEastBay.org



Scan this QR code
to view the interactive
version of this map



ACTIVE TRANSPORTATION ADVOCACY

Reflecting on Bike East Bay's visit to the AC Transit training facility

By Dani Solis

This January, Bike East Bay staff and board members were invited to attend a tour of the Alameda County Transit (AC Transit) Division 6 Training facility in Hayward, California to exchange knowledge and insight on the relationship between buses and bikes in traffic.

Bike East Bay staff were met with a warm welcome from the AC Transit education staff and the tour of the facility was led by Michael Floccini, Training and Education Director and bike advocate. After checking out AC Transit's hall of history and learning about their latest hydrogen fuel cell battery technology in the service garage, Bike East Bay staff checked off an item on every transit nerd's bucket list—that is, driving a bus!

Excitement aside, there were a few key questions that we wanted to explore together as fellow active transportation advocates. Our first question was: what is a bus operator's

visibility of a bicyclist when they are in the right lane together? Under the careful supervision of Instructor Eagles and Instructor Jackson, bus operator instructors with decades of teaching experience, individual Bike East Bay staff members sat in the drivers' seat while another staff member rode their bike outside near the right half of the bus. This exercise was meant to demonstrate just how challenging it can be to spot a bicyclist as a bus driver—especially when considering the laundry list of responsibilities while operating a bus.

Our Co-Director of People and Operations, Jill, was the first brave soul to ride her bike next to me while I drove the bus. As pictured from the perspective of my drivers' seat, one of the only distinguishing features of Jill on her bike was her bright orange reflective vest. There are many blind spots on the bus, which is why it is important to stay as visible and predictable as possible when riding next to moving vehicles on the road.



TRAINING LOCAL LEADERS

Sparking conversations around mobility and environmental justice

By Stephen Marea

This past year, funding from the Bay Area Air Quality Management District led to our first mobility justice and environmental justice trainings for Bay Area residents. As the Community Organizer, my goal for this training was to discuss the history of how cities were created and how discriminatory methods from the past still affect city life in the present day.

I began with the history and creation of Oakland, using it as a case study to examine how cities were separated through deed covenants, redlining, and the nuances of infrastructure disparities and their environmental impacts. I created a training framework with the intention of encouraging

attendees to understand the layout and structure of the cities that we live in today, and to use this understanding to know how to advocate for change.

One of the training attendees named Nina shared their experience after participating in the session: "I hope you can keep giving this important presentation and informing more people about the historic racism built into our cities. Learning about these events and how the effects still reverberate today should help us make better decisions for tomorrow." Another attendee, Milinda, also found the training to be informative: "I found the session very thought provoking. Thanks for hosting this session, and I'm hoping good results

come from the added exposure of this topic."

Given the need for more concerted educational efforts regarding the daily impacts of environmental and mobility justice, Bike East Bay has worked to build upon local efforts such as Bike Concord's monthly leadership meetings, which have been expanded to include bike organizing efforts from all around Contra Costa County. Starting with local groups like Bike Concord creates the opportunity to support similar groups in acting as a community resource for other county residents who are beginning to organize in their respective communities.

PEOPLE OF BIKE EAST BAY

Meet some of our incredible community members and leaders

By Teo Octavia Saragi

There are many people - including instructors, volunteers, board members, and staff - who work behind the scenes to support Bike East Bay in making a strong impact. Take a moment to learn more about some of them below!

For questions regarding engagement opportunities, email Membership@BikeEastBay.org



Phil Yip, Instructor (he/him)

"I became a member around 15 years ago. Today I am an instructor and teach Learn-to-Ride and skills classes. It's really inspiring to see people learn to ride bikes for the first time - especially adults. Bikes provide so many benefits, and riding bikes builds community. Most people want to bike more, but are hesitant because they don't feel safe - so advocating for protected infrastructure, safer streets, and more access will help us realize these benefits. If you want to feel more comfortable riding your bike, the classes Bike East Bay offers are free and very helpful. You'll be with a cohort of peers who also want to learn!"

Chris Cassidy, Board President (he/him)

"The incredible successes improving the safety and joy on our streets inspired me to get involved with Bike East Bay. People affected by traffic violence are substantially more likely to come from disadvantaged communities. Considering that and the fact that transportation is the second-highest household expense after housing itself, delivering safe, affordable transportation could not be more crucial for East Bay communities."



Natalie Mall, Super-volunteer (she/her)

"I first got involved in Bike East Bay in 2020, when I found out about the Slow Streets program in Oakland. As a volunteer, I love the creative brainstorming around how we can make our streets safer. People have all sorts of cool ideas of what we could do, and volunteering is a great way to get excited together and envision fun, livable streets. For me, it's most important that our advocacy is centering people who are most often disadvantaged and making public spaces safe for everyone."

Theresa Mall, Super-volunteer (she/her)

"Bike advocacy is important to me because the more people who learn about cycling and start living life on their bicycle, the more people that will share in the fun/bliss/health of cycling and contribute to the reduction of greenhouse gas emissions!"



Raul Maldonado, Bike Ambassador (he/him)

"I got involved with Bike East Bay in pursuit of providing equitable and sustainable transportation. I believe in being the change you want to see in the world in order to build a better accessible future across generations."

Caitlin Gleason, Events Manager (she/her)

"I am so thrilled to join the incredible team at Bike East Bay. Riding a bike has always been such an important part of my life, as a commuter and for fun, and I'm looking forward to helping further Bike East Bay's mobility justice work by connecting and strengthening our community through events."





PLAN YOUR BIKE MONTH

CALENDAR of EVENTS

MAY 2023

Bike To Work Day

Thursday, May 18, all day

Find your Energizer Station, events, and Routes to Ride at

[BikeEastBay.org/BTWD](https://bikeeastbay.org/BTWD)

Bike to School Day

Thursday, May 11

Bike to School Day is a great day for families and students to try riding bikes to school for the first time or to renew a commitment to healthy and safe travel via bike.

Group Ride

Saturday, May 6, 9:00am-5:00pm

Join us for a group ride from Pleasant Hill BART to Davis! The full ride is 76 miles with 1,900 feet of climbing. We'll spend the day biking up the Carquinez Strait and across the valley, then take the Amtrak Capitol Corridor train back from Davis.

Bike to Work Day Happy Hour

Thursday, May 18, 4:00pm-7:00pm
900-920 Washington Street

The Old Oakland Happy Hour in partnership with Walk Oakland Bike Oakland returns this year! Join us for drinks and lots of fun as we celebrate the Bay's biggest day for biking.

We Bike Book Club

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

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

[BikeEastBay.org/calendar](https://bikeeastbay.org/calendar)

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](https://bikeeastbay.org/Education)

Adult/Teen Learn-to-Ride

For adults or teens who have either not yet learned how to ride a bike, or did a long time ago but want a refresher on the basics of balancing, pedaling, and steering. 3-hour workshop for adults and teens, bike and helmet required.

Family Cycling Workshops

This class is for kids who are able to ride a bike and are ready to take to the roads and pathways with their parents. Parents and

kids attend together. Outdoor workshop for adults and youth in grades 2-6 (approx.)

1-Hour Workshops

These sessions go in-depth with one of our certified instructors on a specific topic such as bike mechanics, avoiding bike theft, riding after dark, and more. 1-hour, indoor or online webinar workshop for adults and teens, no bike required.

Urban Cycling 101 (Adults & Teens)

This 2-part series starts with a 2-hour "Day 1" classroom session (online webinar or in-person, no bike required), then continues with an optional 5.5-hour "Day 2" on-the-road class (outdoor, bike and helmet required).

STAY UPDATED

[BikeEastBay.org/BTWD](https://bikeeastbay.org/BTWD)

All the latest details for our events are published to our website and social media channels. Stay tuned for updates by visiting us online throughout Bike Month!

MAKE YOUR PLEDGE TO RIDE

Pledge to Celebrate! Pledge to ride on May 18 for Bike to Work Day! You'll get a map of energizer stations, a digital goody bag, and exciting ideas of how to celebrate the big day. Scan the QR code to the right or learn more at [BikeEastBay.org/pledge](https://bikeeastbay.org/pledge)



BIKE TO WORK AND WHEREVER DAYS

Entire month of May set to be full of celebrations and festivities

This year, **Bike to Work Day** is returning to a **Thursday-May 18th, 2023 to be exact**. We're expecting the day to be bigger and better than ever. There will be more energizer stations throughout the East Bay where you can pick up your Bike to Wherever Days bag. Each energizer station will be unique, offering things like:

- Coffee and snacks
- Games and prizes
- Bike repair stations
- Music, fun, and so much more!

Find your nearest energizer station using the interactive Bike to Work Day map at BikeEastBay.org/BTWD.

Join in the fun with thousands of riders across the Bay Area! Participate in Bike to Wherever Days the entire Bike Month of May 2023, and encourage your coworkers, community members, and friends to come along. Here are some tips for getting started:

- Spread the word using various communications channels – social media, email, Slack, etc. – to get others excited leading up to Bike Month during May and Bike to Work Day on May 18th.
- Visit www.bayareabiketowork.com to find resources and ideas to make every day a good day to pedal!
- During the month of May, post positive stories about your biking endeavors on social media using #BTWD2023 - and reshare Bike East Bay's posts, too!

Thanks to our Bike to Work Day Sponsors!





By Jill Holloway

The 2022 Northern California Green Fondo was not only my first Climate Ride, but it was my first time riding a century. I started training in March for the event in May, before that the longest ride I had been on was 40 miles. I would highly recommend this event for everyone who's even a little bit interested, even if you're nervous about the distance. The Climate Ride team does an awesome job at organizing everything from the check-in to meals and snacks to the programming. I was really nervous going in because I didn't know what to expect, but once I arrived at the campsite there were tons of people to ask questions and give encouragement. I felt so excited and prepared setting off in the morning for my century that almost all my nerves were gone.

In case you are still considering a Climate Ride this year, or maybe next year, here are some tips I picked up along the way.

1. **Do one hilly ride and one long ride before the event.** The first day of Climate Ride I rode 100 miles with almost 7,000 ft of climbing. So in preparation I did one 50 mile ride with 5,000 ft of climbing and one 75 mile ride with 2,000 ft of climbing. Although I didn't complete a century before the event I felt confident I could handle both the length and climbing after I completed both these training rides without feeling completely exhausted afterwards.
2. **Don't bring snacks unless you want something specific.** I packed probably 10 bars/GUs/snacks in my bike bags and promptly ate almost none of them. At the start of the day and at stops along the way there were more than enough snacks to refuel with. And you can take some with you if you need something in between stops. I also recommend eating something fresh, like apple slices or an orange, at each stop.
3. **Don't eat too much at lunch.** My eyes and hunger were way bigger than my stomach when we stopped for lunch. I also tend to eat really quickly. So I ended up eating way too much at lunch and then feeling borderline sick for the next hour or two. I eventually burned it off and felt fine, but eating smaller portions and more frequently is a better system for me.
4. **Take some time to stop and enjoy.** Yes this was a physical challenge and I wanted to do something I'd never done before, but there are lots of other great aspects of Climate Ride. On day 2, rather than doing another long ride, I opted for the short distance and stopped along the way including at a zero-waste store, coffee shop, bakery, and goat farm. I rode the entire day 2 with another Bike East Bay team member and we had so much fun exploring and eating our way through Pescadero. Also, stop and take some photos of the scenery and of you with your bike.
5. **Make friends.** I met so many awesome people over the course of the weekend. Everyone was extremely friendly and I found myself taking long breaks, especially on day 2, because I was having so much fun talking with other riders.

BIKE MONTH ADVENTURES

Find the perfect ride this Bike Month



Bike Month is almost here! Whether your style is safe and slow, or scenic and challenging, we've got a ride for you. Celebrate Bike to Wherever Days with a visit to Point Pinole. Ride with Bike East Bay's climate ride team as they take on the epic journey from Pleasant Hill to Davis. Grab your bikes and stop by Fremont and for a safe and scenic ride to Quarry Lakes Regional Park. Check out the rides below and tag Bike East Bay in your adventures @BikeEastBay! Have a favorite route you'd like to share? Reach out to us at Media@BikeEastBay.org.



Richmond BART to Point Pinole

Leave your cars behind and enjoy some awe-inspiring nature and sweeping views of the San Pablo Bay and its surroundings with this ride to the East Bay's beautiful Point Pinole Regional Shoreline. This ride is flat and relatively easy and appropriate for the whole family to get out and bike.

Scan this QR code for
a map of the Richmond
BART to Point Pinole ride



Scan this QR code for
a map of the Pleasant
Hill BART to Davis ride



Pleasant Hill BART to Davis

This is one of Bike East Bay's training rides with our Climate Ride team. The ride is 76 miles with 1,900 feet of climbing. We'll spend the day biking up the Carquinas Straits and across the valley, then take the Amtrak Capitol Corridor train back from Davis.

View details, zoomable maps, and tag us in your adventures!

BikeEastBay.org/Routes

Fremont BART to Alameda Creek Trail/Quarry Lakes Regional Park

This scenic, easy-going ride features mostly off-street trails and separated biking infrastructure, and is perfect for casual riders. The route is about 15 miles, depending on how much of Quarry Lakes you would like to see. We recommend taking your time and seeing the whole park; pack a blanket and lunch, have a picnic, and make a whole day of it!

Scan this QR code for
a map of the Fremont
BART to Quarry Lakes ride



Richmond-San Rafael Bridge

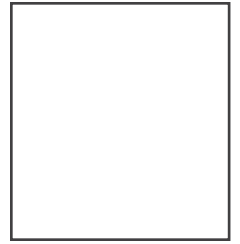
This medium-paced, moderate difficulty ride will take you west from the Richmond BART station along the Richmond Greenway path, then on protected bike lanes to beautiful Point Richmond. From there you will continue up and over the scenic Richmond-San Rafael bike/walk path, then follow the Bay Trail north.

Scan this QR code for
a map of the Richmond
San Rafael Bridge ride

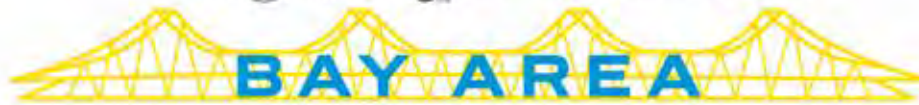




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PRESENTED BY    



BIKE TO WHEREVER DAYS 2023

Donate or Renew Today!

We're teaming up with Rad Power Bikes to offer an exclusive raffle for a new e-bike to those who donate or renew their membership in the month of May!

Your support fuels Bike East Bay's work to build bike-friendly communities through advocacy, education, and fun events. Thanks to members like you, we are fighting for more safe, accessible streets.

Donate today at BikeEastBay.org/Donate

