

BRIDGING THE BAY

Plus
E-Bikes, East Bay Parks, & More
Camping Adventures by Bike
Meet Your Local Bike Groups

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Cover: One person poses with the Major Taylor mural by Red Bike and Green. (Malcolm Wallace Photography)

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LETTER FROM THE SADDLE

Whether in groups, for exercise, daily commutes, or dropping kids off at school, it's a true joy seeing so many people riding in all their own ways. At Bike East Bay, we've been busy providing bike education classes, advocating for safer streets, hosting member events, and working on our strategic plan that we can't wait to share with you all in early 2024.

Thank you to everyone who joined us for Biketopia and our silent auction. Check out pages 10 and 11 for highlights of the event and to read about our amazing Bike Group of the Year and Bike Business of the Year.

On October 21st, we will celebrate the 4 year anniversary of the Richmond San Rafael bridge path opening with Marin County Bike Coalition, Rich City Rides, and Trails for Richmond Action Committee. There have been thousands of trips by bike since this path opened in 2019, providing a convenient connection to Marin County that was previously nonexistent. Read more on page 3 to hear stories directly from those who have been impacted by this path and join us this weekend to celebrate!

We've got some awesome bike content on pages 5-7. From new regulations for e-bikes in East Bay Regional Parks, to bike camping basics, and tips for starting a bike bus, we've got a little something for everyone. We're also thrilled to highlight two awesome local groups on page 9.

We are also incredibly excited to kick off a brand new Green Mobility ambassador program this winter. We believe that the strongest way to grow power for this movement is through community. Based on the Promotoras community health worker model, that centers on developing trusted community champions, we will train and empower community members in environmental justice, bike civics, hazard reporting and more to become community champions. Our program will be starting in West Berkeley, but this is only the beginning. We will continue to learn, build, and grow this program to serve all communities in Alameda and Contra Costa County. Check out page 8 for more about this innovative, new program.

It's with a heavy heart that we mourn those lives that were lost on our streets this summer. These preventable deaths further embolden us to continue our work, hold city officials accountable, and build upon the mobility justice movement that holds that we all have a right to move safely and unafraid in our communities.

As we close out the year, please consider making a special gift during our year-end campaign to support our vision of safer streets for all. We'll see you in 2024!

Ride On,



BRIDGING THE BAY

Celebrating 4-years of the Richmond-San Rafael Bridge path

In Fall 2019, after decades of advocacy from activists on both sides of the Bay, the Richmond-San Rafael Bridge bicycle and pedestrian path opened to great fanfare as part of a four-year pilot project. Since then, over 300,000 people have crossed by bike or on foot.

The official pilot project ends in November of this year, but we're fighting to make the path permanent. There has been a lot of talk about the project recently, including some misinformation about what is and isn't happening. Visit BikeEastBay.org/RSRBridgePilot to have your questions answered and learn how to get involved to help keep the path.

Among those 300k crossings since 2019 was Aimee Flynn-Curran, who uses the Richmond-San Rafael Bridge to commute. We interviewed Aimee to ask about her experience:

How did the bridge path impact your quality of life?

We moved to Richmond in 2019, shortly after the bridge path opened. I applied for my current job knowing I could use the bike path to commute. The path on the bridge allowed me to get to more places safely by bike. I feel such gratitude to Rich City Rides, the Trails for Richmond Action Committee, the Richmond Bike/Pedestrian Advisory Committee, and everyone who has been here doing the work!



What do you like best about commuting on the bridge?

It's a pleasant stretch, especially with an e-bike which helps with the incline! You have nice views, a protective barrier, and it's fun. I like listening to a podcast while I cycle, but sometimes I just ride and enjoy the experience. Biking is good for my mental health, it allows me to just be in the world and connect with the space around me instead of being contained in my car rushing from one place to the next.

I like the mix of people I see on the bridge: Going to fish, going to work, out for exercise. You can always spot people on their first ride across. They'll stop for selfies, I'll shout 'woo hoo', and they 'woo hoo' back.

How did you get started commuting on the path?

When I took a new job my employer sent me home with a sample e-bike to try. Richmond to Mill Valley is a good distance to cover, but the e-bike made 15 miles manageable for me. As more bikeway improvements were completed, my commute grew quicker. I can do the trip in about an hour now, slightly faster than driving during heavy traffic. There are many places to stop on the way and I love to run errands during the commute.

Any tips you have for others thinking about biking the bridge?

Install a phone mount on your bike for directions. Getting to the bridge in the East Bay is pretty straightforward, and on the San Rafael side, you have to share the road a bit. But Marin County has some wonderful infrastructure and whichever direction you're going, you will likely end up on a scenic path!

Bring water and a patch kit, and in the event you need assistance there are bike shops who can help as well. Don't be intimidated and just give them a call! I recommend routine

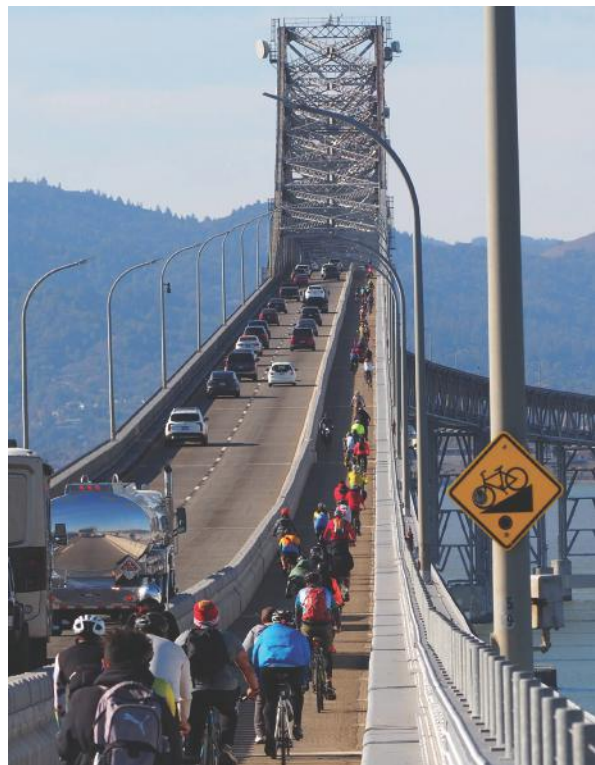
maintenance too, it makes a big difference.

My ebike made the biggest difference in my willingness to commute over the bridge. I always know that after a busy day, the [electric] assist will make the ride home enjoyable and not intimidating.

Find a bike buddy and explore. We live in a place with good weather, museums and events, great food, and nature surrounding us. A bike is the best way to enjoy it and the bridge path is one more invitation to get out there and experience it!

We invite you to join us, Rich City Rides, and the Marin County Bicycle Coalition for a community bike ride to celebrate the fourth anniversary of the bridge path opening. We'll be meeting on November 11th, starting at 11:11 AM at the Richmond BART station. Sign up for this ride and for future campaign updates at BikeEastBay.org/BridgingTheBay.

By Dani Lanis & Robert Prinz



E-BIKES, EAST BAY PARKS, AND MORE!

The latest news on e-bike regulations

Good news! Hundreds of miles of trails in the East Bay Regional Park District are now open to e-bikes. Here is what you need to know:

There are three classes of e-bikes that determine where you are permitted to bike:

- Class 1 e-bikes are pedal assisted, requiring pedaling to activate the motor while reaching speeds up to 20 mph. **Class 1 e-bikes are now permitted on all East Bay Regional Park District trails allowing bikes.** Most of the trails are wider, multi-use trails of 8' of width or more, but there are some sections of narrow trails where bikes are permitted.
- Class 2 e-bikes have a throttle that does not require pedaling to activate and can reach speeds up to 20 mph. **Class 2 e-bikes are limited to paved trails.**
- Class 3 e-bikes are pedal assisted

and can reach speeds up to 28 mph. **Class 3 e-bikes are not permitted on any East Bay Regional Park District trails.**

Remember that the parks are for all to enjoy. For everybody's fun and safety, please ensure you follow these key rules while out on the trail:

1. Bicyclists must yield to pedestrians and equestrians.
2. Slow down when approaching others, yield if necessary, calling out or ringing your bell to pass safely.
3. All trails in the East Bay Regional Park District have a speed limit of 15 mph.
4. Stay on designated trails. Bike only on trails where permitted to do so and stay clear of the "No Biking Areas" in the parks.

For more information regarding biking

at East Bay parks, please visit the Biking Rules and Guidelines page on the East Bay Regional Park District website. Bike East Bay has several recommended rides exploring the parks and beyond on our website.

At Bike East Bay, bike education is a big part of our mission. Human-powered or electric, we are committed to making biking safe, accessible and fun. E-bikes are allowed at any of our on-the-bike classes. We also have an e-bike safety class teaching you what you need to know to prepare for a ride, be safe, keep up with battery and motor maintenance, and more. Find this class under our 1-Hour Workshop classes on our Education page.

Want to learn more about programs making e-bikes more accessible? Visit the California Bicycle Coalition's site to learn about the many financial incentives available for purchasing an e-bike.

By Nancy Hernandez



CAMPING ADVENTURES BY BIKE

Make travel to your destination part of the fun!

What's the best way to see the sights and enjoy your vacation destination? By bike, of course! But you're not limited to riding a bike once you arrive at your destination; you can ride straight from your doorstep to some really amazing vacation spots right in your backyard.

Bike touring is an umbrella term for all types of bike rides that include an overnight stay. You can go bikepacking, a rugged wheeled relative of backpacking, or you can choose "credit card touring" with stops at local restaurants and a stay at a charming bed and breakfast, or anything in between. All you need is a comfortable bike and a plan.

Samuel P Taylor State Park in Lagunitas and China Camp in San Rafael are two fantastic options for first-time bike camping, both offering a back-to-nature feeling while still being close to bike trails, grocery stores and transit options. You can ride the Richmond San Rafael Bridge bike path from the East Bay, or you can catch the ferry to Larkspur if you'd prefer a shorter ride. Public transportation like BART, the ferry and Amtrak all offer options to help you customize your trip difficulty and distance.

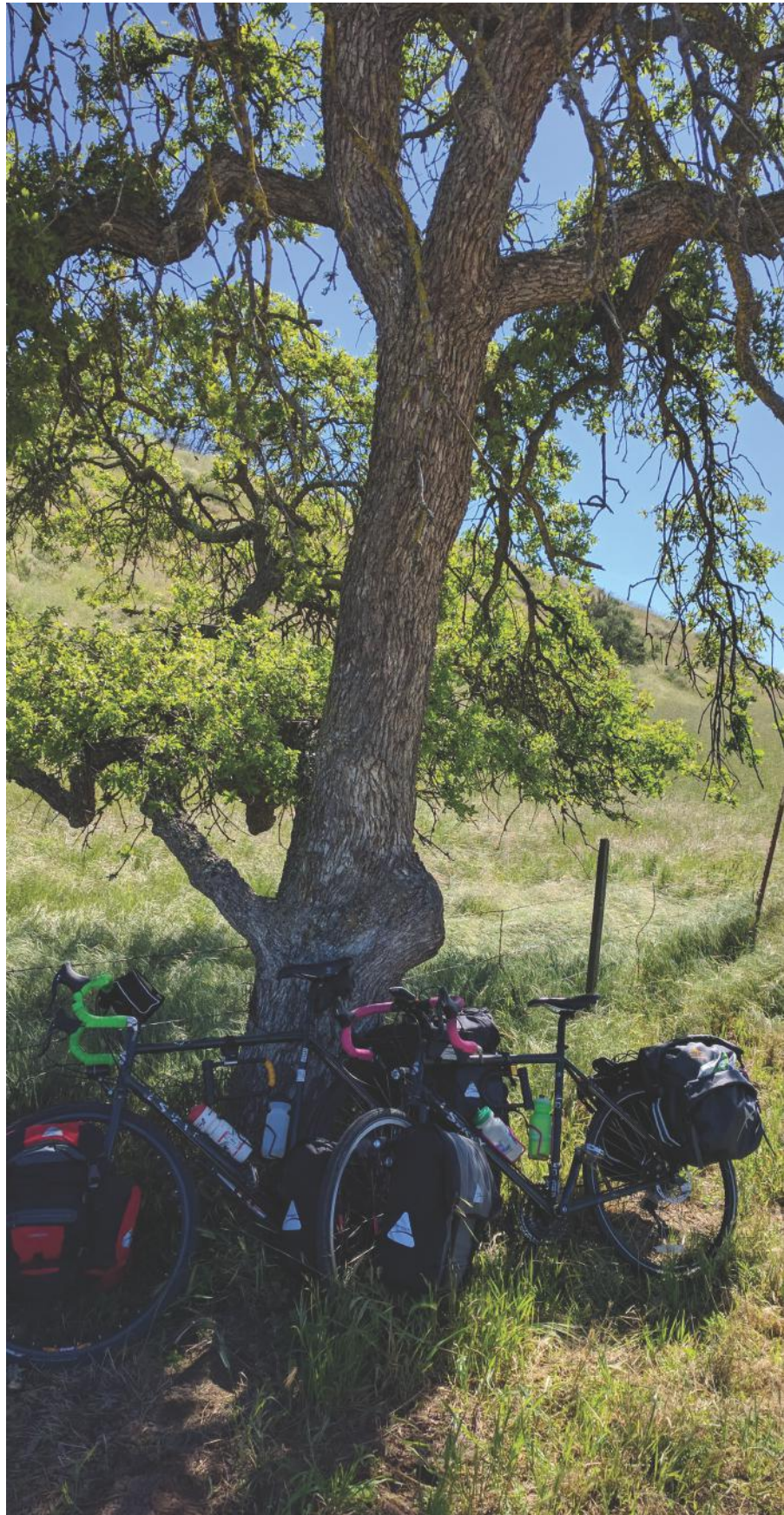
If camping isn't your jam, many local bed and breakfasts welcome bike travelers, just call ahead to make sure you can stash your bike somewhere secure. You can check out local restaurants along your way, rather than carrying a lot of supplies, but be sure to have a backup plan just in case.

During your ride, plan to eat about 200 calories/hour of travel, a handful of almonds or peanut butter filled pretzels or an energy bar are good options. Drink plenty of water! A flat repair kit with tire levers, a patch kit, a spare tube and a pump is a must; if you prefer CO2 inflators, carry extras, or consider carrying an additional pump. Regardless of the weather forecast, it's a good idea to carry a rain jacket that can double as a windbreaker and lots of sunscreen.

Panniers will give you the most comfortable weight distribution for your gear, rather than a basket or a backpack on your bike, but it's likely that you can make do with the bike and gear you already have, especially if you're flexible about the type of bike trip you're doing. You can also rent gear from places like REI or borrow gear from friends.

Bike East Bay offers a free Intro to Bike Camping class!

By Kelly Dunlap





HOW TO BIKE BUS

What they are and how to do one

Bike Buses can transform hectic morning commutes into joyful rolling parades. Kids get healthy physical activity, build friendships, and help the environment. Phil Yip, one of our instructors as well as a Bike Bus leader for his children's school, is going to share more on how to get it rolling:

We've been riding our Bike Bus to Chabot Elementary since 2021. Kids ride their own bikes or on parents' cargo bikes. Adults from the community help chaperone the ride. There's a lot of smiles and laughter, chatting, and having fun. As a cycling instructor, I teach safety skills along the way.

Bike Buses have been around for a while (I found a mention in a 2002 Safe Routes to School manual) and recently surged in popularity. Sam Balto in Portland and others in Barcelona, the UK, New York, New Jersey, Hood River, and San Francisco have posted incredible videos. It's hard not to feel emotional watching kids be allowed to take up space and be happy on our public roads.

Here is how you can start a Bike Bus.

Step One: Find other people to ride.

Find others at bike racks or near the school entrance and see if they'd like to ride together. You can post signs and an announcement in your school newsletter.

If you've got limited bandwidth, find another family, and ride with them regularly. Then build from that success.

Step Two: Plan a route.

Learn where families live and create potential routes. Try to find a convenient path to school with lower-stress streets. Test routes to see what feels best and share with others – we use Google My Maps.

Step Three: Share safety rules, embrace parents and volunteers.

We share safety rules with any new riders. At least one adult leads, one "sweeps", and one rides in the middle. Adults "cork" major intersections as necessary to block cross-traffic until all riders get through.

Step Four: Ride regularly, have fun.

Riding consistently helps students and parents integrate the Bike Bus into normal routines. Incorporating music can be fun for kids – "I like listening to music and riding with everyone," says Sebastian, one of our riders. Music creates a safe space for the Bus and signals its presence, volunteer Tom Holub points out.

Step Five: Engage with the community.

Librarians and other community members join the Bike Bus. Fellow bike instructor, Nas, comes with her son, Jeremiah. She knows how much biking has helped her and her family and she wants to pay it forward. Erica, our local Children's librarian, loves "how the kids show up: they look exactly how I feel – equal parts proud of themselves for being awake & active so early, very happy to see and chat with friends."

That's it! Reach out if you need help getting started. In addition to our Bike Bus, other East Bay Bike Buses include Sankofa United, Malcolm X, and Ecole Bilingue.

By Justin Hu-Nguyen & Phil Yip



Green Mobility Ambassadors

This winter, we are excited to launch a new and innovative training series called Green Mobility Ambassadors (GMAs), made possible with financial support from Bayer's West Berkeley Community Resiliency Fund. These trainings will prepare individuals to engage in advocacy on transportation projects and programs throughout the East Bay.

Our Green Mobility Ambassadors concept is based on a model we learned from our partners at Monument Impact in Concord, where communications and feedback work are performed by parents and other community members referred to as "promotores," whose contact networks and knowledge of their community bring a high level of detail and overall value to the project development process. Bike East Bay's award-winning bike education program has also recruited instructors from our partner organizations and communities since 2016, providing instructor certifications at no cost to attendees, and then hiring them for ongoing class instruction. In this way, diversity and representation have increased within our education program among those leading classes.

By similarly engaging our advocacy program partners on a paid part-time basis, we can reach more inclusive participation than is possible via a typical volunteer advocate model, as

not everyone has the same access and resources to engage in the planning process. By collaborating professionally, we strengthen relationships and help our local partners to build capacity.

This training series is free and open to all, with compensation offered to individuals who would otherwise not be able to participate (contact advocacy@BikeEastBay.org for more information). Additionally, after this series we will implement pop-up traffic calming demonstration projects in West Berkeley through 2024-2025, with assistance from GMA graduates.

Session # 1 - Bike Civics: All About Bikeways - Learn about transportation and accessibility design features, what they do, and how they're used

Wednesday, November 15 - 6:00-7:30
- webinar

Session # 2 - Bike Civics: Make Yourself Heard - Information about the civic engagement process, and how to make effective comments at public meetings

Thursday, November 30 - 6:00-7:30
- webinar

Session # 3 - Urban Cycling 101 Classroom Workshop - Learn rules of the road, how to equip your bicycle, and prevent common crashes

- Multiple dates to choose from:

Saturday, December 2nd, 2023
1pm-3pm; North Berkeley Library

Thursday, December 7th, 2023
6pm-8pm; Online Webinar

Wednesday, December 20th, 2023
6pm-8pm, Online Webinar

Session # 4 - Environmental & Mobility Justice Training - A short history of urban development in the United States, how to identify neighborhood impacts, and advocate for equitable changes

Wednesday, December 13 - 6:00-7:30 -
Bike East Bay office, Oakland

Session #5 - Hazard Reporting Training - Identify and report street/sidewalk maintenance issues, and get them fixed

Tuesday, January 9, 6:30-7:30pm
- webinar

By Robert Prinz



INTRODUCING NEW EDUCATION AND ADVOCACY STAFF MEMBERS



Dani Lanis, Advocacy Manager

Dani joined Bike East Bay as Advocacy Manager in September 2023. He holds a Bachelor's Degree in Marketing, has experience in Event Marketing, Project Management and Bicycle Education. Dani was born and raised in Argentina and fell in love with biking all over again when he discovered the beauty of Richmond's trails on Ohlone land. A passion for the Greenway led him to connect with great community organizations such as RICH CITY Rides, the Richmond Bicycle / Pedestrian Advisory Committee, and Bike East Bay. Bike East Bay's high quality of education, advocacy and engagement programs inspired him to join the staff.



Nancy Hernandez, Bike Education Co-Manager

Nancy began teaching bike education classes with Bike East Bay in 2019. In her current role as Bike Education Co-Manager, she is excited to continue spreading the power and joy of bikes. She believes that bikes are transformational and that they should be accessible for all. In her spare time, Nancy loves writing and seeking adventure outdoors— whether on a hike or somewhere on a bikepacking trip.

MEET YOUR LOCAL BIKE GROUPS

Cali Cadence Queens

Black Women on Bikes

A new riding group was born in the heart of the San Francisco East Bay Area: the California Cadence Queens. Founded by the dynamic duo Erica Hudson and Maria Weatherborne, they started because they wanted to get more black women on bikes.

Inspiration

The collective launched after a Juneteenth ride in appreciation to Major Taylor Cycling.

With the focus of holding space for an active and engaging community of women of color, the Cali Cadence Queens hosted their first group ride in August 2023.

Welcoming atmosphere

This group is radically welcoming, great for those who look different on a bike. They ask women what they like and provide tips on nutrition/self-care pre-ride, post-ride and body ergonomics.

They put a focus on building relationships and getting to know folks as well as being outside with presence, modeling the capacity, ability and joy that cycling brings.

Connect and join future rides

The collective expects to ride in the East Bay, South Bay, peninsula and is exploring new routes as women of color come through from all over.

Cali Cadence Queens ride once a month, their upcoming dates are Oct 21 and Nov 18. To find out more about upcoming group rides connect with them on Instagram (@california_cadence_queens) and Strava (CCQ-cc).



THANKS FOR JOINING US AT BIKETOPIA!

On Thursday, October 5th we gathered with hundreds of community members in Uptown Oakland to celebrate a year of bike-related wins and joy. The empanadas were fresh, the beer was cold, and the vibes were so good. Thank you to everyone, near and far, who made Biketopia such a successful event! Photos courtesy of Bike East Bay member Olivia Smartt.



BIKETOPIA 2023

Our inaugural awards and event recap

Bike East Bay is proud to announce the winners of its first ever Biketopia Awards. The awards celebrate local businesses and groups that promote and support bicycling in the region.

The awards were given out on Thursday, October 5th, 2023 at Biketopia, Bike East's annual member party and fundraiser. The winners were selected by Bike East Bay's staff and board after a public nomination period.

The Bike Friendly Business of the Year Award goes to The New Parkway Theater, a community-centered movie theater in Oakland. The theater offers a cozy cinema experience with couches and comfy chairs alongside a program called Karma Cinema that allows customers to pay what they want for a movie ticket, with 20% going to charity. The theater is extremely bike-friendly, providing bike racks, discounts, and free bike-related community events.

The Best Bike Group of the Year Award goes to Waterside Workshops, a youth development, job training, and support nonprofit in Berkeley. Waterside engages youth and the greater community through hands-on learning in bicycle mechanics, wooden boatbuilding, carpentry, and outdoor education. Waterside provides a safe place for youth to feel heard, gain confidence, develop work skills, and access the tools and resources needed to lead healthy, sustainable lives. Waterside's bike program, Street Level Cycles, is a full-service bike shop that also serves as a source of bicycle education, repair, and reuse programs. Working alongside skilled instructors, youth interns learn professional bike repair by refurbishing used bicycles, which are distributed back to the community, expanding access to affordable, sustainable transportation. In 2022, through Waterside's bike giveaway programs, Street Level Cycles donated 254 bikes to low-income individuals and families. Danny McNaughton, the Street Level Cycles Program Director, accepted the award at this year's Biketopia event.

Bike East Bay congratulates The New Parkway Theater and Waterside Workshops for their outstanding work and for their dedication to making the East Bay not only a better place for bicycling, but community building as well. Bike East Bay also thanks all the nominees and voters who participated in the Biketopia Awards process. We hope that the Biketopia Awards will inspire more businesses and groups to join the movement for safe, accessible, and fun bicycling for all.

By Caitlin Gleason





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