



BIKE CLUB ADDS UP

SKILLS + KNOWLEDGE + CONFIDENCE = EMPOWERED, SAFE BICYCLISTS



Since 2002 the Community Cycling Center has helped nearly 1,000 low-income children to earn their own bicycle, helmet, and accessories in after school Bike Clubs around the Portland Metro area. With support from the Children's Investment Fund and in partnership with Portland State University, we wanted to find out whether we were empowering children to ride safely and increase their physical activity. We designed pre- and post-program surveys for students and alumni as well as a staff survey to gauge success and learn lessons on how to improve the program. Over the course of the 2006-2007 school year, 214 mostly 4th and 5th graders participated in the evaluation. **Look what we found!**

Do Bike Club Participants Ride Safer? Yes!

Based on seven learning objectives, we measured increases in skills, knowledge, and confidence among students. The results indicated statistically **significant gains in skills, knowledge, and confidence in all of the learning objectives**. The bicycle repair curriculum seemed to have the biggest impact on students' increases in confidence, particularly among girls.

Are Bike Club Participants More Active? Probably.

The **number of children riding to school more than tripled** as a result of Bike Clubs, while all other forms of transportation dropped. While 52% of alumni who continued to ride to school indicated that they rode at least twice a week, this was out of only 28% of children who rode altogether. The reasons for not riding were unsurprising: parents, rain, stolen bike, and distance.

A Surprising Finding

We defined empowerment as an equation of skills, knowledge, and confidence. We expected that confidence would increase over the course of the program. We found, however, that confidence decreased as skills and knowledge increased. When we asked instructors about this, they explained that many children were "over confident" in their skills at the beginning of the program, particularly boys. Over the course of the program **confidence levels aligned with skills and knowledge**, resulting in safer bicyclists.

SUMMER BIKE CAMP 2008

SAFETY LESSONS, EPIC JOURNEYS, SWIMMING, DANCING AND MORE!



What Did We Do Over Summer Vacation?

Summer Camp ruled! This summer, 391 children attended our week-long day camp. In addition to our core curriculum of experiential bicycle safety education, road rules, and rides up Mt. Doom and Mt. Terror (17th and 18th between Skidmore and Shaver, respectively), campers this year went swimming at Peninsula Park, took part in bike rodeos with Officer Pickett from the Portland Police Department, and learned dance moves from the Sprockettes. They also learned basic bike maintenance, played capture the flag, snacked at Mio Gelato, received nutrition lessons at New Seasons, and crafted at SCRAP.



We are proud to have awarded twenty-one scholarships to kids who would not otherwise have been able to attend. We wanted kids to have a fun, bike-filled summer. If you were you one of the donors who contributed to our summer camp scholarship fund, thank you!

If you and your child would like to stay involved with the Community Cycling Center between summers, join us for a volunteer project. Visit our website for ideas.

HOLIDAY BIKE DRIVE 2008 REMEMBER YOUR FIRST BIKE?

This December, with the support of hundreds of partners, volunteers, and community and business sponsors, 500 children from low-income families will be the happy recipients of their first bicycle, a new helmet, and bicycle safety education.



In addition to helping kids onto a path of healthy activity, the Holiday Bike Drive is a great community-building event. The smiles are contagious and everyone wants to live in a city full of happy, helpful people (on bikes)!

We hope we can count on you again this year to donate time or money to make Holiday Bike Drive 2008 a wild success. We will be sending our annual appeal in November, but you can make a donation online today at CommunityCyclingCenter.org.

Sponsor a child for \$50.00. Better yet, **host a fundraiser** at your home, **start a giving campaign** at your office, or, if you own a business, consider **becoming a program sponsor**. Give us a call at 503-288-8864 if you are interested in learning more about how to get involved.



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CLASSES AND PROGRAMS

We added new classes this year to help improve safety and skills for adults and families. Look for more in 2009!

Sunday Parkways

We created a fun learning partnership with **New Seasons Market** where 50 kids learned about healthy food choices, proper helmet fitting, and basic bicycle safety skills.

Earn-a-Bike Programs

This year, 125 low-income adults have earned their own commuter bicycle. One recent graduate is now a dedicated volunteer! Like many, the bike has changed his life.

Urban Cycling and Bike Maintenance Classes

Our women's classes were particularly popular. One group was so fired up they requested a Women's Basic Bike Maintenance Class.

VOLUNTEER

As our outgoing Volunteer and Events Manager, Neal Armstrong, said on our annual Cycle Oregon sojourn, "The Community Cycling Center is the BEST place to volunteer in Portland. Period."

We couldn't agree more. And while we'll miss Neal now that he's off on a travel adventure, we welcome Brian Benson as the new head honcho of the volunteer program.

Volunteering is a great way to connect with others, whether you're wrenching on bikes or dazzling us with your graphic design or other fabulous skills.



Check our website for a listing of current volunteer opportunities. See you soon!