

“Receiving a bicycle from the **Create a Commuter** program has given me the freedom and independence to travel throughout Portland for both obligations and pleasure. It has given me a new adventure and a great fulfillment in my life. I love bicycling and this opportunity to receive a commuter bike has truly been a blessing.”

Jake W - Volunteers of America workshop participant



## Highlights and Successes

### 14 Partner Agencies

For the 2009/2010 program year, we selected 14 partner agencies that we felt were strong ongoing matches, had adequate space to host a class, and had enough participants in their program to be able to fill a workshop with 15-20 participants.

### Partner Agencies

- Portland Youth Builders
- Outside In and New Avenues
- Central City Concern
- Housing Authority of Portland
- SE Works
- Volunteers of America
- PCC Workforce Development
- New Columbia
- Village Gardens
- Port City
- Open Meadow
- IRCO

### Key Workshop Changes

We implemented key changes this year, such as including two rides per workshop, and utilizing indoor trainers for participants to practice on, supplementing our experiential teaching methods.

### Hands On Curriculum

Our workshop delivery consisted of a hands on teaching style for adults in which participants learn with their own bikes in their own hands. This teaching style was implemented as part of our best practices in cultural competency.

### Follow Up Surveys

We are now providing 30-day follow up surveys and community rides. The surveys allow us to collect valuable information about how participants are using their bikes (see “Create a Commuter at a glance” box). The community rides allow us to reconnect with and support past program participants!

## Create a Commuter at a Glance

- 32% of CAC participants travel 10-20 miles every day
- 31% are working in some capacity, while the other 69% are unemployed and job seeking or in work-force development
- 67% are male and 33% are female
- 66% make less than \$200 per month in any form of income
- 22% of participants ride their bikes three or more days per week
- 60% of participants ride their bikes to work or work-force development

### Agency-Based Workshops

We hosted workshops at agencies, exclusively for their clients, which fostered client safety and comfort as well as community building among peers.



**Community  
Cycling  
Center**

## Participant Profile: Michelle Hanna



Michelle was instrumental in spreading the word about our events and putting up posters around New Columbia.

She showed up early on the day of the ride, and helped lead a group of almost 30 residents all the way through Sunday Parkways, and volunteered for the entire Bikes for Kids event.

A participant in the New Columbia workshop in May of 2010, Michelle was an enthusiastic student and community connector from the moment the class started, making friends and helping out during the workshop.

We kept in touch with Michelle, since we were planning a quick fix morning and bike ride to Sunday Parkways North with New Columbia participants, and a Bikes for Kids event in June.

Our new focus on developing long-term partnerships with CAC partner agencies and workshop participants has made it possible for us to support and be supported by community champions like Michelle.

## Participant Demographics

African/Black	15%	Caucasian/White	51%
African American	4%	Latino	9%
Asian/Pacific	4%	Native/Hawaiian	4%
		Other	13%