

SDOT Mini-Grant Final Report—submitted by Shannon Koller Loyal Heights Elementary School Urban Cycling Club—Spring 2013

Program Description

The Urban Cycling Club is an 8-week after-school program designed for 4th and 5th graders to provide them with bike safety education and the opportunity to practice the course content on neighborhood streets.

After spending the first 4 weeks of the program learning about bike safety, rules of the road, bike handling techniques, as well as being able to practice their skills on the Loyal Heights Elementary playground, kids were guided by the coaches on organized rides around the neighborhood so that they encountered various traffic elements that they have learned about earlier in the program. This program is designed to build their confidence as emerging urban cyclists by combining theory and practical application.

Program Elements and Curriculum

Group size and composition: Due to the coach:student ratio necessary to ensure safety for the road ride portion of the program, we limited the enrollment to 16 students. As peripheral vision and ability to correctly judge speed and distance is not adequately developed until age 9 or 10, we opened the club up to only 4th and 5th graders. Ten of the 16 students enrolled in the program were girls.

Timing of program: The 3rd-5th graders at Loyal Heights participated in Cascade Bicycle Club's "Bicycle Basics" program during the month of February 2013, which was delivered during their P.E. classes. The Urban Cycling Club (UCC) was held during the months of March and April, and the curriculum was designed to build upon and reinforce what they had learned in February. Bike to School month is in May, and the UCC kids were able to maintain their enthusiasm for cycling through the 8 cycling-related events held at Loyal Heights Elementary during May.

Curriculum: The program was delivered via 4 playground sessions and 3 road rides.

Week 1: Topics covered: Helmet fit, locking up your bike, ABC quick check, bike lights, stopping, starting, shifting. Kids were then able to practice all of these things on the playground. After watching the kids on their bikes, we made some minor adjustments to their seat height and handlebars.



Week 2: Topics covered: hand signals, traffic signs, road rules, shifting gears. Skills practiced on playground: rock dodge, scanning, slalom, quick stop, shifting gears.



Week 3: Topics covered: Review of previous week's topics, right of way, lane choice, traffic elements (roundabouts, 4 way stops, yield). Skills practiced on playground: hand signals, roundabout, coming to a full stop and proceeding into roadway. (See YouTube video in last section of the report.)



Week 4: Topics covered: Review of previous week's topics, hazards, route planning. Skills practiced: 4-way stop, 2-way stop, hand signals, lane choice.

Week 5: Road ride from school to Sunset Hill Overlook Park. Approximately 2 miles. Skills practiced: navigating roundabouts, unmarked intersections, crossing busy streets, shifting gears, hand signals, right of way.

Week 6: Road ride from school to Ballard playfields (Ballard Community Center, Ballard Boys & Girls Club, Loyal Heights Community Center). Approximately 4 miles. Skills practiced: navigating roundabouts, unmarked intersections, crossing busy streets, shifting gears on uphill and downhill, riding in bike lanes, right of way, walking bike on sidewalk and crossing at crosswalk, riding through traffic light, entering traffic.

Week 7: Spring Break

Week 8: Road ride to Golden Gardens, Burke Gilman Trail and Ballard Greenway. Approximately 6 miles. Skills practiced: navigating roundabouts, unmarked intersections, right of way, shifting gears on uphill and downhill, riding on a “sharrow”, riding down a steep hill, making our own safe choices while crossing over busy streets, passing other riders, traffic lights.

Coaching Team

Lead coach and founder—Shannon Koller, year-round bike commuter, LH parent
Coach—Jerry Stewart, life-long, year-round bike commuter, LH parent
Coach—Rasmus Teilmann—life-long, year-round bike commuter, LH parent

Support on road rides from Robin Randels and Jenny Almgren from Cascade Bicycle Club Education Department and Clint Loper from Walk.Bike.Schools.

Outcomes

There is a clear sense that the kids benefitted greatly from not only the content that was taught, but also from increasing their confidence as an urban cyclist, which was developed through their experience on the road rides. Many positive comments were received from parents of UCC graduates, remarking on their child’s improved ability and confidence. (see Testimonials below)

A number of the Urban Cycling Club graduates assisted at teaching stations (scanning, slalom, driveway rideout) at the Loyal Heights Bike Rodeo on 4/27/13. Nearly half of the participants at the Bike Rodeo this year were kindergartners,



allowing the UCC graduates an opportunity to encourage the younger kids and practice their leadership and teaching skills.

The Urban Cycling Club graduates participated in the Syttende Mai (Norwegian Independence Day) parade in Ballard on May 17 on their bicycles in front of more than 20,000 spectators.

Challenges

There really is not much that I would change about the club or the delivery of the program and we did not encounter significant challenges. It was important for us to collaborate with other after-school programs to ensure that we shared the playground so that we could all conduct our activities in a safe environment.

Expenses

Training (Cascade Bicycle Club's Urban Riding Techniques taken by Shannon Koller and Jerry Stewart): \$130
Curriculum development: \$70
CBC staff support on road rides: \$450
Snacks for kids: \$107.86
Supplies: \$9.82
Front and rear bike lights for kids: \$230

Total: \$997.68 (Receipts submitted as separate pdf)

Looking toward the Future

The Urban Cycling Club will continue as an after-school club at Loyal Heights now that we have trained coaches, supplies, and have established a positive presence at the school. The program is sustainable because we now have an established and tested curriculum for the program. The coaches will recruit and train future coaches so that the program may continue. A small program fee (\$20) could be charged to each participant to cover the cost of snacks and supplies.

Other elementary schools (Salmon Bay, Adams, West Seattle), have already approached me to work with them to duplicate the program at their schools next year. My intention with the Urban Cycling Club was always to create and incubate a program that could be replicated at other schools. I am currently documenting the process, methodology and curriculum so that other schools may benefit from the Urban Cycling Club program.

Testimonials

"The kids are really doing a great job at becoming competent, confident bike riders. Thank you for your excellent and thoughtful training!"—Robin Randels, Cascade Bicycle Club Education Department

“I was impressed with your kids; they had fun but did a great job of demonstrating road safety too. You guys are doing a great job.”—Clint Loper, Walk.Bike.Schools Founder and Seattle Bike Blog writer

“Thank you for bringing this (program) to our kids and our school.”—Mara Lim, Loyal Heights PTA President

“I want to thank you for all that you have done to generate interest among the kids at Loyal Heights in the cycling club. Blake really likes it and I just watched the video sent last week—it’s terrific! It makes me want to jump on a bike. Unfortunately, I have not biked as much as I have wanted to but watching Blake head out in the morning on his bike and the video, I am going to work hard to get out more. Thanks so much for your time and effort to volunteer. It’s helped my child and I’m sure many others.”—Jacque Coe, parent of Urban Cycling Club graduate

“Michael and I rode to school today and I could see him using the skills he learned in the Urban Cycling Club and Loyal Heights. Thank you for putting your heart and soul into this, Shannon Koller.”—Kathleen Meehan Lorenzo, parent of Urban Cycling Club graduate

Video Representation of the Club:

Week 3: Playground practice of roundabouts, turn signals, stopping.

<http://youtu.be/uPMmNYMpdOo>

Cascade Bicycle Club’s “Three Stories from the Road” video shown at the Annual Bike to Work Breakfast on 5/2/13, which features the Loyal Heights Urban Cycling Club

<http://www.youtube.com/watch?v=botdEH-iI7Y>

**Thank you Seattle Department of Transportation!!!
from the Loyal Heights Elementary Urban Cycling Club**

