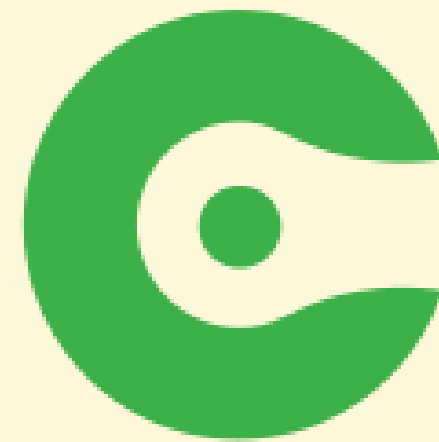


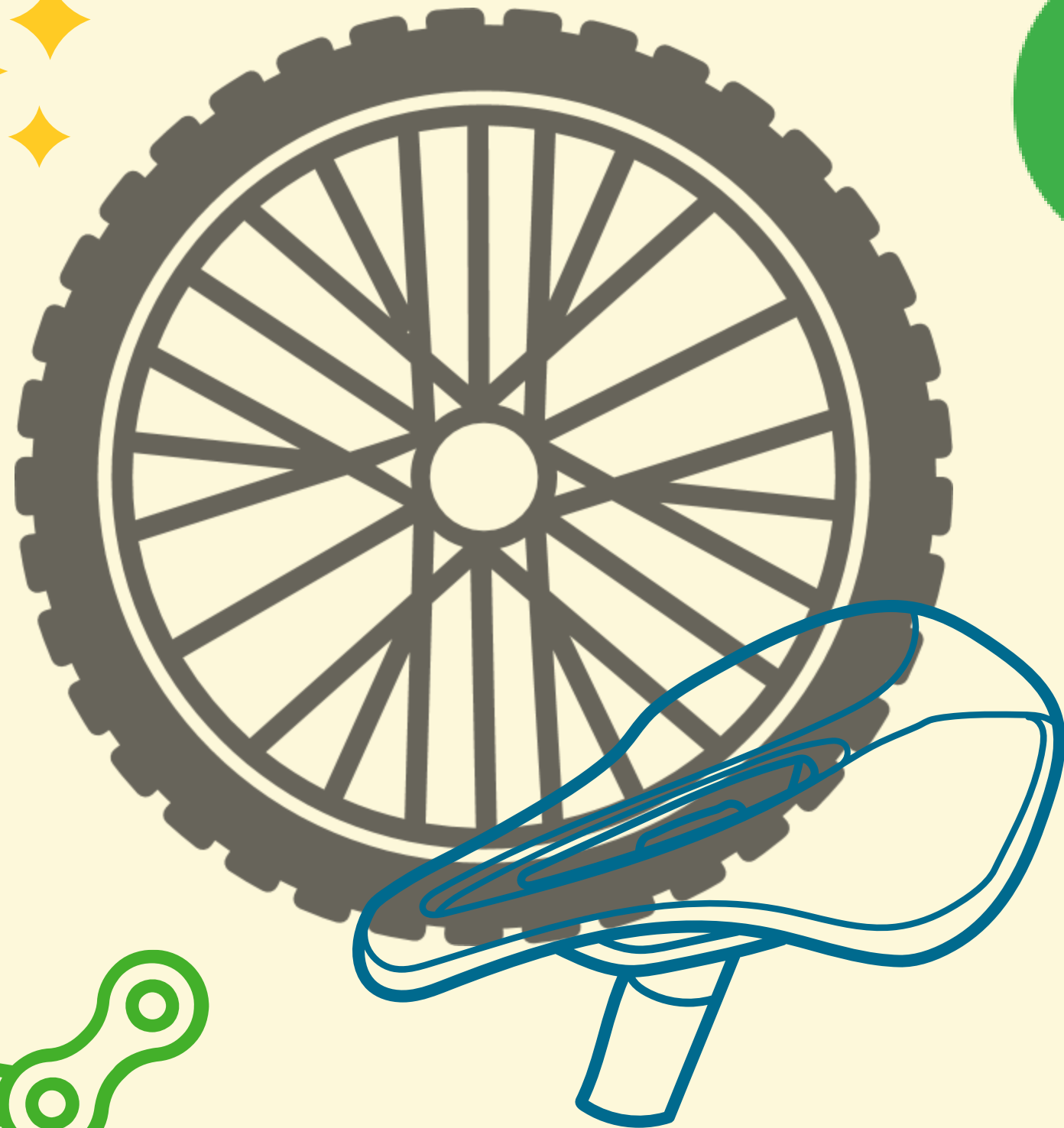
Cascade Bicycle Club

**STATEWIDE SCHOOL-  
BASED BICYCLE  
EDUCATION PROGRAM**





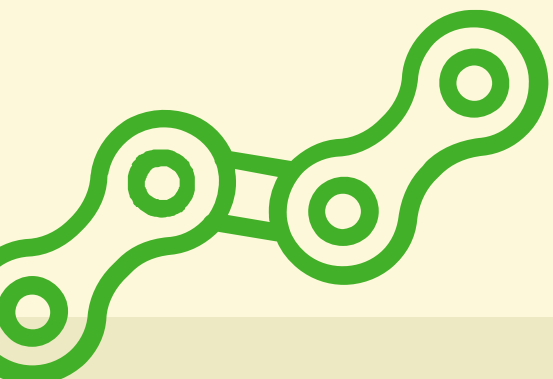
**cascade**  
BICYCLE CLUB

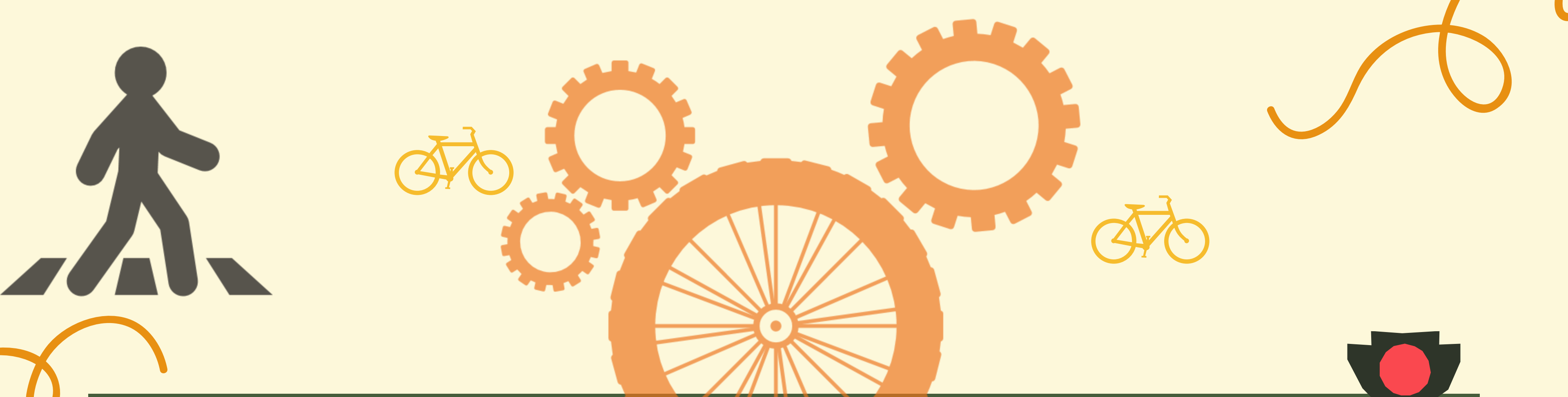


Cascade Bicycle Club, the nation's largest statewide bicycling nonprofit, serves bike riders of all ages, races, genders, income levels, and abilities throughout the state of Washington. We teach the joys of bicycling, advocate for safe places to ride, and produce world-class rides and events.

### Our Work

- Rides and Events
  - Seattle to Portland
- Advocacy
  - Safe spaces to ride
- Education
  - Let's Go & MTP
  - Statewide Bike Safety Education





# Introduction

Tina, Cascade's Statewide Bike Safety Education In-Class Program Officer, brings her passion for creating access and inclusion to recreation and outdoor spaces by expanding bicycle education programs in schools to serve youth in grades 3-8.

Jax, Cascade's Statewide Bike Safety Education Youth Development Program Officer, combines her background in economics and expanded learning to design, implement and grow bike clubs serving youth in grades 6-12 in after-school and community settings.



# STATEWIDE SCHOOL BASED BICYCLE EDUCATION PROGRAM

- CBC expanding flagship-inspired youth programs across WA through new statewide school based bicycle education program.
- “Move Ahead Washington” legislative funding package with funding from Climate Commitment Act (CCA)
- Program will phase in over 16 years & expected to reach 90% of eligible students & at least 10,000 youth by 2039.
- WSDOT - CBC contract to design & administer program with 3 strategies:
  - **In-Class:** 3rd-8th grade inspired by “Let’s Go”
  - **Youth Development:** 6th-12 grade after-school programs inspired by “Major Taylor Project”
  - **Earn-A-Bike:** opportunity for youth to earn a free bike, helmet, light & lock
- CBC will contract with school districts, ESDs, & community partners to distribute funding
- Priority to programs in communities where equity, safety, & community plans point to the highest needs.



# STATEWIDE SCHOOL BASED BICYCLE EDUCATION PROGRAM

Cascade has identified both short and long term outcomes for the statewide “Let's Go” program based on the Move Ahead legislation

## In-Class short-term outcomes

Students in grades 3-8 will:

- Increase understanding of bike and traffic safety.
- Increase competency in WA state PE standards.
- Increase competency in bike skills/safe behaviors.
- Express positive attitudes towards biking including: confidence to bike to their destinations, sense of self-responsibility, enjoyment in riding, interest/Intent to ride, interest in being healthy and active in their daily lives.



## Youth Development short-term outcomes

Youth in grades 6-12:

- Continue to develop skills and knowledge to power themselves to their destinations.
- Demonstrate community building skills through bike club activities.
- Develop increased sense of Individual empowerment.
- Earn bikes and develop bike maintenance skills.
- Participate in organized bike events.



## Statewide School -Based long term outcomes

- Participants become users of and advocates for active transportation.
- Regional increases in users of active transportation.
- Regional increases in safety of transportation systems and communities.



# Let's look at **THE DATA**

One lesson we've learned in our initial year of implementation is that focusing on active transportation in our messaging is not meaningful for all communities. Particularly in the eastern and rural parts of the state where infrastructure is underdeveloped, and therefore unsafe for youth and families to use.

We've been encouraged to focus on the health benefits instead, to circumnavigate the challenge of insufficient built infrastructure. One staggering reality is the percentage of the population that is overweight or obese. To the right you can see national data showing that, while there's a decrease in people who are overweight, there's a steady increase in rates of obesity. Both as a portion of the overweight population, and as a percentage of the overall population.

Navigate one's community allows them to see it from a different perspective, building a sense of ownership and connectedness with both the environment and neighbors. Initiating the cycling conversation through our programs gives communities the opportunity to initiate the infrastructural changes that are outside the scope of many our roles.

**Figure 1.3.2 - Percent of Population that is Overweight or has Obesity**

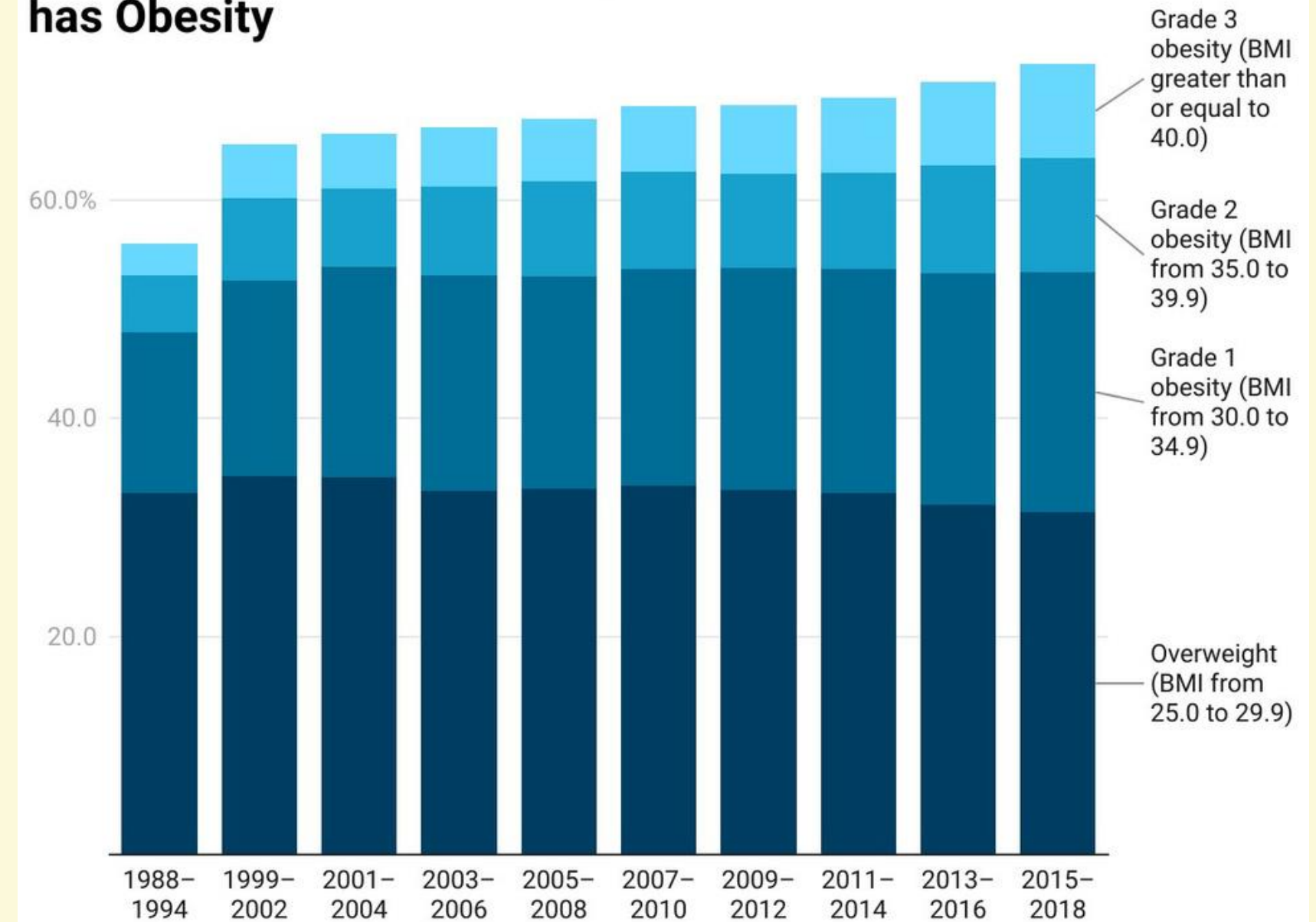


Chart: The League of American Bicyclists • Source: CDC • Created with Datawrapper

# Cycling for transportation

Bicycling and walking, particularly when practiced on a regular basis as part of everyday transportation, can help people meet their physical activity goals, reduce the likelihood of chronic diseases, and improve health every time a person chooses to bike or walk.

Cycling provides a number of significant health benefits, including:

- Improves cardiovascular fitness
- Strengthens muscles
- Increases coordination and mobility
- Promotes mental wellness by lowering stress & stimulating feel-good endorphins





Why do we

# PROMOTE HEALTH?

The World Health Organization defines 'health' as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Tina's  
story



Jax's  
story



Statewide is an

# optimal solution



Reason #1- Statewide 3 pronged strategy (Let's Go, YD, EAB)

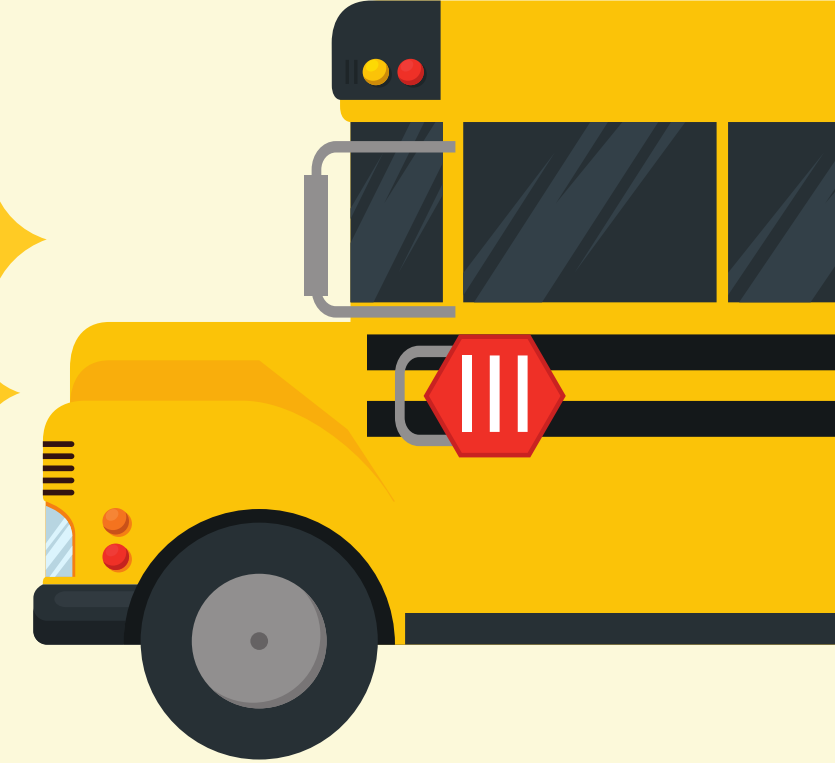
Reason #2 - Alignment with SNAP-ED '24-'26 goals 2, 4, & 5

Reason #3 - Strengthen approach to SNAP-ED '24-'26 interventions

Reason #4 - Commitment to equity and our priority populations

# Cascade Bicycle Club

## STATEWIDE IN-CLASS BICYCLE EDUCATION PROGRAM



### “Let’s Go” curriculum overview

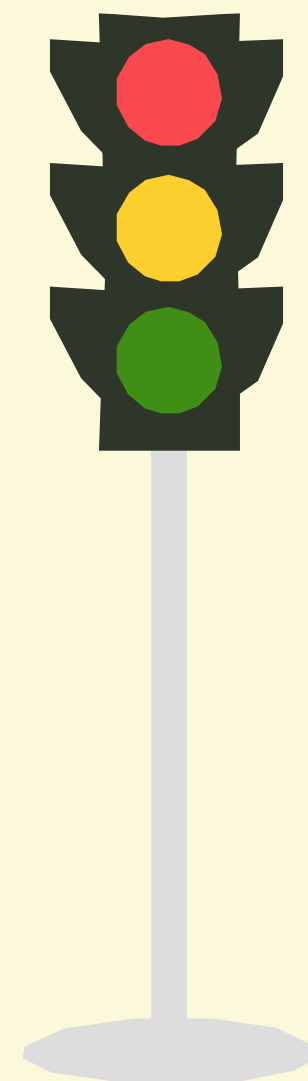
A PE curriculum unit for bicycle education and pedestrian safety for 3rd-8th graders:

- Meets OSPI Health & PE standards
- Teaches fundamentals of bicycle safety
- Adaptive and differentiated lessons
- Builds students’ confidence
- Inspires the joy of riding
- Encourages biking to school



### In-Class “Let’s Go Across the State” program overview

- **Equipment:** Bike fleet of 30 bikes, 2 adaptive trikes, a trailer for fleet transport.
- **Curriculum:** Classroom and curriculum materials
- **Training:** Professional development teacher training from Cascade (with clock hours)
- **Support from CBC:** Ongoing technical support from CBC
- **Personnel Funding:** Funding for program management (administrative, operations, classroom support, etc.)
- **Maintenance:** Funding for ongoing fleet and trailer maintenance
- **Earn-a-Bike:** Bike, helmet, light & lock for eligible students



# Cascade Bicycle Club

## STATEWIDE YOUTH DEVELOPMENT PROGRAM

The Youth Development Program partners with schools, districts, agencies, community based organizations, and other eligible entities that serve youth in grades 6-12 in an afterschool or community setting. We support interested parties in:

### Request for Proposal Support

- Budget Development
- Programmatic Visioning
- Procurement Support
- Reporting Guidance

### Implementation

- Flexible
- Major Taylor Project Model
- Fall
- Winter
- Spring

### Provide Curriculum

- The 5 Cs of Youth Development
- Community Input
- Training and Professional Development
- Delivery of instruction
- Data & Evaluation



# Cascade Bicycle Club

## STATEWIDE EARN-A-BIKE PROGRAM

Youth who successfully participate in the Let's Go and Youth Development Programs are eligible to receive a bike, helmet, lock, and lights free of cost.



Statewide/SNAP-Ed

# Goals alignment

1. Increase opportunities for people who are eligible for SNAP-Ed to include physical activity and movement in their lives
2. Increase the impact of healthy eating and physical activity strategies by facilitating collaboration
3. SNAP-Ed structures and systems center and reflect the lived experiences and values of local communities supported by SNAP-Ed



# SNAP-Ed

## '24-'26 INTERVENTIONS

The schools and child care intervention encompasses activities that support school-aged youth and families in education settings. This includes work that happens in schools, early care and education facilities, and before and after school programs.

The community spaces intervention encompasses activities and spaces where people live, work, heal, and gather. This includes military bases, healthcare clinics and hospitals, Indian reservations, senior housing and meal sites, public housing, SNAP offices, parks and open spaces, residential treatment centers, emergency shelters, gardens, community centers, and other locations not specified.



How can we

# WORK TOGETHER?

Opportunities to Collaborate

- Potential Partnership (partnership)
- Youth and Families Supplemental Materials (collaboration)
- Community events (cooperation)



Contact us!

**STATEWIDE SCHOOL BASED BICYCLE  
EDUCATION PROGRAM STAFF**



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