

GET INVOLVED!

Come volunteer with Cycles. Everyone has something to offer....

THE MECHANIC helps maintain field trip bikes and/or assists youth in bicycle mechanics.

THE FUNDRAISER assists in writing grants, fundraising events, donations, etc.

THE RIDE LEADER knows safe and exciting bike routes for youth and community members.

THE ENTHUSIAST enjoys being around bikes and youth and wants to get the Cycles experience!



Donations

Bicycles Donations

We gladly accept bicycles, working bike parts, good bike wheels, accessories, tools and funding!

For donation drop-off times and locations please contact us via email or voice mail.

We have various locations throughout Alameda County including Berkeley, Oakland, and Union City.

Monetary Donations

For monetary donations, please mail in the completed insert and make your checks payable to "Cycles of Change" (non-tax deductible) or "Cycles of Change/ EBBC" (tax deductible).



Contact Information

General voice mail: (510) 595-4625

Email: cyclesofchange@yahoo.com

Mailing address:

Cycles of Change

PO BOX 70292

Oakland, CA 94612

Visit us at www.cyclesofchange.org



PARTNER ORGANIZATIONS

East Bay Asian Youth Center

Alameda Point Collaborative

Safe Routes to School Alameda County Partnership

East Bay Bicycle Coalition

SPECIAL THANKS TO:

Alameda County Transportation Improvement Authority, Stop Waste, Renaissance Foundation, Oakland Fund for Children and Youth, Barrios Trust Fund, Bay Area Air Quality Management District, Alameda County Public Health, Berkeley Unified School District and Caltrans.

Cycles of Change



An East Bay
Youth Bicycle
Education Program



Cycles of Change

*Helping the East Bay grow and sustain a mosaic of healthy urban communities, deeply connected to each other and the living world. We accomplish this through **bicycle education**, wholesome nutrition, environmental education and just resource allocation!*

Cycles of Change began in 1998 at Roosevelt Middle School in East Oakland and has grown steadily to become a team of ten program directors and eighteen youth interns operating programs at twelve East Bay public schools. Cycles' programs are as follows:

Beginners Training Course

Using an on-the-road curriculum developed by our ride leaders, students learn all the basics of safe urban cycling: fitting bikes and helmets, traffic rules, group riding procedures and defensive riding techniques. After 4-6 weeks of easy-to-moderate local rides, students have the skills, confidence, and working knowledge to use bicycles as their main form of transportation. Since we developed this program more than 4000 students at 13 schools have graduated from this course.



Advanced Field Trips

Starting at their neighborhood school, youth ride to different destinations in the Bay Area. These unforgettable adventures give our youth the confidence to take on challenges, strengthen their bonds with diverse peers, and change the dimensions of the world they know. At the end of the year, Cycles' most devoted and capable students are invited to a week-long bicycle touring expedition; the past three years' tours have been to Point Reyes, Big Basin, and Lake Tahoe.



Bicycle Mechanics

In our Bicycle Restoration Workshops, over 2000 youth have earned their own restored bicycle, developing valuable skills while learning the practices of reuse. Guided by mechanics educators, students progress through a series of hands-on workshops. Later on, students put their skills into action by rebuilding a discarded bicycle to then use as their personal transportation. Upon completing the safe riding course, they receive a personal lock and helmet and are ready to ride!



Urban Sustainability

In 2000 we developed a six-week course for science classes called "Watershed Guides". This program works from first-hand experience to give students an in-depth understanding of the watershed where they live. Through a series of **in-class lessons**, **field trips**, and a final public education/action project, students weave the fields of biology, geology, botany, history, and ecology into their daily lives, increase their appreciation of Oakland's beautiful places and develop awareness of urban ecology issues.



By taking part in all Cycles' programs, youth gain strong and lasting connections to the living world and the larger community. These connections become a foundation for reshaping the relationships between people and land to make our urban neighborhoods healthy and sustainable.

