

# Join Bike-Aid

and

# Ride for A Change!

## Cyclist Information Packet and Application



*“Education of issues tied to personal challenges is a great mix. Not only do you become aware of what is going on, but you also become aware of ways to change the world as you develop a deeper understanding of your own abilities and your connection to social issues. This process is a great avenue for people to enact change.”*

*-1998 rider*

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# Welcome Adventurous Spirit!

Welcome to the Bike-Aid Cyclist Information Packet, and thanks for your interest in pedaling for global justice. If you are seeking an intensely challenging and rewarding summer of community, global education, international solidarity, personal growth, and service learning, Bike-Aid is for you!

This packet of information should answer your questions about the Bike-Aid program. An application to participate is included in the back. Space on routes is limited so we encourage you to get your application in as soon as possible to facilitate your pre-ride preparations. By applying early, you will:

- ♦ Get a head start on your fundraising, resulting in less stress and more success!
- ♦ Receive a \$50 discount on the registration fee (before April 1st).
- ♦ Have ample time to get your bike, your mind, and your life in order.

We're happy to share our personal stories of meeting locals in towns across the U.S., laughing and crying with co-riders, grinding up steep mountain passes or devouring any and all food in sight. Being part of a community and learning about critical issues that affect people throughout the U.S. and around the world is an experience of a lifetime.

We look forward to hearing from you! If you have further questions after reading through this packet, please do not hesitate to call us at **415-255-7296 or 1-800-RIDE-808**, or email us at **brooke@globalexchange.org**.

Peace and Pedals,  
The Bike-Aid Crew

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## **Answers to Commonly Asked Questions**

### **What is Bike-Aid?**

Bike-Aid is a cross-country cycling adventure that combines global education, community living, physical challenge, service learning, fundraising, and international solidarity in the summer experience of a lifetime! Since 1986, Bike-Aid has been a program of JustAct-Youth Action for Global Justice. This year the program will be transitioning out of JustAct and will be housed under **Gloabl Exchange**, another San Francisco-based non-profit organization committed to human and economic rights issues.



Over 1200 riders from Mali to Bolivia to Virginia have accepted the Bike-Aid challenge and pumped their beloved bicycles over mountains and across plains.

These riders have collectively raised over \$1,800,000 for locally initiated development projects and education in 25 countries, including the U.S. They have been inspired by over 350 towns across the nation to take an active part in their own communities and find constructive solutions to social injustices around the globe.

### **Who organizes Bike-Aid?**

For the past 16 years, staff at JustAct have organized Bike-Aid. The continued support of several volunteers, interns and alumni has made it a continued success. We have now completed the final stages of transitioning the program to its new home, Global Exchange, which will provide greater organizational support and post-ride opportunities for alumnae. Please abre with us as we move into our new office.

### **What if I am not an experienced cyclist?**

Bike-Aid is open to people of all backgrounds and cycling abilities. Cyclists from 16-62 years of age have successfully completed the ride, and the majority of them have not been experienced cyclists. If you are in good health and know how to pedal, you can do Bike-Aid. Mental determination is as important as physical ability on Bike-Aid. Bike-Aid's noncompetitive nature makes it attractive to a wide spectrum of people. Although you will certainly build some muscles, you will grow in ways beyond mere physical strength and endurance.

### **What if I can't ride fast?**

Bike-Aid is NOT a race. Each route consisting of 15-25 people travels a predetermined number of miles every day (70 is average) There is a non-cycling day, approximately once a week, when riders participate in community service projects. Everyone cycles at his/her own pace.

### **Where does Bike-Aid ride?**

Bike-Aid offers two routes departing from San Francisco: one cross-country route to Washington DC; and another shorter ride in California (specific route TBA, please contact our office for more information). See page 13 for a detailed itinerary of the cross-country route.

### **How much does it cost?**

Priority registration is \$100 if your completed application is postmarked by April 1st. After this date, the registration fee is \$150.

Some meals are provided by hosts or donated by restaurants; riders cover the cost of their remaining food by chipping into a communal food fund, usually \$20-30 a week. Riders are responsible for some camping fees (\$25-35 total), their own bicycle and personal gear. Riders also make their own arrangements for transportation to and from the starting and finishing cities. Bike-Aid requires each rider to raise \$1 per mile (\$3600 for the cross-country route) to support the program and JustAct's educational work (see Page 7).

Most cross-country bicycle rides require you to fundraise anywhere from \$4000-\$10,000. (The California AIDS' one week ride has a fundraising requirement of \$2500! For their one-week ride in Alaska it costs \$4000)

### **Who will carry my stuff?**

Support And Gear (SAG) vehicles accompany all Bike-Aid routes (In past years, routes with fewer than 10 people have been self-supported. Typically, these have been shorter, 2-3 week long rides). Riders rotate the responsibility of driving the SAG. The SAG carries the riders' personal gear, a first aid kit, cell phone, lunch food, coolers to refill water bottles and other needed materials. Since cyclists travel at their own pace, the SAG is not with Bike-Aid riders at every moment of the day. The SAG meets up with cyclists at least twice a day to offer food, water or a friendly wave. If you are sick, hurt or unable to ride on any given day, the SAG can carry you.

### **Where do Bike-Aiders stay?**

Bike-Aid organizes community host stays in the towns you pass through. You will unroll your sleeping bag in YMCAs, churches, gymnasiums, campgrounds and people's homes. Frequently, locals will invite you to potluck suppers, pancake breakfasts and community activities. You will meet with environmental groups, farmers, youth clubs, and other grassroots organizations working for social justice. These meetings are your opportunity to learn about local issues and how they fit into the local/global picture as well as your own community.

### **What kind of bicycle should I use for Bike-Aid?**

Bike-Aid has been done with everything from an old 10-speed to a recumbent to a top-of-the-line-racing bike. The bikes best suited to the ride are touring or road bicycles with at least 18 speeds, though many people adapt mountain bikes by fitting them with road tires. Most important is what YOU are comfortable riding. A good fit is also imperative, so visit your local bike shop and get fitted to your bicycle. More detailed information on bike selection is included in our Health and Safety Information Packet that all registered riders receive.

### **Who rides in Bike-Aid?**

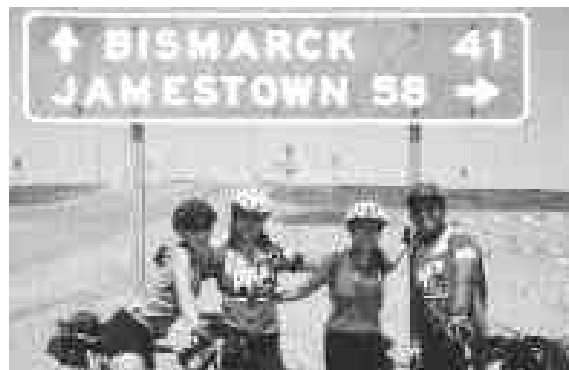
Although most cyclists are students or recent graduates, people from 16-62 years old have done the ride. (ages 16-17 accepted on a case by case basis). Riders come from all over the country and from a variety of backgrounds.

In addition, each route will have two international "Partner Riders" from Africa, Asia or Latin America. Bike-Aid's Partner Rider program brings people from the Global South to participate in Bike-Aid and share their perspectives on sustainable development and activism in their community. Some routes will also have Domestic Partner Riders, members of US-based organizations working for social change.

### **Is it Safe?**

There are significant risks associated with bicycle riding. Road conditions, including bad weather and heavy traffic, can lead to unsafe cycling conditions which are beyond the control of the cyclist. We do everything possible to help you minimize your risks and have a safe and comfortable ride. There will be times that you find yourself in potentially dangerous situations; you must share the responsibility for your safety and that of the other riders by recognizing when you should get off the road. Riders should understand that Bike-Aid can only minimize risks to cyclists, we cannot eliminate them.

You will receive a much more detailed Safety information packet when you register, and part of your orientation sessions will be devoted to maximizing safety on Bike-Aid. There will also be mandatory safety meetings periodically scheduled throughout the summer. We enforce basic safety rules such as always riding with a helmet, using a "third eye" mirror --(a rear view mirror attached to your helmet, sunglasses or handlebar), riding in groups and prohibiting night riding (see "Bike-Aid Policies" in appendix for more details). Each Bike-Aid SAG vehicle is equipped with a first-aid kit and a cellular phone for emergencies. SAG drivers meet with cyclists during the day for water, lunch, rest, and moral support. All riders carry directions, host site information and a copy of their medical insurance in case of emergencies. Feel free to contact the office if you have specific concerns about the issue of safety on Bike-Aid.



## What is a Typical Day Like?

Every day on Bike-Aid is a little different depending on mileage, terrain, pre-planned host activities, and unplanned interaction with locals and the group. Below is an outline of what an average day on Bike-Aid might be like.

### Waking Up....

The average day starts between 6:00 am and 10:00 am, depending on the mood of the group, temperature readings, and distance to travel for the day. Often, hosts ask that cyclists arrive by a certain time (for dinner or to unlock the site) or leave by a certain time. This will also affect your speed and departure times. You will have an average of 70 miles to cover before dinner. This means some days you may only bike 30 miles while other days you should be ready for 100+ miles. About once a week, you won't pedal at all. On these days, you'll be helping out with community service projects, meeting with media and enjoying your free time.

### Setting Off...

Once you coax your body out of your sleeping bag, you pack your gear in the SAG, eat a hearty breakfast, copy down directions for the day, help clean the host site and set off. During the day, everyone rides at their own pace and stays on the designated routes. For the first few weeks, we ask that everyone ride with a "buddy" for safety reasons, but for the most part, you ride with the people who share your pace, or alone as long as others are aware of where you are. (Riding can sometimes be the only source of precious private time during a summer of intense group living!). Most cyclists travel at an average speed of about 12-15 mph and take a total of about 7-9 hours to pedal, refill water bottles, chat with locals and enjoy the scenery before arriving at their destination.

### Lunch and rest stops...

The SAG vehicle will meet you at a pre-determined lunch stop to replenish your water supply and offer you yet another delicious peanut butter and jelly sandwich. On longer days, routes often designate two or even three SAG check-in meeting places. Cyclists ride at their own pace and rest when they need to. If you are unable to complete the day's ride for any reason, you can hop in the SAG. Cyclists will take turns driving the SAG vehicles. By sharing the driving responsibility, each person drives only a few times during the summer and gets a sense of what it's like to support their co-riders from the other side.

### Cruising into your host town at day's end...

Riders usually roll into their destination cities between 3:00 and 6:00 PM. Arrival time depends on the number of miles to be covered that day, your departure hour, the headwinds or tailwinds, how often you stop for snacks and conversation with locals, and how many flat tires you have to fix. On the nights with a pre-scheduled meeting with hosts, riders must plan accordingly in order to arrive on time. Though arrival time can be fairly flexible, everyone must arrive before dark.

### Dinner and evening activities...

Dinners are sometimes planned and hosted by local community groups, churches, or families. Bike-Aid riders make their own dinners on nights no potluck is planned. Dinners usually take place around 6:30 PM and are sometimes followed by discussions, presentations, or local events. Community groups sometimes invite cyclists to come to their meetings and participate in a discussion. This is your opportunity to learn about local issues and ask questions. Hopefully, these discussions will leave you with a better idea of the range of differences and similarities that face communities around the world. More about Bike-Aid's program goals can be found on Page 5.

Cyclists are often tired at the end of the day and it can be quite a challenge to keep the educational and spiritual momentum strong. This is the time that riders draw inspiration from local hosts and each other in order to maintain the energy to do more than just bike from one town to the next.

### Patching your tire tubes and sending post cards...

Keep in mind that your schedule is flexible and will vary from town to town. In the evening, there are always some route tasks to take care of (cleaning vans, checking maps, calling hosts and planning what road to take, writing thank you cards). We encourage cyclists to engage in internal educational discussions at least once a week, maybe discussing an article from the Bike-Aid Reader or the previous week's experience. The Education Facilitator will help arrange these gatherings and keep them focused. Sometimes Group Facilitators will call a meeting in the evening to discuss organizational needs or concerns (FOOD is always a big one). There might be group dynamics to be worked out, or chores to be reassigned, or just a group check-in or decision. The rest of the evening is yours to do laundry, write inspiring thoughts, adjust your bicycle brakes, or check out some local nightlife.

### **Building your Community On Wheels...(COW)**

By immersing yourself in an environment, which constantly demands your attention and cooperation, you begin to appreciate the complexities of group processes. Please keep this "community on wheels"(COW) idea in the front of your mind. The spirit of cooperating and working together is the basis on which this project and its long term "global goals" have been established. It's not always easy to be considerate and friendly to those around you after a long day of riding in the hot sun. Between the slow and fast riders, late sleepers and early risers, the health food fanatics and junk food junkies, we would be lying if we said it was easy. But remember, learning how to deal with others when you're tired, hungry, and frustrated is part of the whole beautiful learning process!

### **Are you hesitating?? Responses to your concerns.**

Joining Bike-Aid is a big commitment; But it's well worth it. Here are answers to a few of the most commonly voiced concerns. In the Appendix, you will find a list of alums who are available to answer your questions and talk to you about their experiences. Feel free to contact them or us anytime.

#### **"I've never done anything like this. People who join events like Bike-Aid do them all the time."**

Not true! Very few of this summer's cyclists will have ever done anything like Bike-Aid. Some are good athletes; some always come in last in the mile run. Some have strong activist backgrounds; some are just becoming interested in social, environmental, and global economic issues. Some can take their bicycles apart and put them back together in the dark, some have just mastered pumping up their tires. Bike-Aid attracts folks from a variety of backgrounds, which makes Bike-Aid such a unique experience!

#### **"I have to work. I can't possibly take off 10 weeks from my job."**

Many Bike-Aid cyclists have taken a leave of absence from full-time jobs in order to join the ride. Students and teachers have taken a second job during the year in order to take the summer off. For some, Bike-Aid becomes the impetus to leave old jobs behind and take a daring fresh path in life. Also, college and HS students have qualified for independent study or research credit – ask us about this. And finally, don't forget- we're planning a 2-3 week trip within California as well.

#### **"I'll never be able to raise the money"**

You don't have to have wealthy friends and family to be a successful fundraiser! All it takes is plenty of persistence, an early start, and a belief in what you're doing and why you're doing it. When you solicit pledges, you are not just asking for money, you are providing people with the opportunity to invest in an incredible experience for you, as well as to support innovative community projects that will make a difference for the planet and for people's lives. You're inviting them to take part in the movement for global justice. We'll show you how to plan out a concrete fundraising strategy and timeline, and supply you with lots of tips on fundraising once you register.

#### **"I don't think I can make it. I've never biked 75 miles at once."**

Yes, you can! Bike-Aid is challenging, but the pace is moderate, and you have all day to complete the given mileage. You'll grind up and glide down hills, chat with co-cyclists, and stop at lemonade stands. One of the most exciting parts of the ride is being able to surpass expectations you previously held of your physical capacity. And remember, for those days when you are truly exhausted, there is always the SAG van to carry you to the host site.

#### **"I don't have a bike."**

There are ways to get one. An investment in a bike will last longer than the summer. In many cities there are recycle-a-bicycle programs that sell bikes at a nominal cost- a great ways to support an innovative community program and not add more scrap metal to the landfill. If buying a bike is out of the question, try to borrow one from a friend. You might also persuade a local bike shop to sponsor you by donating a bike in your name, or have local patrons of the shop pitch in to buy you a bike for this historic trek. Some bike shops have also been known to rent bicycles for the summer, for as low as \$100 (student run bike shop in Palo Alto).

## Bike-Aid Program Goals

**Bike-Aid is much more than a bike-ride; we hope that each rider will find new strengths in themselves as well as understand the struggles of communities around them and how to become an important part of that. In the process, riders become inspired to be part of the struggle for a more just society. Bike-Aid combines:**

- ♦ **Political Education:** Bike-Aid combines a unique activity (cycling) with a commitment to engage you in a different form of education – one that enables you to be conscious of and critically discern social, political and economic realities. Throughout the summer riders will engage in anti-racism trainings and critical conscious workshops around the global economy and current international events. As you pedal across the country, you will connect with local people everywhere who are organizing to improve their communities. Meeting with community-based organizations along the route, and interacting with International Partner Riders (community activists from Africa, Asia, and Latin America), will enable true global solidarity and community alliances to be built.
- ♦ **Community Living:** Your Community on Wheels (COW) is a microcosm of the world around you, with people of different ages, beliefs, and backgrounds. Keeping this community healthy and functioning can be as challenging as conquering any mountain pass! The COW is also instructive as a basis of comparison with the various communities you ride through, and a hands-on introduction to "cooperative living".
- ♦ **Service Learning:** Giving back to the communities you meet with is an intrinsic part of the learning exchange. You will take part in this by sending books to women in prison, painting a house or cleaning up a park, in different cities and towns during your journey. It's all about learning by doing and learning by sharing.
- ♦ **Fundraising:** By raising one dollar per mile, you will help support political education and organizing for social change through Bike-Aid and other JustAct programs. Through your efforts, you also gain valuable skills in planning for and reaching a personal goal, as well as first-hand experience in grassroots fundraising for social change.
- ♦ **Life-long commitment:** After your Bike-Aid experience, you will be encouraged to reconnect with you own local community to apply your knowledge, experience and skills gained on, to affect socio-political change. Bike-Aid is the experience of a lifetime, but it's only the beginning.



# Roles and Responsibilities of Participants

Bike-Aid is an exciting, challenging and often intense experience. In this section we describe what is expected of Bike-Aid participants.

## \***Fundraising**

Each rider is required to raise a minimum of one dollar per mile, (\$1000-\$3,600 depending on your route) in order to participate. Many riders raise substantially more. Bike-Aid staff will work with you to help you reach your goal. Riders have come up with all sorts of creative fundraising strategies. We will share them with you and give you a lot of advice in this area once you register. With creativity and persistence, you'll not only raise money for a great program, you'll pick up a valuable skill. **For every rider you recruit once you've officially registered, we will "credit" you \$250 deducted towards your fundraising tally, so tell your friends.**

**Note:** Funds raised are non-refundable unless Bike-Aid chooses to not allow you to ride for some reason. Only in this event will pledges be refunded. Pledges are not refunded if you drop out of all or part of the ride.

\***Actively Participate and Work to Build a Community on Wheels** We will provide you with some guidelines and suggestions for creating an effective group environment, but it is ultimately up to you, the riders, to organize the route in a manner that is equitable and comfortable for all. Your Group Facilitators will help to organize group discussions, but it is generally the group's responsibility to make decisions together, resolve conflicts, build trust, share your experiences and have fun!

\***Learning** We will facilitate dynamic and interactive learning sessions that revolve around economic literacy, globalization, race, class, gender and community. These will be organized by Bike-Aid staff during orientation, and by your Education Facilitators throughout your ride. In order to provide an opportunity to process the experiences and the learning taking place everyday, the cross-county route will meet up with Bike-Aid staff half-way through the ride for a two-day series of trainings and reflections. A similar exercise will be organized for all participants at the Finale. Your hosts along the way are also a big part of your educational experience. It is important for you to interact and share stories with them as often as you can – they are important resources. All of the educational exercises organized during Bike-Aid will have the overarching goal of enhancing participants' critical analysis of global issues as these relate to your own lives and communities, helping to make all of us more effective advocates for social and economic justice at home and abroad.

\***Represent Bike-Aid and Global Exchange** No matter how you see yourself, the people you encounter along your journey see you as a representative of Bike-Aid and Global Exchange. It is therefore important for riders to understand the goals and objectives of the program and our organization, and to treat host communities with respect. You are also required to follow all Bike-Aid policies as outlined in the end of the application.

\***Expect the Unexpected** Bike-Aid is a huge organizational endeavor with many variables. Despite careful planning, every year each route encounters the unexpected. Massive flooding in the Midwest in 1993 resulted in major re-routing and a few unplanned stays. Sometimes a 70-mile day will turn into a 100-mile one due to road construction (unfortunately, 100-mile days turning into 70-mile days due to construction are much less likely). Sometimes you may have inaccurate directions (This is NEVER the fault of hardworking and dedicated Bike-Aid staff, but has been known to occur on occasions when the hole over the ozone layer is particularly large). Sometimes hosts will fall through at the last minute and that warm meal that was going to be prepared for you is no longer a reality. On the flipside, sometimes road construction will lead you to a hidden bike path with amazing views, communities will go above and beyond sharing their town's secrets with you or surprise you with dessert at a local ice cream shop. And sometimes you'll be touched by someone you meet on a random street corner in a small unheralded town who changes the way you thought about life. If you don't like surprises, Bike-Aid is not for you. Bike-Aid is an educational adventure, not a commercial bike tour. We do our best to ensure that the trip will go smoothly for you, but be prepared for unplanned adventures!

## Where does the money go?

Bike-Aid is not only an important participatory learning program; it is also a large fundraising event. The funds you raise cover Bike-Aid's costs, and support on-going organizing and education for social and economic justice in the US and around the world.

Some of your fundraising efforts will provide travel scholarships to help young people from Africa, Asia and the Americas participate in Bike-Aid. Scholarships allow young community organizers from the Global south and from low-income communities in the US to participate in conferences and training activities, bringing grassroots voices and perspectives to movements for social change, and building international partnerships and alliances.

The funds you raise in 2002 will also support Global Exchange's "No More Innocent Victims" campaign. Created in response to the 9/11 tragedy, this campaign aims to promote peace, tolerance and justice during these times of heightened violence and prejudice. So far, Global Exchange has sent two delegations from the US to Afghanistan to meet with peace and social justice organizations, investigate refugee conditions and exchange with the families of victims of US bombing over the past several months. Check out [www.globalexchange.org/september11](http://www.globalexchange.org/september11) to learn more about this campaign.

In these ways your fundraising efforts allow you to both participate directly in and promote significantly the emergence of a powerful global movement for social and economic justice.



**\*\*It is important to note that non-profit organizations are well placed to be essential catalysts for positive change, even beyond governments. It was Margaret Mead who once quoted, "Never doubt that a small group of people can make a difference; indeed it's the only thing that ever does."**

**Non-profit organizations usually depend on individual contributions and outside grants to fund their projects. A lot of time and energy can be spent on writing grant proposals that may or may not come through from year to year. Bike-Aid is unique in the fact that it is a self-sustaining program that not only pays for itself but also invests money into other programs and projects.**

## **Past Examples of Programs Supported**

**Empowering the Urban & Rural Poor in the Philippines:** Our partner Kasama (Federation of People's Organizations) helps organized community groups of fishers, farmers, artisans, and women develop local solutions to community problems. Bike-Aid funding will support these efforts of community organizing, training, income-generating activities, credit programs and disaster assistance.

**Promoting Income-Generation & Employment in Zimbabwe:** The Zimbabwe Unemployment Benefit Fund (ZUBF), based in Masvingo, will support new and existing micro-enterprise initiatives through a credit fund. JustAct's partner will also work within Zimbabwean schools to develop a culture of entrepreneurship and to provide training in how to set-up and run small-scale businesses in their communities. The group's annual Bike-Aid-like event "Zimbabwe Cycle Against Unemployment" advocates for policies and programs, which promote jobs and sustainable livelihoods for all.

**Mobilizing Youth Efforts for Development & Human Rights in Mexico:** Our partner in Mexico, the University Community Service Brigade for Self-Determination (BUSCA), will run programs to teach children about the environment and human rights, organize youth camps in which students from Mexico City support sustainable agriculture and community development efforts in rural areas, and organize the 5th annual "bike-aid" (Vamanos Rodando), a cross-country bicycle ride which educates riders and communities about HIV/AIDS and other health-related issues.

**Sustainable Development & Indigenous Rights in Bolivia:** Kechuaymara, JustAct's partner in Bolivia, is a federation of 39 Aymara and Kechua community groups in the Bolivian altiplano. The Federation was founded in 1984 to direct collective efforts to improve the quality of life for native peoples through sustainable development, contribute to the recognition of their rights, and to achieve education, justice and spiritual and material progress for the Aymara and Kechua people.

**Student/Youth Training, San Francisco:** Summer Leadership Camps (SLiCs), the annual SAGE (Student Action on the Global Economy) Conference and campus workshops will help students and young people develop their ability to critically analyze global issues, and provide training and organizing skills that allow participants to increase their effectiveness as organizers and advocates for global justice on and off campuses.

**Empowering Youth in Montana:** Boys and Girls Club, Northern Cheyenne Nation Reservation, Lame Deer, MT. Provides a community space for youth to engage in extracurricular activities, such as sports, arts and crafts, education and general recreation.

**Empowering Youth in NYC:** North Brooklyn's Recycle A Bicycle (RAB) has been a strong partner of JustAct's Bike-Aid Program. RAB is a nonprofit, environmental education and job-training program for NYC youth. RAB takes donated bicycles, repairs them, and reintroduces them into the community via youth Earn-A-Bike programs, charitable causes, and sales at non-profit retail locations. Classes teach the importance of cycling and recycling, how to maintain and repair bicycles and how to ride safely in the city. Teens learn business concepts and help run the RAB retail shops. Three teens from RAB have participated on Bike-Aid.

"I learned that we can make this world smaller – not by destroying it, but by bringing people closer."  
Rider from Zimbabwe, San Francisco 1998

## **Route Leadership**

Each route has a leadership team of Group Facilitators (GF), Education Facilitators (EF), and a Media Coordinator. Participants based on interest and experience fill these positions. If you are interested in being a part of the leadership team, please circle the appropriate position on the general application. All members of your route will help out with leadership, so GF's, EF's and MC's will not be alone. Descriptions are listed below.

We will be sending all registered cyclists applications for leadership positions. **An important consideration when applying for a position is your commitment and ability to attend our Leadership Training in San Francisco (long weekend over Memorial Day weekend - May).** This is an intensive, educational and FUN time to learn more about Bike-Aid, your role as facilitators, and enhance your leadership skills. Bike-Aid has limited funds to help with transportation costs.

### **Group Facilitators (GF's)**

In the words of a Bike-Aid alum, the GF's main responsibility is to "act as the grease on the chain" for the group's interaction with each other, with host communities and with the Bike-Aid office. The GF helps encourage riders to follow safety policy, calls group meetings, and helps set up task rotation systems to make sure everything runs smoothly. The GF's also help run the route Orientations before the ride starts. The Group Facilitator's job is not to run the group, but to help things get rolling until the group can run itself. The GF is also the main link between the head office and the riders. Qualifications: leadership experiences and/or experience with collective living situations. A desire to motivate and work to make your ride a successful adventure. Knowledge of consensus decision-making is a plus.

### **Education Facilitator (EF)**

EF's are responsible for motivating the route to maintain the educational focus of the ride. This involves setting up informal gatherings among cyclists about once a week to discuss different issues. These informal discussions in conjunction with unique host stays help participants process information learned during the ride and maximize the learning opportunities. An educational reader will be given to each rider, and the EF may pull ideas and resources from this. The EF will also be given a leadership manual with ideas for facilitating different workshops. Qualifications: strong commitment to maximizing the educational opportunities of the ride, good motivational skills, and an ability to work with different learning styles. Team-teaching experience helpful and knowledge of popular education a plus.

### **Media Coordinators (MC)**

The MC will work with the Bike-Aid office staff to generate publicity during the ride. Most often this entails phone calls to press to follow up on press releases and to arrange meeting times. The MC will coordinate meetings with local media along the route. MC's are also responsible for compiling contact information and any coverage into a booklet for future Bike-Aid rides. Training for the MC position includes a special information packet and attendance at the Leadership Training. Qualifications: a desire to gain experience in dealing with the "press".

## **Route Orientation**

Each route begins with three days of preparation and fun with your group in the starting city. This is an ESSENTIAL time to be present and bond with your co-cyclists, making group decisions, playing games, and going over the logistics of the ride. These few days set the tone for a positive group experience. Attendance at Orientation is mandatory for all cyclists. Notify the office if you have a conflict: exceptions are made on a case-by-case basis. We recommend you keep communication strong with your group even before Orientation (we will provide everyone with a phone and email list of your group).

## **The Washington D.C. Finale**

The glorious ride into the Nation's capitol features a warm welcome by friends, family and the media. Once in DC, riders will meet with lobby representatives of their Congress members to discuss important local issues. There will be two days of follow up, writing thank yous, evaluations, clean up and parties with alums and family.



**Bike-Aid is an annual summer cross country trek that raises funds and awareness for social and economic justice issues. Enjoy these reflections on the “Bike-Aid experience” from past participants.**

*"When I look back now, I feel I have learned more in the two months travelling across America by bicycle than I did my entire four years at UC Berkeley."*  
 - Shashi Assisi, Los Angeles '91

*"In additon to raising awareness and conciousness of social injustices and institutional oppression, Bike-Aid enhances riders'abilities to critically ana - lyze these issues and to find their own role in creat - ing a just and egalatarian society."*  
 - Eric Lynch, San Francisco 2001

*"Just like life, Bike-Aid is about living and not mere - ly exisitng."*  
 - Harlan Klein, Montreal '95

*"Bike-Aid utilizes one of the best technologies to learn about simplicity and efficiency – the bicycle."*  
 - Francis Dela Cruz, Seattle '00

*"I feel I can do whatever I set my heart to do. I feel empowered, confident and at peace with myself. I look forwrd to going home to the Philippines. I feel very liberated and free."*  
 - Katti Sta Ana, Portland '99

*"If you have lost your faith in human kindness and unconditional generosity, try Bike-Aid. You will fall in love with people again."*  
 - Suzy McDowell, Seattle '94

*"Bike-Aid is about seeing where you fit in, and where your visions fit into a broader context than most others will ever see."*  
 - Stefan Lynch, San Francisco '97

*"Bike-Aid is a way of thinking for a summer and a way of living for a lifetime."*  
 - Dan Bureau, Austin '87

*"I can make a difference here and now by the way I choose to live my life, by the issues that I choose to give my attention to. Some would label me an idealistic sap. I feel that because I can't do it all is a lousy excuse for doing nothing. Living life purposefully is a lesson well learned last summer (on Bike-Aid)."*  
 - Nancy Horiuchi, Seattle '87

*"Bike-Aid is a springboard for social action."*  
 - Katie Reppert, Seattle '98

The following Bike-Aid alums are glad to talk to you about their Bike-Aid experience and answer any questions you may have. Feel free to give them a call, drop them a letter, or contact us for your local alum addresses.

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# Preliminary Cross-Country Route Itinerary

## San Francisco Route

June 15-August 19 approximate mileage: 3600 miles

The following is the proposed route for this year. All the mileage shown is estimated. An updated list will be mailed to cyclists in the late spring; however, this should give you an idea of the host stays along the way...

Riders on the San Francisco Route move quickly from the Golden Gate to the rolling beauty of the Sierra Nevada Mountains. This route goes through quite varied terrain, from the rugged Nevada desert to the grandeur of the Great Salt Lake, to the stunning Poudre Valley in the Rocky Mountains. You'll get to visit the Land Institute, a sustainable agriculture research and advocacy farm in the heartland of Kansas, and if you're lucky you'll see the World's Largest Ball of Twine in Cawker City, Kansas! Key locales include: Lake Tahoe, Reno, Salt Lake City, Boulder, Bloomington, Cincinnati, and the Blue Ridge Mountains.

*Today was a day we'd all been fearing - the first taste of the Sierras, but I'd say that it turned into one of our most enjoyable and spectacular so far. After several days of tortuous heat, we started early and got some of the worst climbing over early. Our reward was some spectacular downhill into swathes of cold air and amazing views. Down into Reno we rode where we were treated like queens and kings at the local YMCA. We went to two "All You Can Eat Buffets," which were nothing short of dreamlike - speaking of the massive quantities of food we were all able to consume. It's all been amazing so far...looking forward to the next eight weeks.---SF Route Journal Entry*

### SAN FRANCISCO - WASHINGTON DC

#### CALIFORNIA

6/15	Samuel P. Taylor SP	50
6/16	Sonoma	45
6/17	Davis	60
6/18	Auburn	50
6/19	Grass Valley	26

#### NEVADA

6/20	Tahoe	70
6/21	Reno	75
6/22	REST DAY	
6/23	Lovelock	95
6/24	Winnemucca	72
6/25	Battle Mtn	52
6/26	Elkins	75
6/27	Wells	49
6/28	REST DAY	
6/29	Wendover	60

#### UTAH

6/30	Grantsville	105
6/31	Salt Lake City	40
7/01	REST DAY	
7/02	Heber City	63
7/03	Duchesne	75
7/04	Vernal	60

#### COLORADO

7/05	Maybell	96
7/06	Steamboat Springs	75
7/07	REST DAY	
7/08	Walden	65
7/09	Ft Collins	100
7/10	Boulder	56
7/11	REST DAY	
7/12	REST DAY	
7/13	Strasburg	60
7/14	Anton	60

#### KANSAS

7/15	St. Francis	85
7/16	Oberlin	80
7/17	Phillipsburg	65

7/18	Beloit	80
7/19	Salina	80
7/20	REST DAY	
7/21	Manhattan	85
7/22	Lawrence	70
MISSOURI		
7/23	Kansas City	45
7/24	REST DAY	
7/25	Warrensburg	60
7/26	Sedalia	50
7/27	Jefferson City	72
7/28	Marthasville	80
7/29	St Louis	50
7/30	Effingham	100
ILLINOIS		
7/31	Terre Haute	90
8/01	Bloomington	65
8/02	REST DAY	
INDIANA		
8/03	Columbus, IN	41
OHIO		
8/04	Cincinnati	100
8/05	REST DAY	
WEST VIRGINIA		
8/06	Peebles	74
8/07	McArthur	67
8/08	Ripley	79
8/09	Glenville	55
8/10	Buckhannon	43
8/11	Elkins	30
8/12	Franklin	75
8/13	Harrisonburg	70
8/14	REST DAY	
VIRGINIA		
8/15	Shenandoah N P	45
8/16	Front Royal	46
8/17	Leesburg	49
8/18	Washington DC	40
8/19	Washington DC	
Go Home!		

## ESTIMATED COSTS AND EXPENSES FOR BIKE-AID

### A. Registration Fee:

Registration for Bike-Aid is **\$150 or \$100 if you sign up before April 1st**. It is due with your application. We can't hold a place for you without receiving your application fee. This fee is non-refundable if you are accepted into Bike-Aid.

### B. Equipment:

If you don't have a bicycle already, this may be your biggest expense. Remember; if you don't already have a bicycle, borrowing, buying a used bike, renting, or getting local bike shops to sponsor you are less expensive options to buying a brand new bike! Below is a listing of how much equipment runs if you are starting from scratch.

Bicycle	\$0 - \$750
Helmet	\$30-\$100
2 pair cycling shorts	\$50-\$160
Cycling gloves	\$10-\$35
Fanny pack or handlebar bag	\$10-\$50
Pump	\$15-\$35
Water bottles	\$3 - \$10
Cycling shoes (nice, not necessary)	\$45-\$150
Spare tubes, patch kit, allen wrenches	\$10-\$20
Sleeping bag and pad	\$50-\$140
<b>TOTAL for equipment:</b>	<b>\$223-\$1450</b>

\*\*You will also want to budget about **\$100-\$200** for bike maintenance and repair- chain lube, spare tubes, etc. Even if nothing goes wrong with your bike- you can count on needing to replace your tires after about 2,000 miles.

**C. Food:** Community hosts and donors often provide dinners, but you will have to pay for much of your breakfast and lunch food. Cyclists contribute to a communal food fund and share cooking responsibilities. Average food costs run \$35-50 per week for group food plus money for frozen yogurt or French fry stops that you make along the way. You should be prepared to spend at least 75% of your funds for food alone. Food is your fuel, after all!

**Total for food: \$300-\$500** depending on route.

**D. Lodging:** Bike-Aid does its best to find cool places for you to stay every night, but there are a few times, when camping is the only option, or your route takes you through a beautiful National park that requires a fee (Yosemite, Teton, Blue Ridge Mts).

**Total for camping and nat'l park fees: \$30-\$50**

**E. Out of Pocket Expenses:** You should bring money to cover sundry knick-knacks, postage, batteries, T-shirts, film, etc. How much you end up spending depends a lot on you.

**Total: \$100-\$300**

**F. Travel:** It's up to you to get to your starting city and home from Washington, DC. There are many ways to get where you need to go besides flying. You might consider carpooling, doing a "drive-away" or taking the bus. The SAG vans will also be returning to San Francisco from D.C. and will need two drivers. This is decided on a first come first serve basis.

Estimated transportation	\$100-350
Bike shipping fees (both ways)	\$30 - 60
<b>Total travel &amp; bike shipping costs</b>	<b>\$130-\$41</b>

**GRAND TOTAL**

**\$883-\$2,910\***

**\*Excluding bicycle purchase and travel costs, you should probably count on spending an average of about \$10/day. Compared to other bicycle tours, this is relatively inexpensive for what is the adventure of a lifetime.** (also, you won't be paying rent!) Please contact us if you need ideas for cutting costs or getting donations, we would love to share them with you! In past years, inspired but broke cyclists have successfully had bikes, plane tickets, and various amounts of gear donated or discounted. **It is possible!**