Thanks to all of our Silicon Valley Bike Summit Sponsors!

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land use entitlements land planning land development public works civil engineering landscape architecture land surveying stormwater compliance
Beyond the Bike Lane
Beyond Bike Lanes

Siena Youth Center of St. Francis Center Bulldog Riders
Trips for Kids Bulldog Riders Program is about health and community building, helping kids ages 11-18, learn about bicycle safety, healthy advocacy, bike maintenance, and active lifestyles. We engage youth in developing a survey and video series to educate youth and families on biking, equipment maintenance, and access to local trails.
Community biking programs help Counties look at the power that biking has within the culture of a community.
The problem

Not enough green spaces are located in unincorporated communities and communities that have low-income families.
How we engage and Walk with, not for!
The solution

youth programs that help youth mobilize and advocate for safe and green spaces will have youth become more aware of systemic issues and access.
Walking with and learning from…

SYC is located primarily in a Latinx community and it serves over 99% youth who identity as Latinx. Therefore, it is important to acknowledge race in this case and the fact that SYC centralizes the experiences of Latinx youth in a community context.
How we are influenced

This project is influenced by a Latino Critical Race Theory (LatCrit) framework to examine the cultural practices of a youth center in a primary Latinx community. Solorzano and Bernal (2001) explain, “LatCrit theory draw[s] from and extends a broad literature base that is often termed critical theory, an attempt to understand the oppressive aspects of society in order to generate societal and individual transformation” (311).
Social Justice in navigating our walk...

- Social justice is at the core of this project because it places a light on the work of a community center that often goes unnoticed for several reasons.

- First, SYC is a non-traditional educational space. It is an after-school program whose work goes unrecognized compare to the local traditional public and private schools.

- Second, SYC is located in an unincorporated neighborhood of Redwood City, which by nature of this policy serves to keep the residents of unincorporated NFO as second-class citizens. NFO residents are not governed by the local city officials but rather by the County Board of Supervisors. Poverty is higher in NFO than in Redwood City.
What we have been able to accomplish

- Our youth and community have been able to host five annual bike rodeos for San Mateo County in North Fair Oaks which is located in the unincorporated area of Redwood City.
- Our youth and community have advocated for bike lanes on Middlefield road and were instrumental in the redesign process.
- Our youth and community have been instrumental in the San Mateo County Flood Park redesign process and advocated for the first pump track in San Mateo County Park systems to be in the design.
- Our youth have hosted bike workshops for the community monthly for the past four years.
SYC BULLDOG RIDERS
5TH ANNUAL
NORTH FAIR OAKS
BIKE RODEO
The Fundamental walk in youth advocacy

1. Coaching and Leadership Model-Youth voice and choice

1. mentorship
Leadership Model

This leadership model of youth voice and choice serve as examples of what Tara Yosso refers to as navigational and social capital. The youth are learning to speak up and share their thoughts and opinions. This important skill becomes useful as the youth navigate institutions like higher education.
Ministry and mentorship

This mentorship model as explained in figure 1 demonstrates the opportunities for mentorship in all aspects and practices of the Siena Youth Center. In the *Coaching Model*, staff coach and mentor the youth, building genuine relationships (Staff to Youth). In the *Leadership Model of Youth Voice and Choice*, youth mentor each other to take on leadership opportunities and speak up (Youth to Youth and Youth to Staff). In a *Culture of Ministry*, the staff mentor each other in ensuring they all take care of each other and support each other in their ministry (Staff to Staff).
Poderismo in our walk…

The Siena Youth Center offers a new type of youth engagement practice through their belief in *poderismo* and their 3 key cultural practices. These practices represent youth development models that can be applied in other youth centers serving Latinx youth. At the same time, Tara Yosso’s community cultural wealth model, can serve as a framework that other youth programs can begin to adapt as a starting point in their creation of their own models. In a similar way that Siena Youth Center has, Yosso’s model can be adapted, recreated, and expanded in order to serve and meet Latinx youth where they are.
Works cited

Presentation content and paper by Ana Angel Avendaño, M.A. Spring 2018 “Poderismo: Engaging Latinx Youth through their Community Cultural Wealth”

Key Literature

Trail Development Along Waterways Within Santa Clara County

August 22, 2018
Santa Clara Valley Water District

Mission
- Stream Stewardship
- Flood Protection
- Water Supply

District owns
- 275 miles of creek
- ~400 acres of groundwater recharge ponds
- 10 reservoirs
- 3 treatment plants
- 1 advanced recycled water purification center
District Support of Trails

- District Board Policy provides for joint use of District lands for recreational uses under agreements with public agencies
- District has supported trails for over 35 years
- Not all creek side properties are District owned
Roles and Responsibilities

District is responsible for creek/pond maintenance & operations:

- Safe passage of flood flows
- Water supply purposes
- Fisheries habitat
- Riparian habitat
- Compliance with environmental permits
Roles and Responsibilities

Trail partners responsible for recreational use:

• Safe condition of trail
• Trail surface maintenance
• Trash & graffiti
• Enforcement of trail rules
• Trail related improvements (signage, fencing, public art)
• Vegetation trimming for visibility, trail safety
Successful Trail Development

- Over 65 miles of trail constructed on District property along 30 creeks, 2 pipelines, 10 reservoirs and 9 groundwater recharge facilities

- 67 active Joint Use Agreements

- 14 public agencies including 11 cities, Santa Clara County, Open Space Authority, Berryessa School District

<table>
<thead>
<tr>
<th>Participating Creeks</th>
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<tbody>
<tr>
<td>Adobe</td>
</tr>
<tr>
<td>Permanente</td>
</tr>
<tr>
<td>San Francisquito</td>
</tr>
<tr>
<td>Stevens</td>
</tr>
<tr>
<td>Sunnyvale West</td>
</tr>
<tr>
<td>Calabazas</td>
</tr>
<tr>
<td>Regnart</td>
</tr>
<tr>
<td>San Tomas</td>
</tr>
<tr>
<td>Saratoga</td>
</tr>
<tr>
<td>Wildcat</td>
</tr>
</tbody>
</table>
Trail Development Along Waterways

- Most trails were constructed over levee or maintenance roads for recreational use
- Early projects and trail master plans developed to preserve the integrity of creek environment and provide for parks and public access
- Increased demand for alternative transportation routes are placing pressure on natural creek corridors to provide new trail miles
Trail Development Results

• Increased trail usage
Balancing Trail Development with Stream Stewardship and District Operations

• Increasing demand for additional trails, transportation corridors, bridge crossings and trail undercrossings
• Inclusion of urban amenities such as artwork, kiosks, and lighting within the stream corridor and riparian areas
Challenges to Trail Development

- District staff has recognized challenges in reconciling trail design and alignment with at least two ends policies of the District:
  - E-4.2.2. Support healthy communities by providing access to additional trails, parks, and open space along creeks and in the watershed
  - E-4.1.1. Preserve creeks, bay, and ecosystems through environmental stewardship.

"The integrity of the creek environment shall be balanced with the need for park development and public access."
Coyote Creek Task Force
1989
Stream Corridor Impacts

• Transportation
  • Efficient direct route
  • Smooth paved surface
  • Wide widths and shoulders
  • Gentle grades
  • 24/7 operational hours
  • All weather availability
  • Accommodate multiple users
  • Limit road crossings

• Limited Space
  • Direct trail alignments through riparian corridor
  • Place trails in channel, on lower maintenance roads, under bridges, inside floodwalls
  • Require significant infrastructure such as retaining walls

• Urban amenities
  • Lighting, artwork, fountains, kiosks, signs
  • Call boxes, benches, aesthetic landscaping
  • Decorative pavement and waterfront cafes
Operational Impacts

Transportation
- Closures for mowing, tree removal, in stream vegetation and sediment removal.
- Increased District costs for security, compromised safety of staff and the public.
- Trail construction removes vegetation and results in mitigation measures on District property.

Hardscape and Urban Amenities
- Operations modified to avoid damage to walls, pavement, and disruption to trail users
- Compromised access and increased cost

Bridges
- Disrupt maintenance access
- Require exclusionary netting or reduces work window due to nesting birds
- The proliferation of access points and levee access ramps poses safety concerns and interrupts operations
- Trail proximity to top of bank increases bank erosion
Trail Guidance

Variety of efforts in the past and currently ongoing regarding trail guidance in the following documents:

- **Uniform Interjurisdictional Trail Design, Use and Management Guidelines** – Santa Clara County Interjurisdictional Trails Committee - April 15, 1999
- **Guidance for Trail Design – Guidelines & Standards for Land Use Near Streams** – 2007
- **Coyote Watershed Aesthetic Guidelines** – SCVWD – December 23, 2000
- **One Water Plan for Santa Clara County** – 2016
- **San Jose Trail Network Design Guidelines** – (Toolkit): in progress
- **VTA Update to Countywide Bike Plan** – in progress
Recent Board of Directors Involvement

• The Board has expressed a desire to conduct outreach on trails with various stakeholders group.

• Director Keegan gave a presentation to the Save Our Trails Group in which she gave an overview of compatible uses, minimizing riparian corridor impacts, neighborhood considerations and opportunities for community engagement.

• Director Kremen requested District staff come back to the full Board with an update on trail policy.

• Board Chair Santos hosted the 2018 Trails and Waterways Summit
Current Collaboration Efforts With Cities

• Ensuring that pavement is kept to one side of the creek channel
• Minimizing
  • A trail’s encroachment into the riparian corridor and below top of bank
  • The occurrence of access ramps on the back slope of levees and trail connection access points to serve the public
  • The number of pedestrian bridges, the amount of hardscape improvements, lighting
Future Outreach and Next Steps

• Continue working with the City of San Jose to develop Trail Network Design Guidelines (Toolkit)

• Continue working with VTA in the development of an update to Countywide Bike Plan (CBP) and with various cities in the development of trail Master Plans

• Analysis of proposed trail systems across the County to identify constraints along with operations and maintenance needs and identify opportunities with various stakeholders
Future Outreach and Next Steps

- Additional outreach via stakeholders meetings in Mountain View, San Jose, and South County.
- Outreach through One Water Plan to include trails and recreation as one component of watershed-based water resources master planning.
- Staff will return to Board to communicate feedback from stakeholder meetings to be included in the design guidelines.
Beyond the Bike Lane – Accessing BART via Bike

SVBC SUMMIT – AUG. 22, 2018
KATIE DELEUW, BART BICYCLE ADVISORY TASK FORCE
Agenda

• Section 1:
  • A brief history of bikes on BART
  • Recent studies, plans and policies
• Section 2:
  • Station improvements
  • Bike parking
• Section 3:
  • Bikes on BART trains
Section 1: Bike on BART history + recent plans/policies
Goal: Double bike access from 4% to 8% by 2022

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Example</th>
<th>Focus to date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circulation improvements</td>
<td>Stair channels, accessible fare gates</td>
<td></td>
</tr>
<tr>
<td>Availability to safe parking</td>
<td>Bike lockers, bike stations</td>
<td></td>
</tr>
<tr>
<td>Bikes on board</td>
<td>Commute period access, bike space on cars</td>
<td></td>
</tr>
<tr>
<td>Encouragement programs</td>
<td>Bike-to-Work Day, Bike share promotion</td>
<td></td>
</tr>
<tr>
<td>Beyond BART boundaries</td>
<td>Bike sharing, support local improvements</td>
<td></td>
</tr>
</tbody>
</table>
Station Access Policy - 2016
Bicycle Capital Plan - 2017

- Parking expansions – major and incremental
- Networking eLockers
- Stairway channels
- Accessible fare gates
Network Gap Study – in progress
Section 2:
Bike parking + stations
Keyed Lockers: 390 at 17 stations
Bikelink eLockers: 1,642 at 37 stations
BiKeep: 34 units at 3 stations
Bike stations: 1,321 units at 7 stations
Bikeshare
Warm Springs Station
North Berkeley – Ohlone Greenway
Silicon Valley Extension - Milpitas Station
Section 3: Bikes on board
Pilot program – straps
Fleet of the Future
Thank you!

Want to help shape the future of bikes on BART? Join the BBATF – we need reps for Santa Clara and San Mateo counties. For more info:

Helpful websites

www.bart.gov/guide/bikes
www.bart.gov/about/bod/advisory/bicycle

Real people

Steve Beroldo, sberold@bart.gov – BBATF staff liaison
Katie DeLeuw, katiedeleuw@gmail.com – BBATF Vice Chair
Peninsula Open Space Trust
Public Access Program

Rachael Faye, PMP, CPRP
Public Access Program Manager
POST protects and cares for open space, farms and parkland in and around Silicon Valley.
Rancho Canada del Oro
San Vicente Redwoods
Cowell-Purisima Trail (CA Coastal Trail)
Action Items:

Mindego Hill
Rachael Faye, PMP, CPRP
POST, Public Access Program Manager
BIKE TO WORK DAY 2018
MAY 10, 2018

GET READY FOR BIKE TO WORK DAY 2018

JOIN US AT 5 ENERGIZER STATIONS FOR REFRESHMENTS, GIVEAWAYS, FUN AND CAMARADERIE!

THURSDAY, MAY 10, 6:30-9:30 AM

BIKE FAIR
at Stanford Research Park
Thursday, June 21 | 11AM - 2PM | 3100 Porter Dr
You Deserve to Be Rewarded!

The more days you use a commute alternative, the more rewards you’ll earn!

If you ride public transit, carpool, vanpool, bicycle or walk to work, log your trips at SRPGO.com to earn points redeemable for lunch certificates, coffee cards, movie passes and more!

Start logging your trips at https://srpg.com/#/.

Charity Ride Guide

Charity rides are a great way to do good, get into shape, and make some new bike buds.

Training starts... now! Check out the full spread of Bay Area charity rides for 2018.
A bit about myself

Materials Scientist at Lockheed Martin

Bike commuting for about 2.5 years

Only mechanical failure or physical illness keeps me from bike commuting

I now ride bicycles for fun and encourage others to participate in the joy of cycling
Some Thoughts about Bicycle Commuting in Wet Weather

Phillip McCart - A guy who bike commutes in the rain
Name: Leia Mehlman

Employer: Jazz Pharmaceuticals, Inc.

Job: Manager, Safety Systems Management (although I am also a Registered Nurse)

Hometown: Various towns in Bucks County, Pennsylvania

Where do you currently commute from? I bike from Sunnyvale about three days a week.

Why do you bike? I like the air, being closer to the physical rather than being in a caged steel frame. On my commute I can appreciate what people are cooking for meals, literally smell the flowers, appreciate the breeze, enjoy my music or a podcast, and ponder an issue.
Thank you

- Program info: StanfordResearchPark.com
- Contact: SRPGO@Stanford.edu
Riding for Focus uses cycling as a tool for children to achieve academic, health, and social success.
**Academic**
- “Warm up the brain” to facilitate learning
- Cycling is an effective method for improving attention and focus, particularly for those with learning differences like ADHD.
- Improve academic performance

**Social Success**
- Provide socially inclusive activity to bring all students together in non-competitive athletic activity
- Opportunity for students to develop leadership, responsibility, and mastery skills
- Improvements to mood, self esteem and social connectedness.

**Health**
- Educate students on the benefits of regular exercise
- Provide opportunity during school day to be physically active
- Develop lifelong regular exercise habits
THE R4F JOURNEY

Our vision to build a “Lifelong Passion for Cycling” in the riders of tomorrow

I
Baseline Research

2012-16

II
Primary Medical Research
Riding for Focus Program

2016-17

2017-18

III
Scale R4F National

2018-19

2019-20

2020-21

IV
Scale Global

2020-21
Riding for Focus Schools - Deployment

2012-2014
Phase I
Concept Testing
Riding for Focus Schools

2014-2016
Phase I
School Program
Riding for Focus Schools

2016-2017
Phase II
R4F Program
Riding for Focus Schools

**2017-2018**

10,000+ New Students Riding Each Year

<table>
<thead>
<tr>
<th>IA</th>
<th>Total Schools</th>
<th>Students Impacted</th>
<th>Retention</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>47</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>IB</td>
<td>7</td>
<td>900</td>
<td>71%</td>
</tr>
<tr>
<td>IIA</td>
<td>18</td>
<td>1,200</td>
<td>82%</td>
</tr>
<tr>
<td>IIB</td>
<td>38</td>
<td>5,000</td>
<td>95%*</td>
</tr>
<tr>
<td>III</td>
<td>110</td>
<td>14,473</td>
<td>95%*</td>
</tr>
</tbody>
</table>

17 States

38 Middle Schools

120 R4F Champions

[Map of the United States with stars indicating R4F champions across different states.]
Riding for Focus Schools

**2018-2019**
Scaling Phase 3 – Fall 2018
82 R4F programs worldwide YE
20,000 new students/year
33 states + DC

BSA: Camp Pilot
self funding school
Silicon Valley Region: Public/Private Development: SVLG Match Grant, Wells Fargo, City SJ SVLG Multi-Year Commit
SoCal Region: LA/LAUSD-LACBC; San Diego
Colorado Region: CO-DOT Match Grant
D.C.: Community Pilot for schools w/ WABA
NYC Region DOE (Ed): Pilot for schools w/ BikeNY
Atlanta: Public/Private Sector Development CSG Camp Pilot
Adopt-A-School: Aetna Foundation

10,000+ New Students Riding Each Year
38 Middle Schools
17 States
120 R4F Champions
RIDING FOR FOCUS

PRIMARY RESEARCH

SCHOOL CYCLING PROGRAMS
The founding principle for primary research:
- Validate hypothesis about cycling impact on brain activity. “Warming up the brain for learning”

Research Goals:
- Show positive changes in mood, attention and behavior
- Score significantly better on Standardized Math Tests
- Have brains that process information faster
- Improve their physical fitness
- HAVE FUN!
One year into a three year study: Measuring brain activity during and after cycling-exercise

1. Can we accurately measure changes in blood flow induced by a cognitive and motor task at different intensities of exercise?
2. What are the acute effects of ‘engaged-exercise’ upon brain activity, cognitive function and mood?
3. How long post-exercise do the effects of cycling last?

Test Procedure

<table>
<thead>
<tr>
<th>NIRS setup</th>
<th>Pre-X Task</th>
<th>During-X Task</th>
<th>Post-X 15min Task</th>
<th>Post-X 60min Task</th>
<th>Post-X 105min Task</th>
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Moderate-vigorous (65-85%) Up to 120 minutes post-exercise
RIDING FOR FOCUS

PRIMARY RESEARCH

SCHOOL CYCLING PROGRAMS
THE R4F PLATFORM
Curriculum – LMS - Assessment

Flexible Curriculum:
• Stage I: 12 Modules to Off Campus Riding
• Three stages in full program

Learning Management System
• Interoperates with school’s LMS
• Inverted Classroom Learning Support
• Measures Student Performance

Biometric Assessment Tool
• HIPAA and COPPA compliant
• Measures Human Performance, Academics, Attendance, Mood, Attention & Behavior Assessments
1,000,000 Youth in Riding For Focus Intervention for 1 year, No Attrition

$6.0 Billion Direct Medical Costs Averted

$6.4 Billion Productivity Losses Averted

465,645 Years Of Life Saved

359,850 Fewer Overweight and Obese

Source: Dr. Bruce Y Lee, MD, MBA, Executive Director, Global Obesity Prevention Center at Johns Hopkins University. Stanford Summit 8.10.18
SCHOOL REQUIREMENTS

6 : 3 : 20
Weeks : Days : Minutes In Zone

Must implement the program for a minimum of 6 weeks, 3 days a week, and at least 20 minutes each day.

Curricular

- Teachers executing the program already know how to teach

School Core Team

1. Champion - this is the leader that goes through training and trains-the-trainer,
2. Administrator – mitigates the red tape
3. Community Support Team - local cycling clubs, LCIs, local government, and PTA

Cycling Sustainability Plan

Safe Riding Opportunity – identify three safe routes
GOALS

200 Riding for Focus programs by 2020

Enable Riding for Focus to become a staple within PE curricula nationwide in three years

Improve health of the next generation through development of a life long habit of cycling

Increase youth ridership

Enable doctors to prescribe cycling as part of a comprehensive treatment program for ADHD
JOIN THE MOVEMENT
Get your school on the program
Volunteer / Donate / Support

#RidingForFocus

www.SpecializedFoundation.org
#RidingForFocus

www.SpecializedFoundation.org

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MINETA TRANSPORTATION INSTITUTE

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