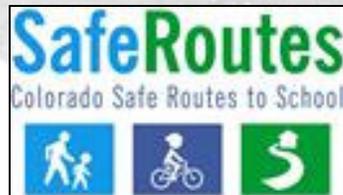


CDOT Bike Rodeo Training Alamosa, CO June 30, 2009



Thanks to Preston Tyree, Director of Education,
League of American Bicyclists

What to expect

- This is a 6-hour class, 8:00 a.m. – 2:00 p.m. (we'll take breaks and have lunch, not to worry)
- Classroom, hands-on and on-bike activities
- Interactive – Don't be afraid to ask questions
- We'll learn a lot from each other
- You are not alone! There are tons of resources at your disposal



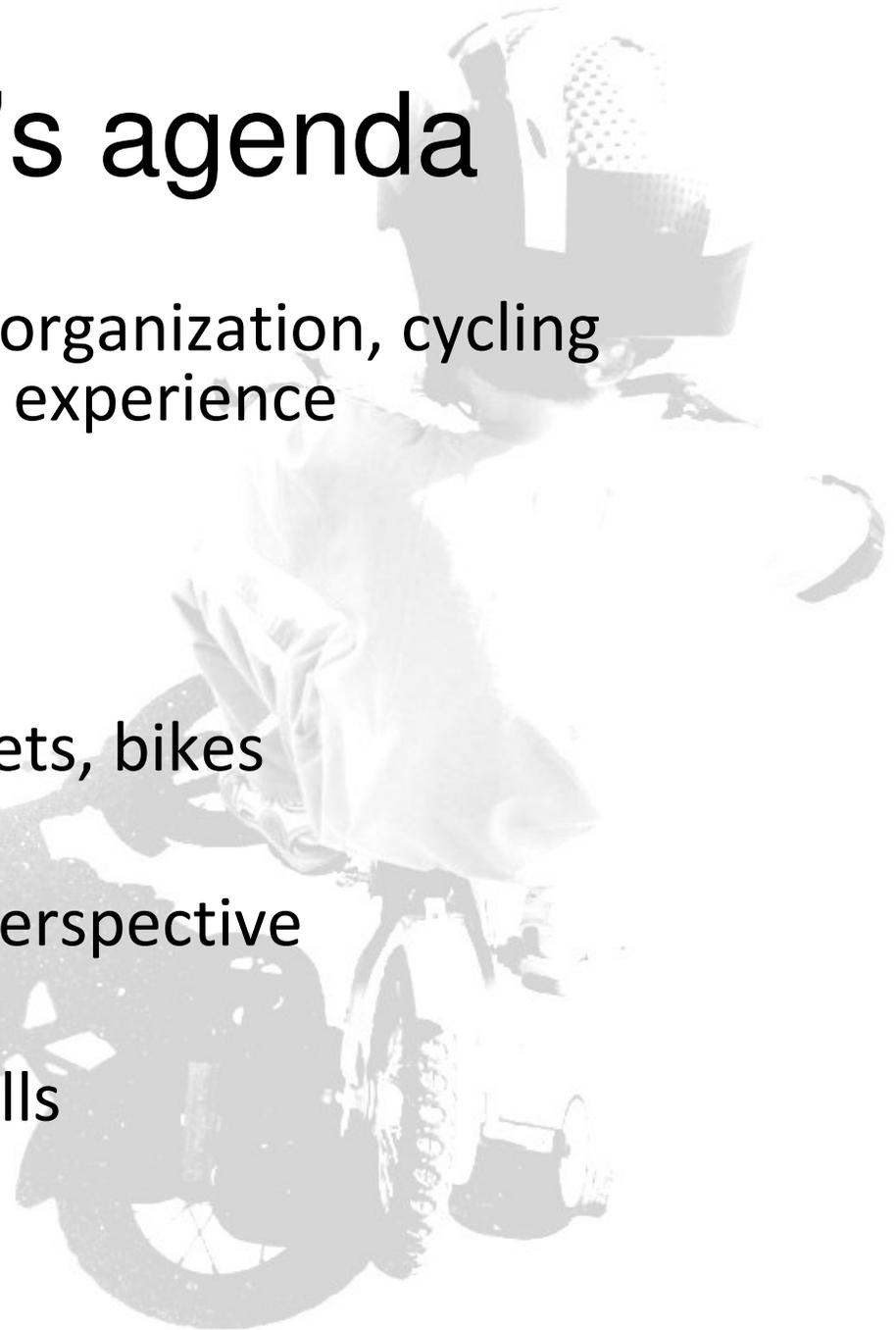
Tracy Halasinski

- Commuter, recreational cyclist
- League of American Bicyclists
 - League Cycling Instructor #1318
- Denver Mayor's Bike Advisory Committee
 - Chair, 2005 - present
- Urban Planner



Today's agenda

- Introductions – Name, organization, cycling experience, bike rodeo experience
- Why we're here
- Intro to bike rodeos
- Vehicular Cycling
- Getting started - helmets, bikes
- ABC Quick Check
- Cycling from a child's perspective
- Rodeo setup
- Outdoor parking lot drills
- Evaluation



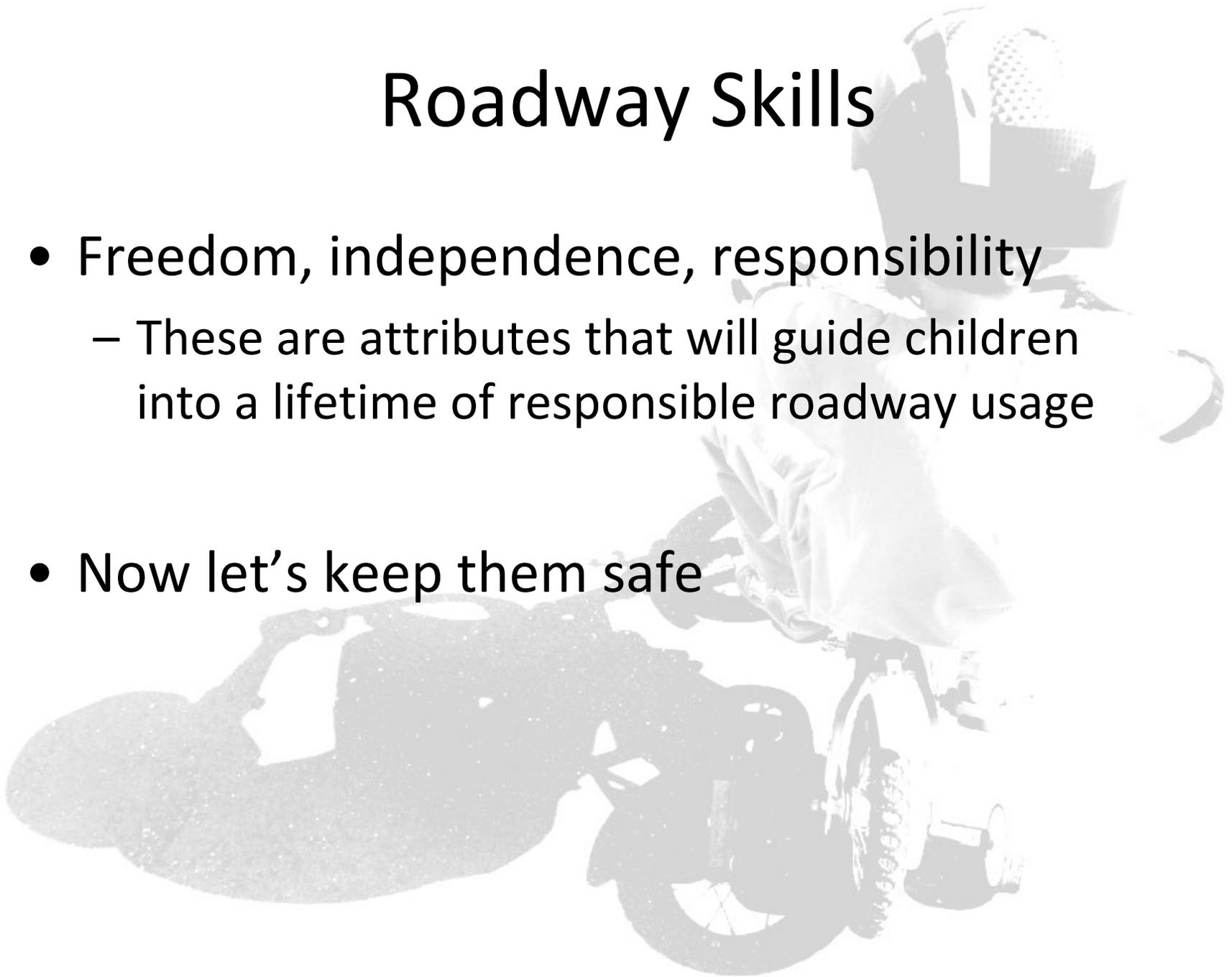
What did your first bike mean to you?

- Fun
- Freedom
- Independence
- Responsibility
- Transportation
 - paper routes (commercial)
 - visit a friend (recreational)
 - go to school (commuting)



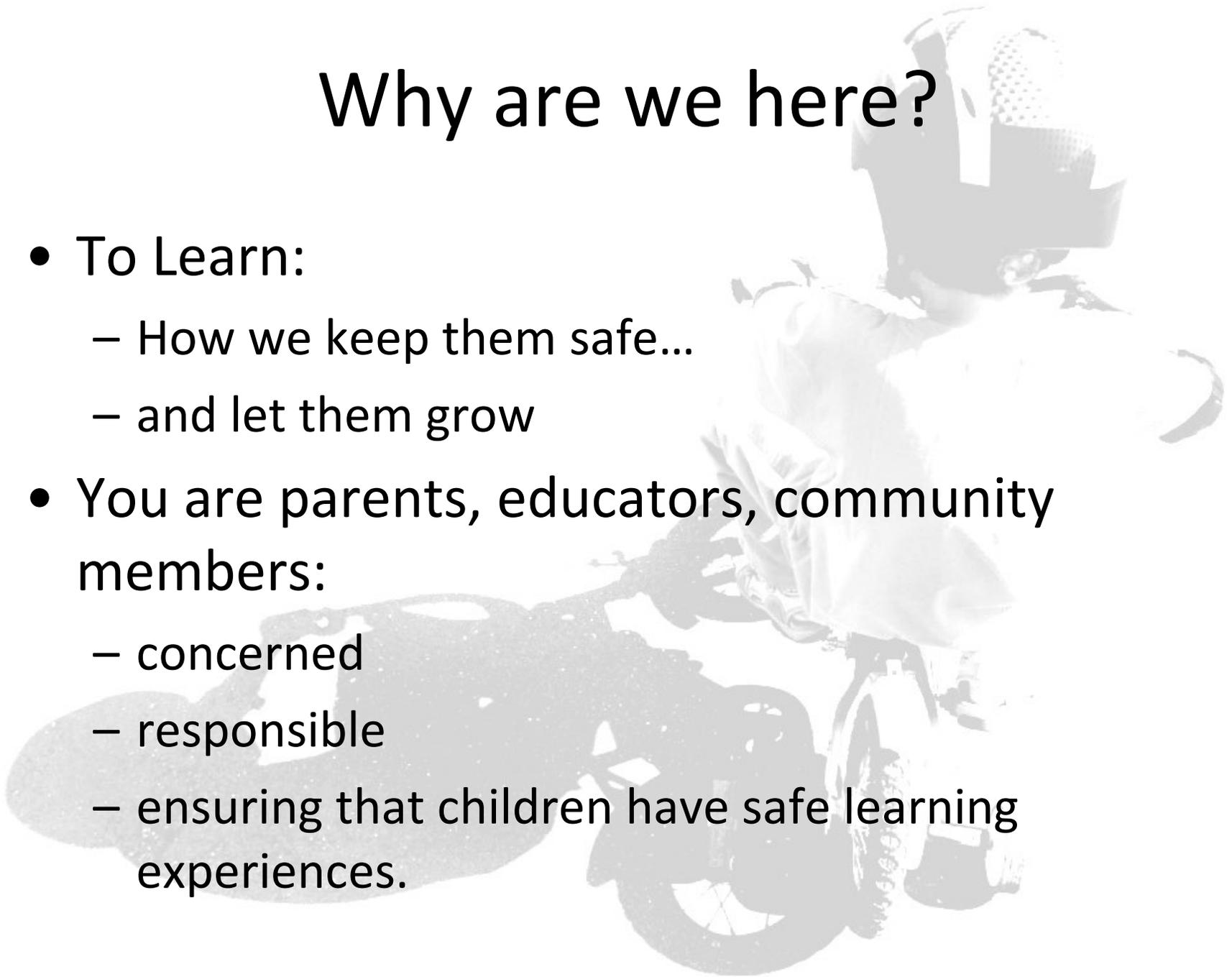
Roadway Skills

- Freedom, independence, responsibility
 - These are attributes that will guide children into a lifetime of responsible roadway usage
- Now let's keep them safe



Why are we here?

- To Learn:
 - How we keep them safe...
 - and let them grow
- You are parents, educators, community members:
 - concerned
 - responsible
 - ensuring that children have safe learning experiences.



What is a bike rodeo?



A bike rodeo is a safety event designed to engage and entertain children while demonstrating bike safety inspections and showing certain key safety skills. It usually includes:

- a safety skills course marked with chalk or traffic cones
- a spectator area
- helmet-fitting lessons
- videos or lectures on safe biking behavior
- games
- Demos (BMX, trick riders)
- raffles
- and many other activities.

The main focus of a bike rodeo is Cycling Safety for young cyclists, ages kindergarten to 14 or so.

What is a bike rodeo, con't.?

- In other words, it's anything you want it to be!
 - Be creative
 - Be flexible
 - Use your imagination
 - Engage your local community



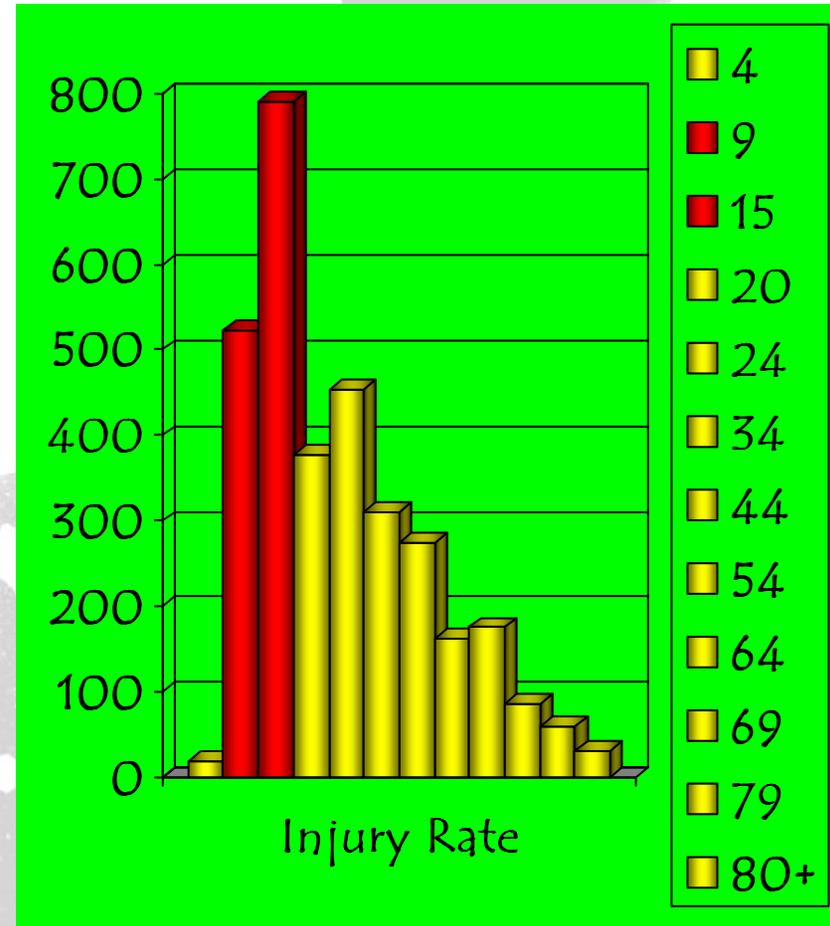
Photo: Keira Dooley

Why should kids ride a bike anyway?

- Two-thirds of American adults are overweight or obese. - *National Center for Health Statistics, [2003-2004 National Health and Nutrition Examination Survey \(NHANES\)](#)*
- Three-quarters of American adults will be overweight or obese by 2015. - *Wang, Y., and M. Beydoun, 2007, [The obesity epidemic in the United States—gender, age, socioeconomic, racial/ethnic Association, and geographic characteristics: A systematic review and meta-regression analysis](#), *Epidemiologic Reviews*, 29, 6-28*
- Children who ride a bike two or more times a week are less likely to be overweight. - *Dudas, R., and M. Crocetti, 2008, [of bicycling and childhood overweight status](#), *Ambulatory Pediatrics*, 8, 392-395*
- Kids who ride a school bus inhale up to a million times more vehicle emissions than the average person outside the bus. - *Marshall, J., and E. Behrentz, 2005, [Vehicle self-pollution intake fraction: Children's exposure to school bus emissions](#), *Environmental Science and Technology*, 39, 2559-2563*
- Regular exercise reduces depression and improves self-esteem in overweight children. - *Petty, K., et al., 2008, [Exercise effects on depressive symptoms and self-worth in overweight children: A randomized controlled trial](#), *Journal of Pediatric Psychology**

Crash Statistics

- In 2000
 - 27 % of fatalities were between 5 - 15 years old.
 - Rate was 4.1 per million population
 - Rate for all cyclists 2.5
 - Injury rate was 465 per million population, compared with
 - Rate for all cyclists 186



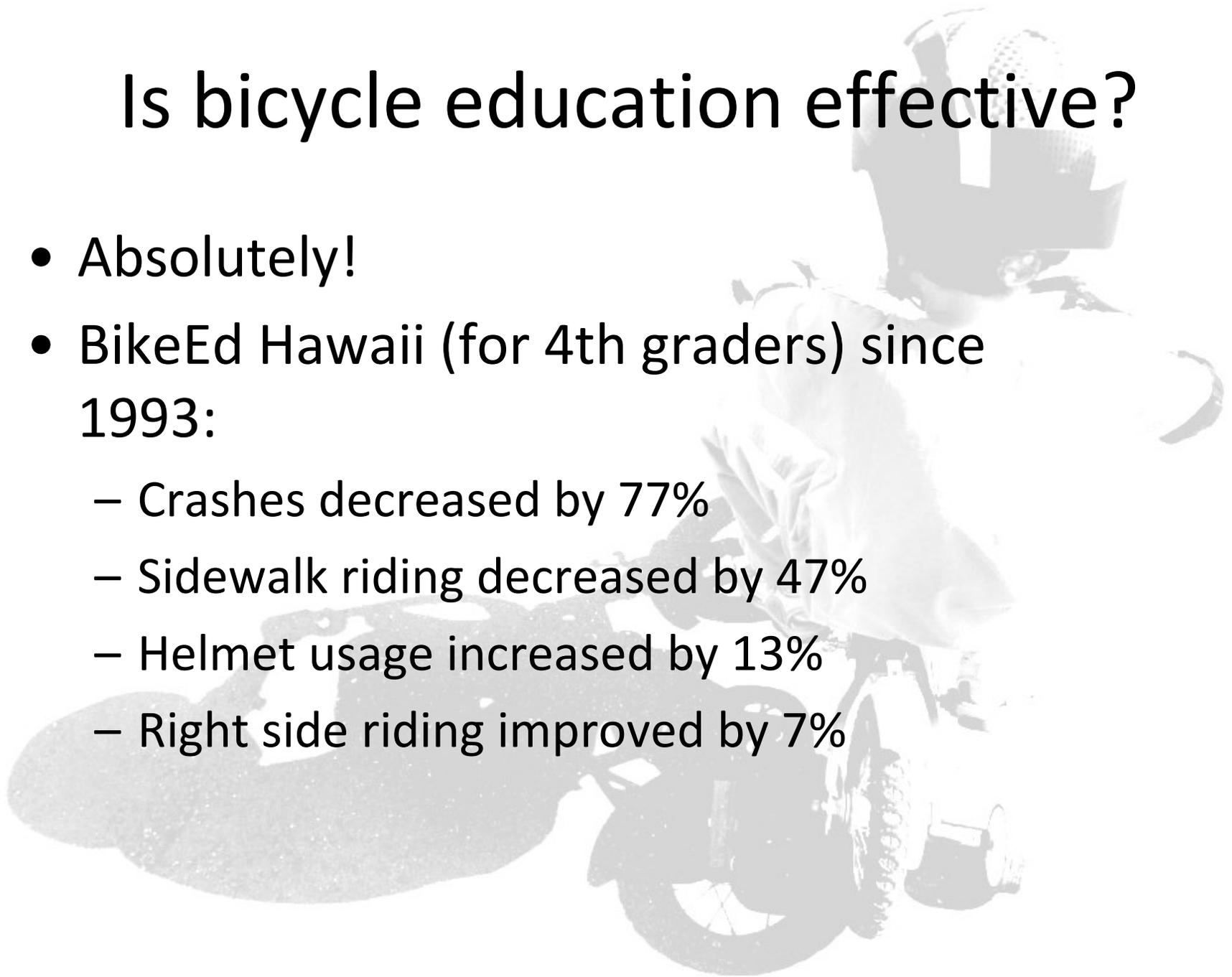
Does informal education benefit children?



- Most parents think so or they wouldn't spend time and money for
 - music lessons
 - dance lessons
 - gymnastics classes
 - soccer

Is bicycle education effective?

- Absolutely!
- BikeEd Hawaii (for 4th graders) since 1993:
 - Crashes decreased by 77%
 - Sidewalk riding decreased by 47%
 - Helmet usage increased by 13%
 - Right side riding improved by 7%



The bicycle is not a toy! It is a vehicle!

Colorado Statutes : TITLE 42 VEHICLES AND TRAFFIC: REGULATION OF VEHICLES AND TRAFFIC : ARTICLE 4 REGULATION OF VEHICLES AND TRAFFIC : PART 14 OTHER OFFENSES : 42-4-1412. Operation of bicycles and other human-powered vehicles.

Operation of bicycles and other human-powered vehicles.

(1) Every person riding a bicycle shall have all of the rights and duties applicable to the driver of any other vehicle under this article, except as to special regulations in this article and except as to those provisions which by their nature can have no application. Said riders shall comply with the rules set forth in this section and section 42-4-221, and when using streets and highways within incorporated cities and towns, shall be subject to local ordinances regulating the operation of bicycles as provided in section 42-4-111.

Vehicular Cycling

- Cyclists fare best when they act and are treated as drivers of vehicles.

John Forester



Graphics compliments of the
Des Moines Register

Getting Started



- A properly sized, adjusted and maintained bicycle
- A properly fitting and adjusted helmet

This bicycle is too small, or the seat is too low.

Helmets

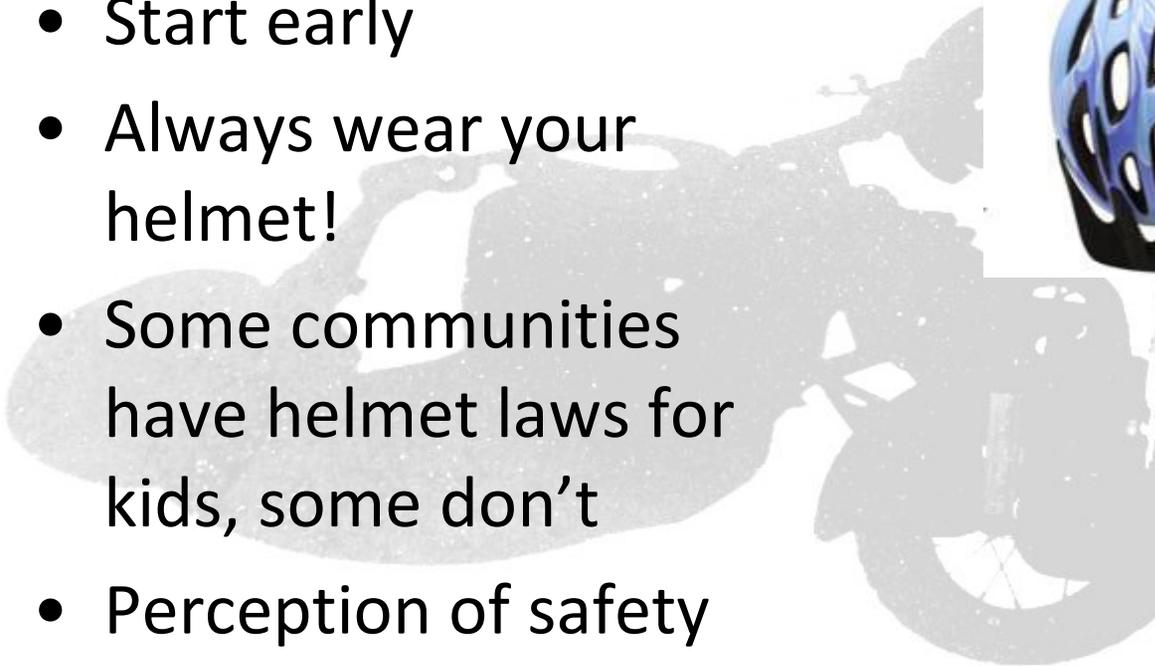
Big snake found dead





Helmets

- Variety of sizes and styles.
- Involve your child
- Fit and adjustment
- Start early
- Always wear your helmet!
- Some communities have helmet laws for kids, some don't
- Perception of safety

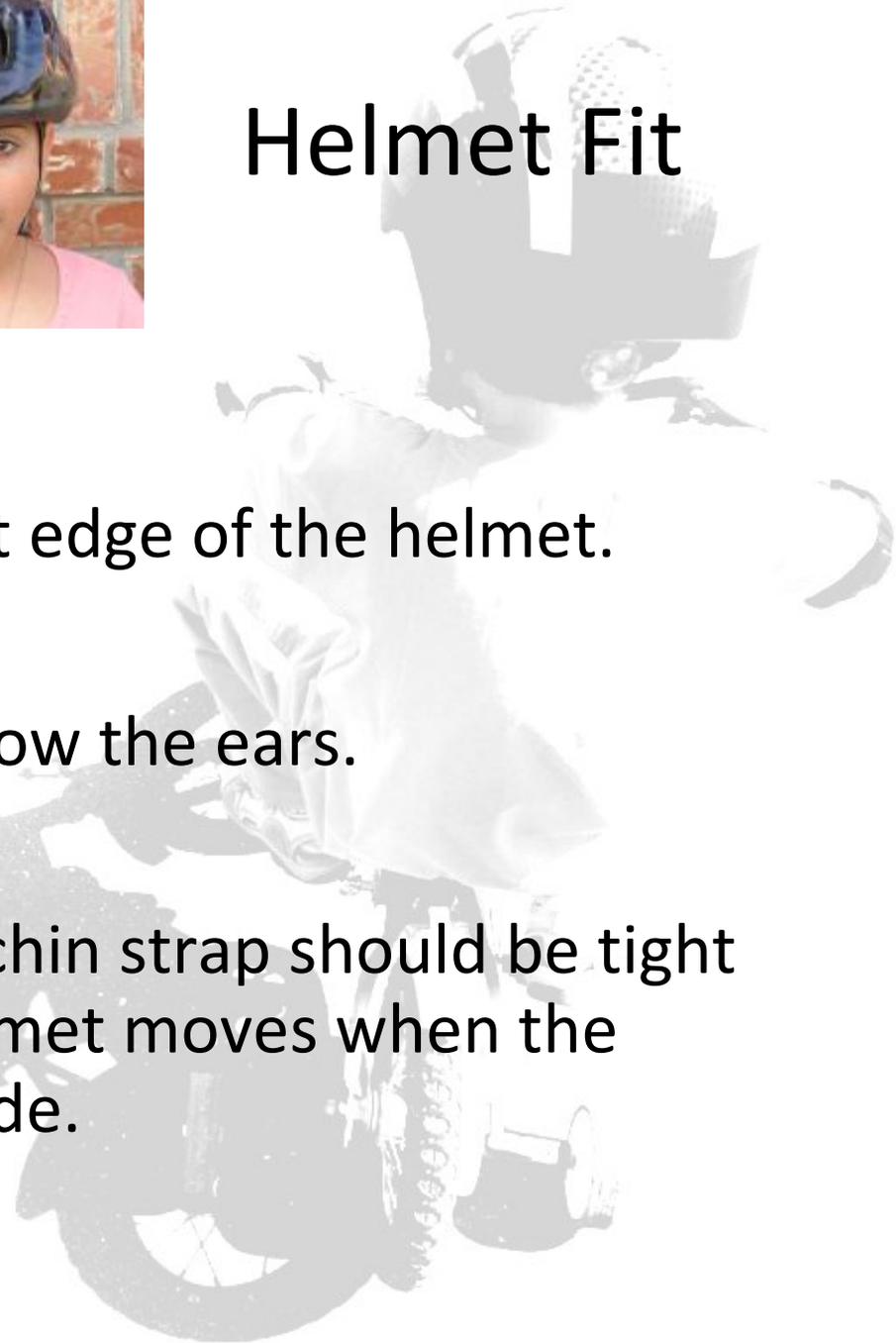


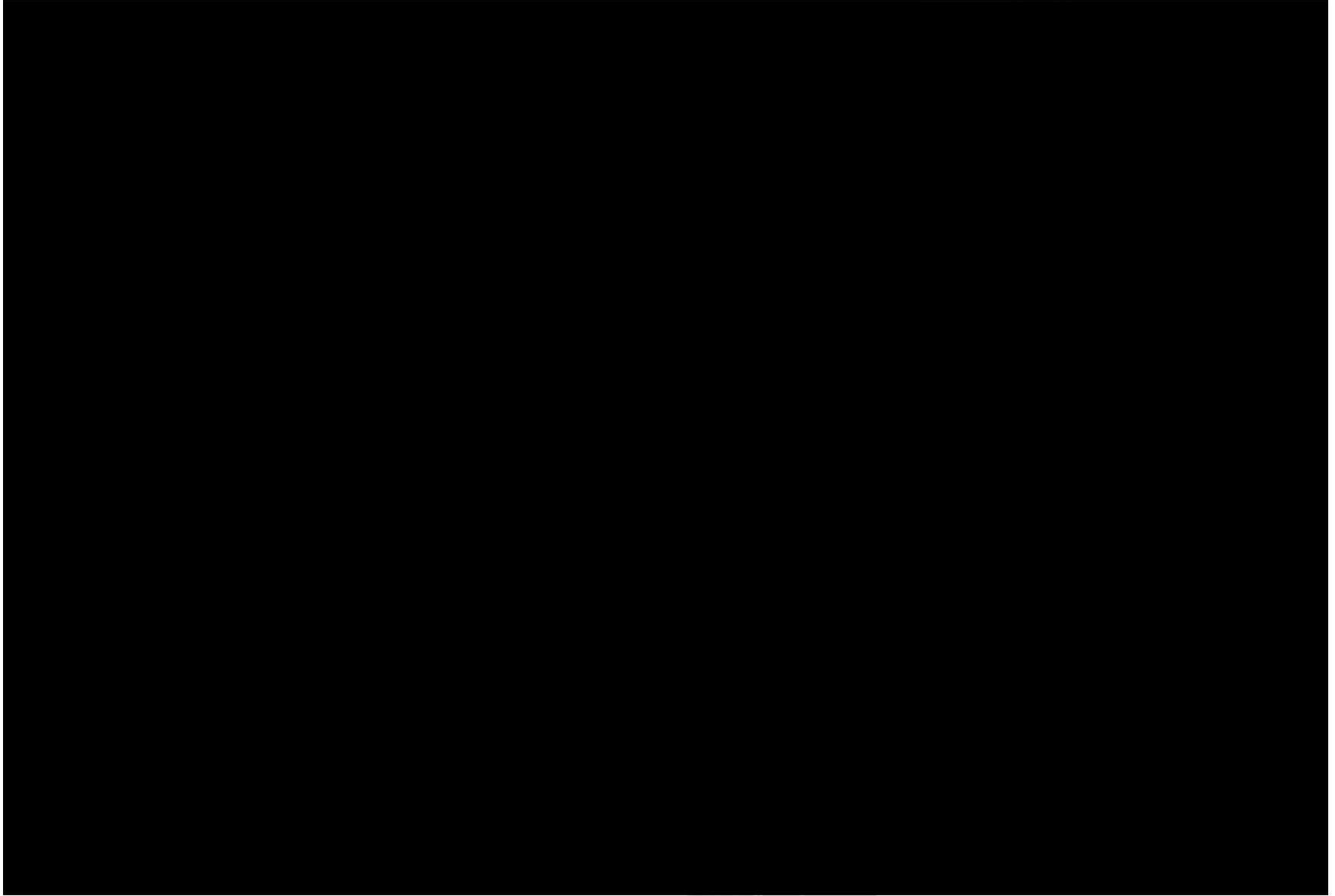


Helmet Fit

- Eyes
 - Able to see the front edge of the helmet.
- Ears
 - Straps meet just below the ears.
- Mouth
 - When buckled, the chin strap should be tight enough that the helmet moves when the mouth is opened wide.

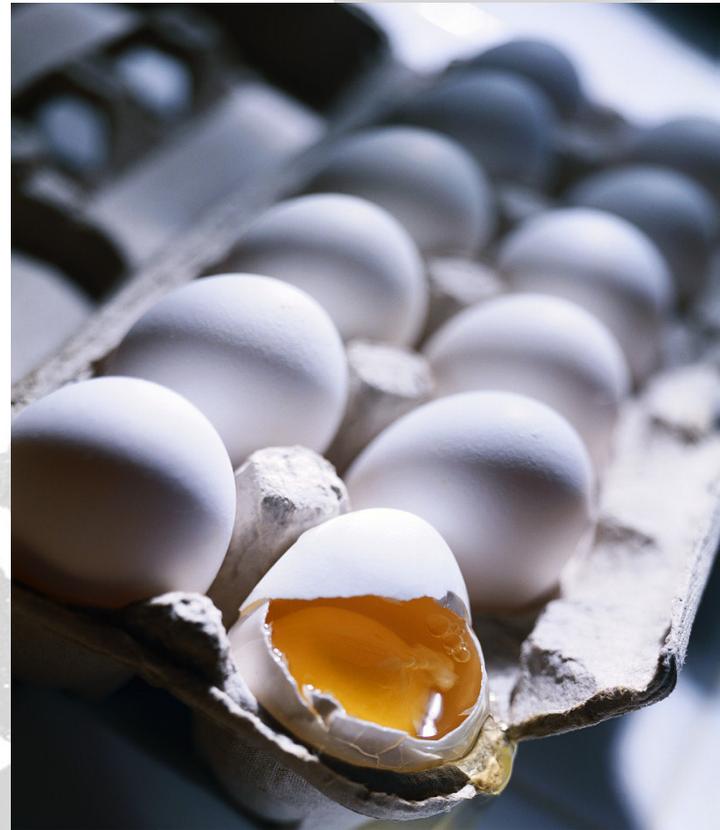
Helmet fit demo!





Bike Helmet Demos

- Egg Drop – foam peanuts, shoe box, eggs, baggies
- Mannequin head
- Brain, jello, bowl
- Melons
- Light bulbs



Bicycles



First bike

- Small enough for control
- Coaster brakes
 - Small hands may not be big enough or strong enough to use hand brakes.
- Multiple gears not necessary
 - Kids can't deal with complexity
- Training wheels?
 - Usually better without

This bicycle is too big for this rider.



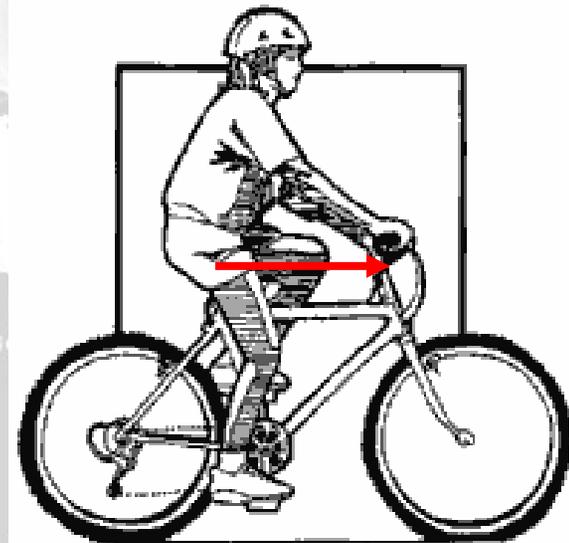
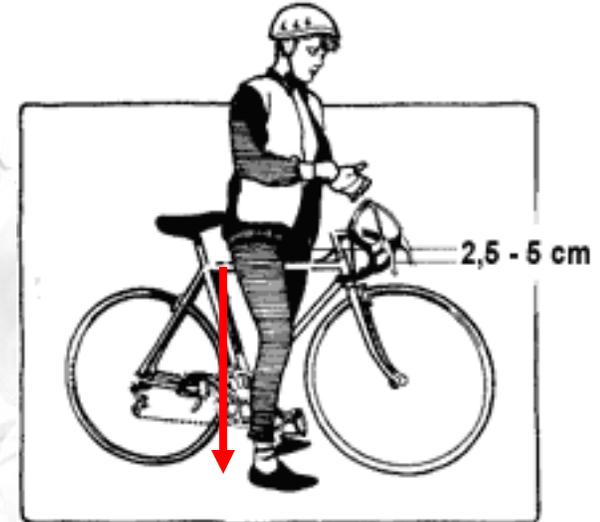
Bicycle - Correct size only!

- Stand over height
 - Both feet on the ground
 - Clearance (3-4 inches) above the top tube
- Seat height
 - Novice: Feet flat on the ground when seated.
 - Experienced: Full leg extension at the bottom of the pedal stroke.



Bicycle sizing

- Two main areas of fit
 - Stand over height
 - needs to be near perfect
 - fewer changes can be made
 - Top tube length (reach)
 - changes can be made to fit
 - longer or shorter stem
 - saddle positioning



ABC Pre-Ride Safety Check

The ABC Quick Check is performed to catch small problems before they become serious.

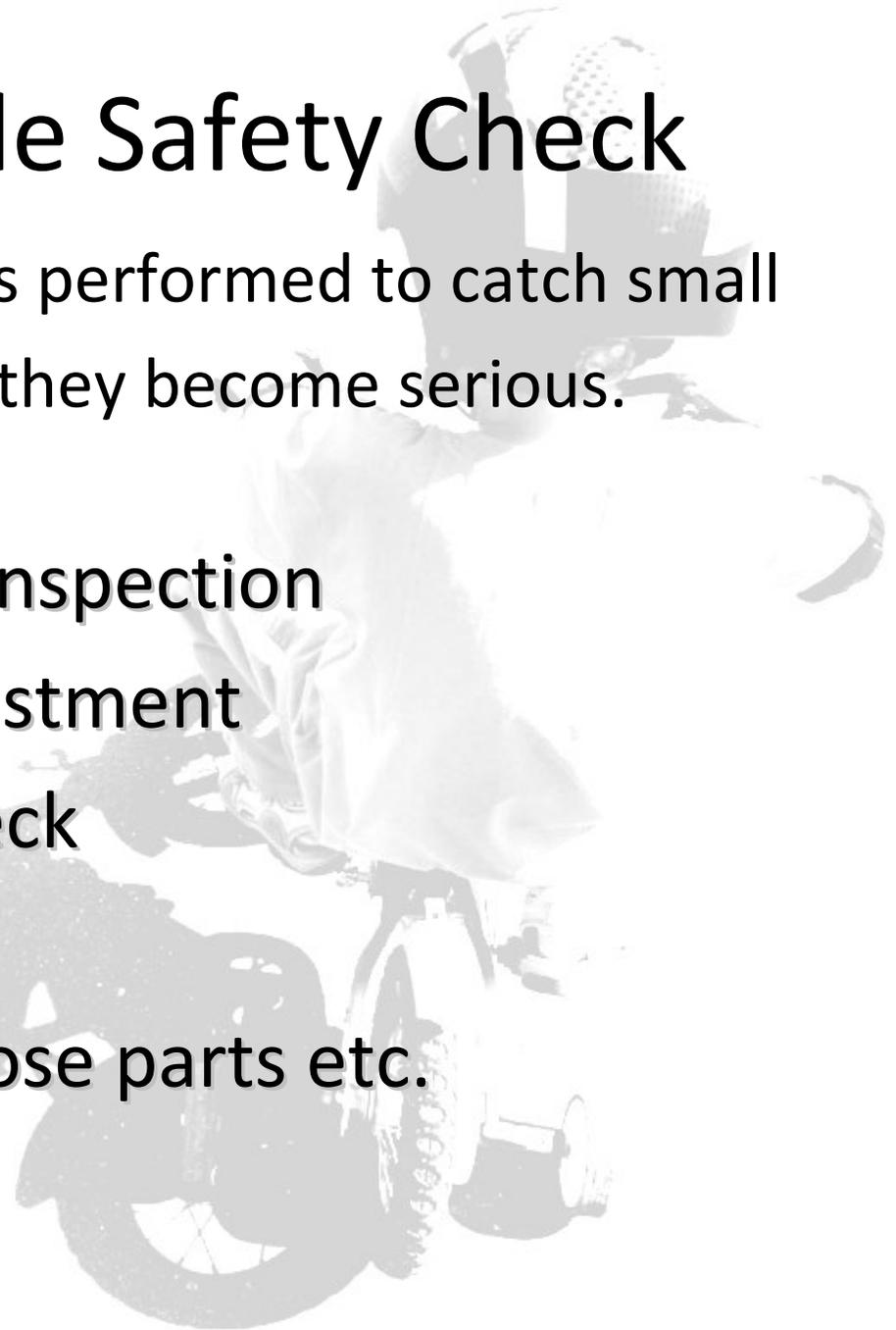
Air in the tires and tire inspection

Brake function and adjustment

Crank set and **Chain** check

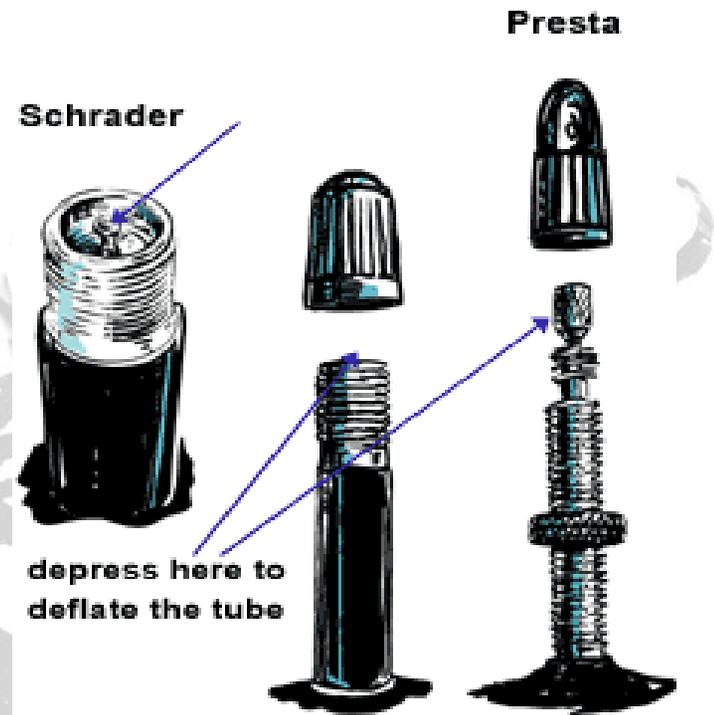
Quick Releases

Check entire bike for loose parts etc.

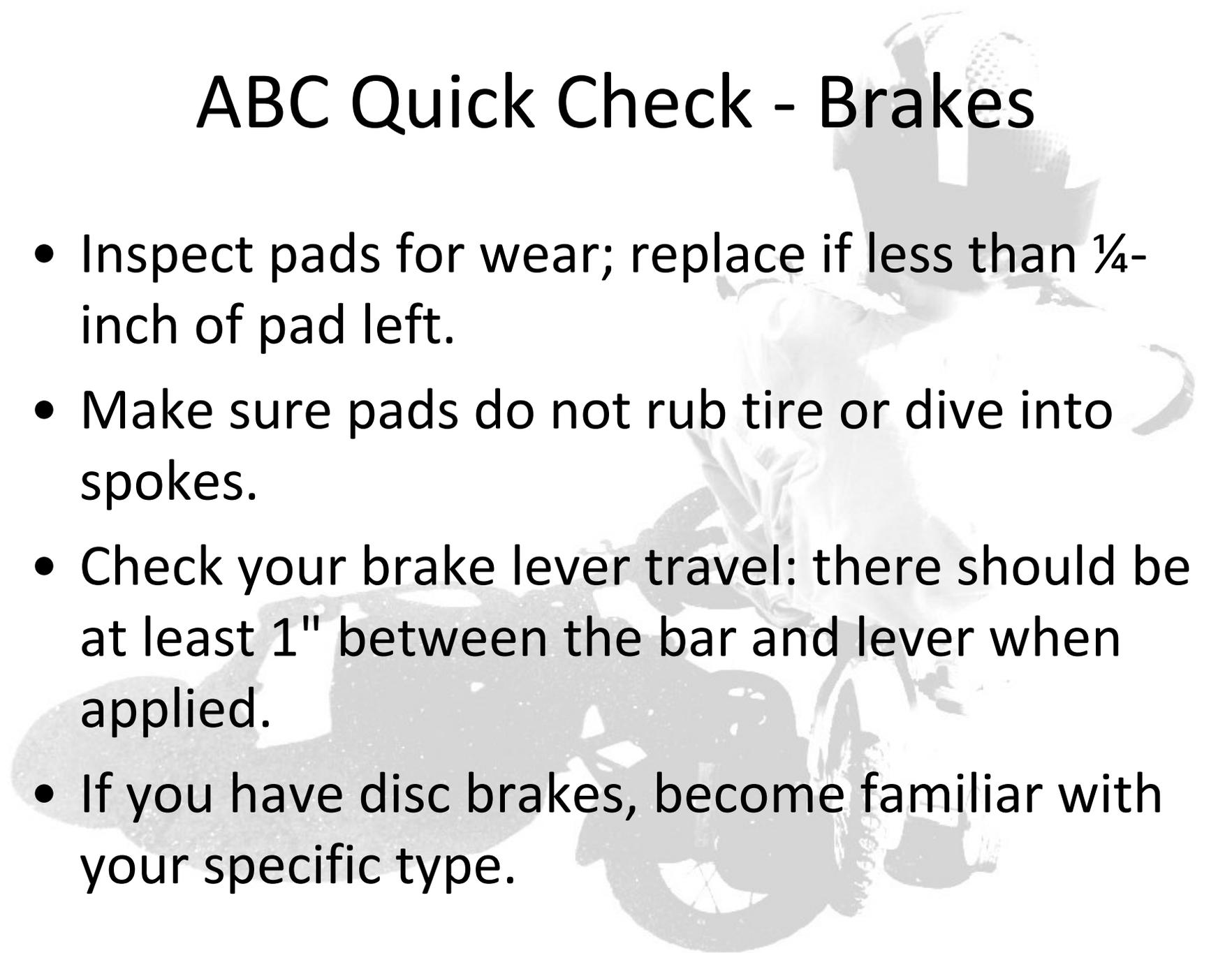


ABC Quick Check - Air

- Tires lose air over time; if you don't pump them up they can go flat.
- Inflate tires to the rated pressure listed on the tire sidewall. Most pumps now can work with both Presta and Schrader valves. (carry an adapter just in case)
- Use a pressure gauge to insure proper pressure.
- Check for damage to tire tread and sidewall; replace if damaged.
- Carry an extra tube (and perhaps a patch kit) for insurance.



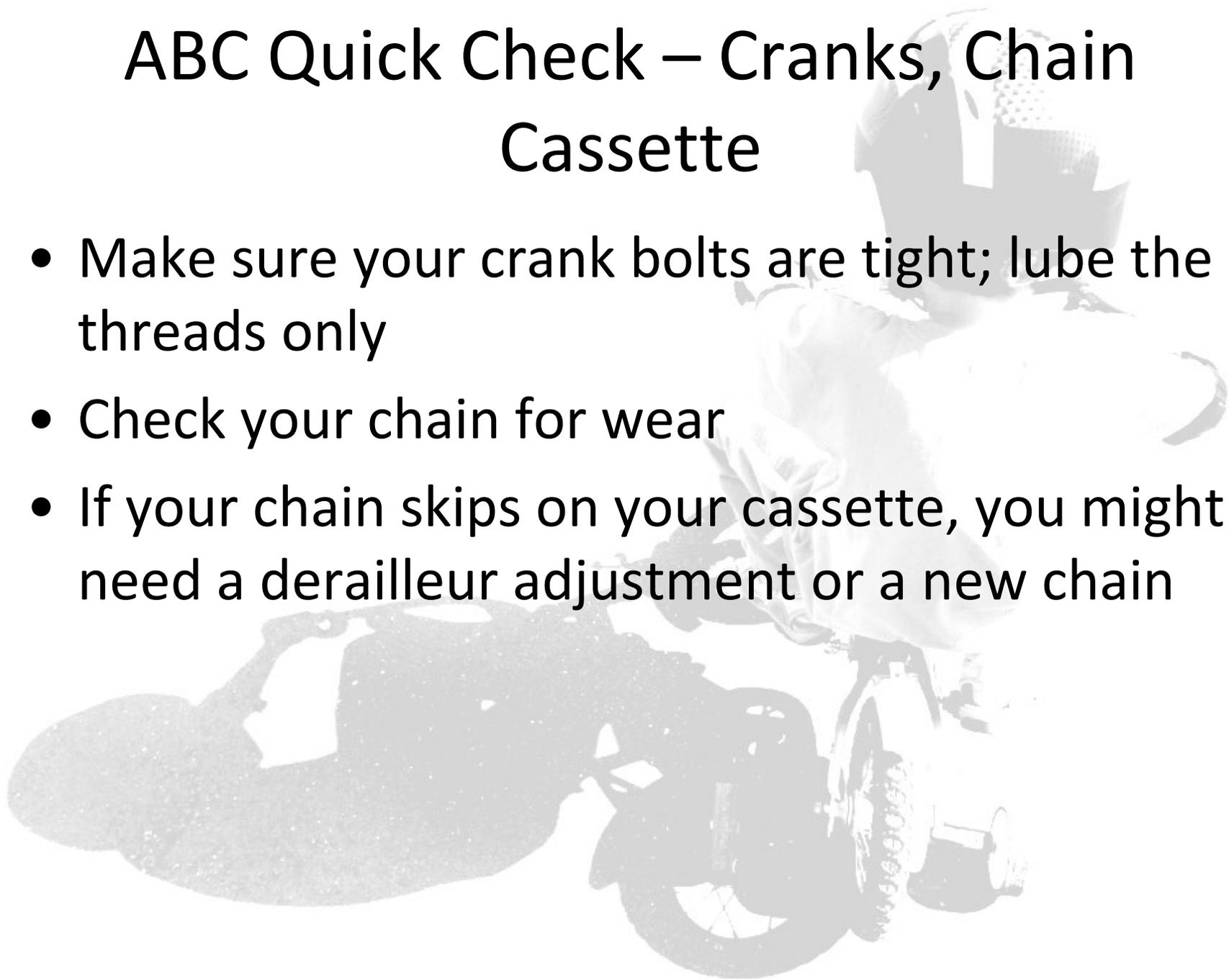
ABC Quick Check - Brakes



- Inspect pads for wear; replace if less than $\frac{1}{4}$ -inch of pad left.
- Make sure pads do not rub tire or dive into spokes.
- Check your brake lever travel: there should be at least 1" between the bar and lever when applied.
- If you have disc brakes, become familiar with your specific type.

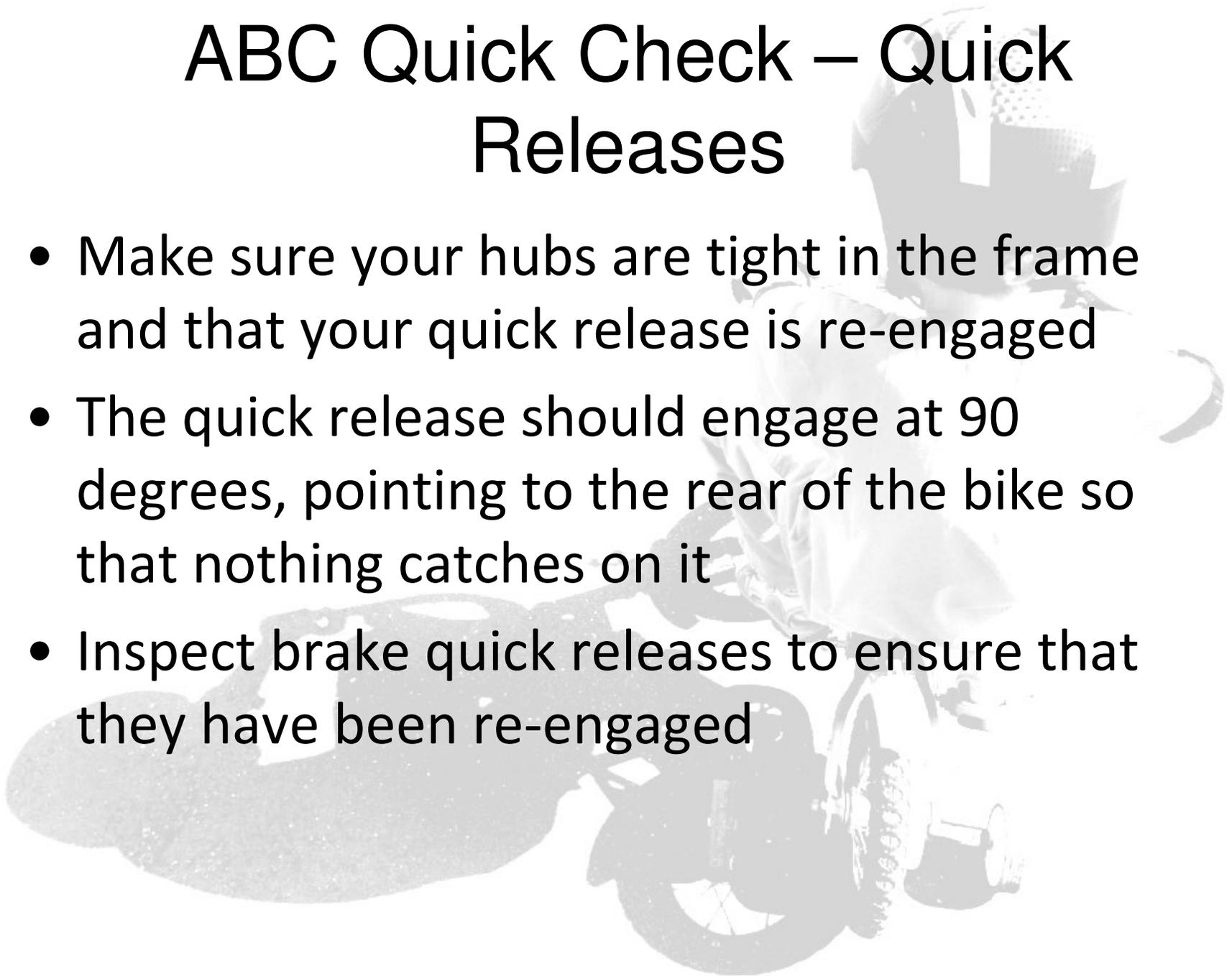
ABC Quick Check – Cranks, Chain Cassette

- Make sure your crank bolts are tight; lube the threads only
- Check your chain for wear
- If your chain skips on your cassette, you might need a derailleur adjustment or a new chain



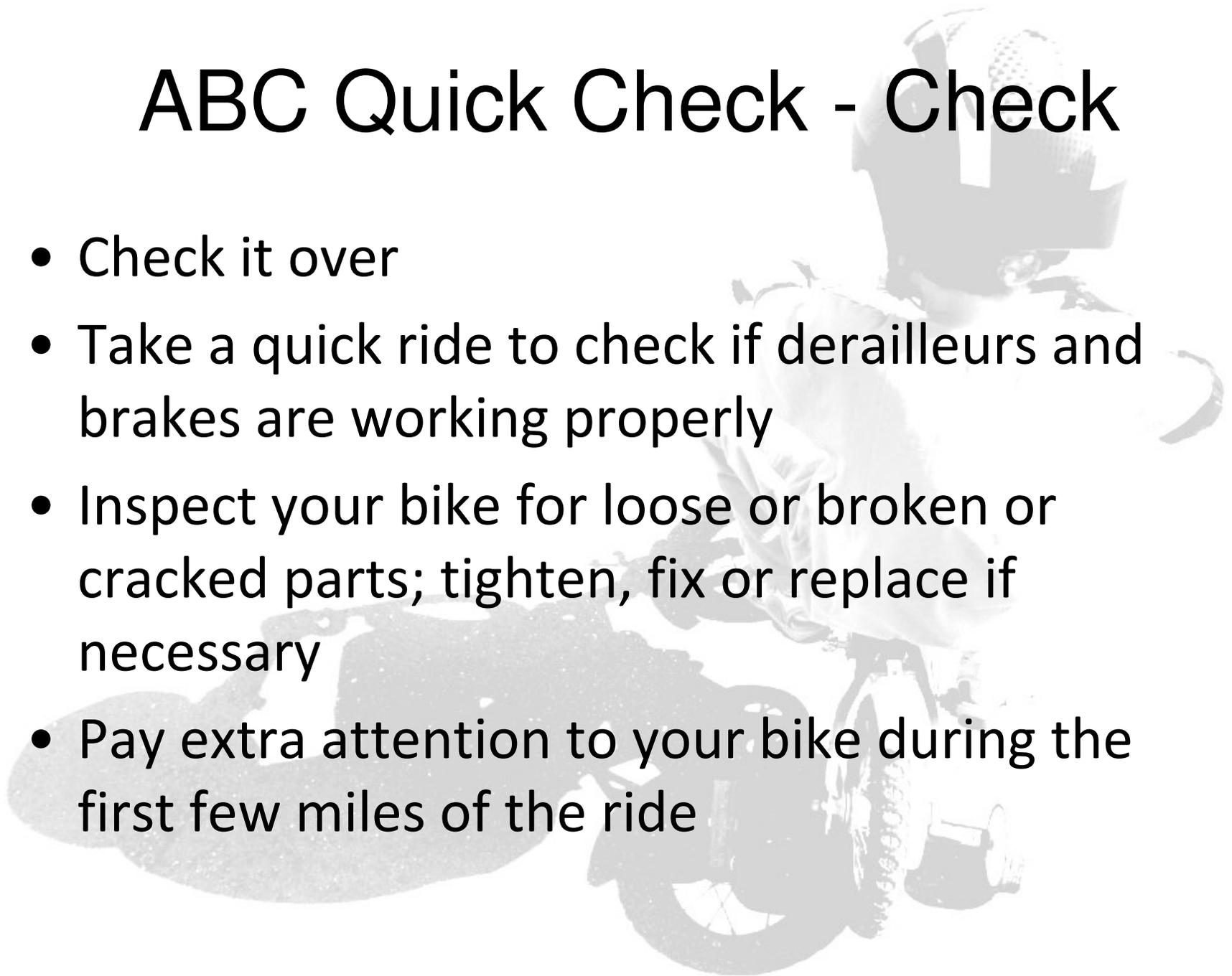
ABC Quick Check – Quick Releases

- Make sure your hubs are tight in the frame and that your quick release is re-engaged
- The quick release should engage at 90 degrees, pointing to the rear of the bike so that nothing catches on it
- Inspect brake quick releases to ensure that they have been re-engaged



ABC Quick Check - Check

- Check it over
- Take a quick ride to check if derailleurs and brakes are working properly
- Inspect your bike for loose or broken or cracked parts; tighten, fix or replace if necessary
- Pay extra attention to your bike during the first few miles of the ride



Cycling from a child's eye view

Things to keep in mind

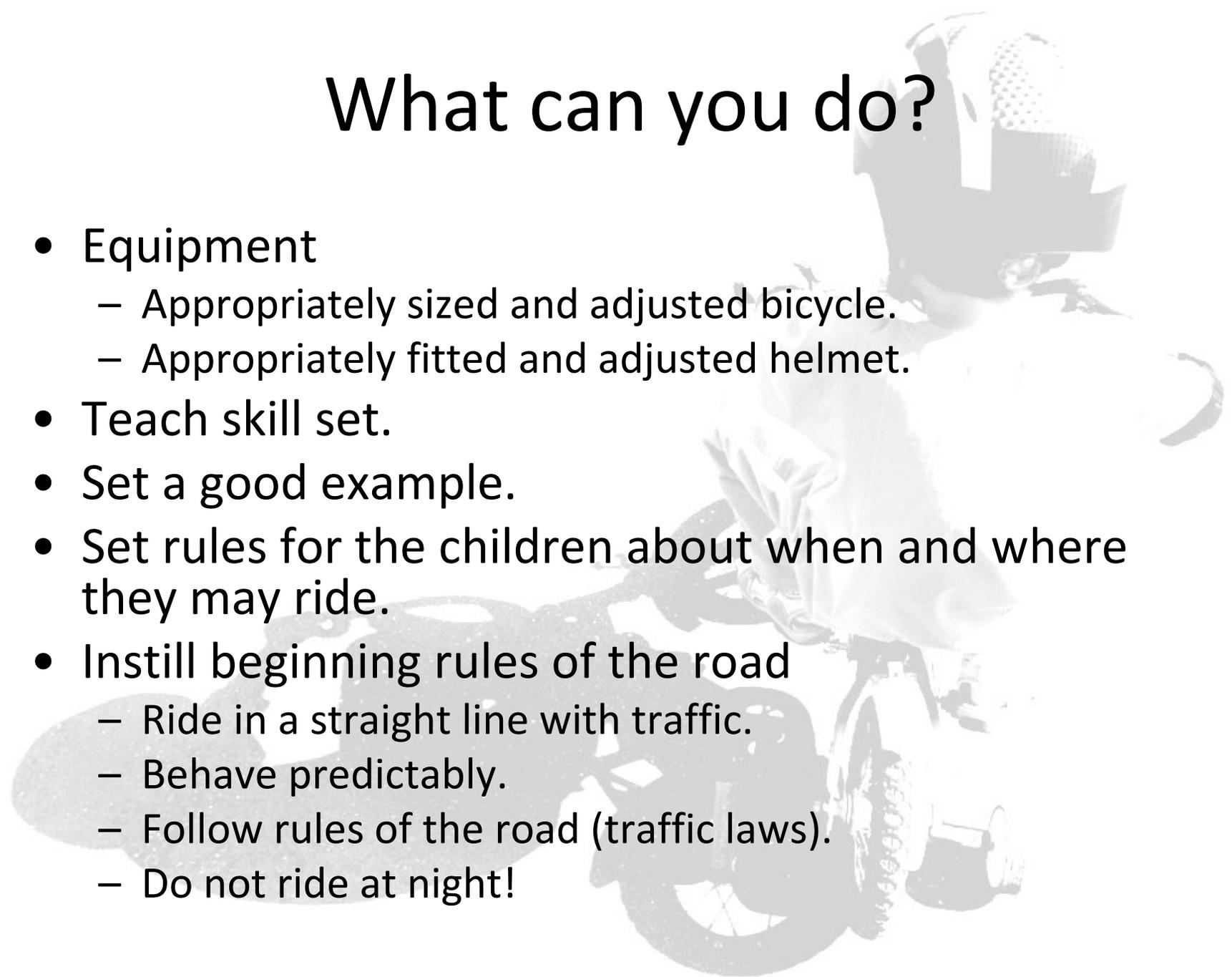


What mistakes do children make?



- Crash Causes (responsible for 75% of fatalities)
 - Ride outs – failure to yield the right of way,
 - mid-block
 - intersections (stop signs).
 - Wrong way riding.
 - Left turn or sudden swerves without scanning behind for traffic.
- Poor judgment of traffic speed and distance.
- Visibility
 - their ability to see and be seen
 - they assume motorists see them.
- Lane position – ride all over the street.
- Ride in groups – instead of single file.

What can you do?

- Equipment
 - Appropriately sized and adjusted bicycle.
 - Appropriately fitted and adjusted helmet.
 - Teach skill set.
 - Set a good example.
 - Set rules for the children about when and where they may ride.
 - Instill beginning rules of the road
 - Ride in a straight line with traffic.
 - Behave predictably.
 - Follow rules of the road (traffic laws).
 - Do not ride at night!
- 
- A faded, grayscale background image of a child wearing a helmet and riding a bicycle. The child is positioned on the right side of the frame, leaning forward as if in motion. The bicycle is a standard two-wheeler with a front basket. The overall image is semi-transparent, allowing the text to be clearly visible over it.

Hold a Bike Rodeo!



Getting Started

Things to think about

Who is providing instruction?

Who is organizing?

Organize a planning committee

Recruit volunteers – lots of them



Getting Started

Choose a location and date

Will you be inside or out?

Is there adequate available
playground or parking lot space?

Any weather contingencies?

Get permission from the owner of
any space you're using

Find out about liability waivers,
permission slips, event insurance,
etc.

Market, market, market



Getting Started

Got money?

Find sponsors

Get donations

Find partner organizations
to help

Snacks, refreshments –
who's bringing

Awards, certificates – who
will produce them? Who is
covering the design and
reproduction costs?



Getting Started

Planning your course

This is where the real fun begins!

What ages will attend?

How long do you want the event to last?

Course set-up

Skill stations

Road simulation course



Drills – Beginner (Ages 5+)

Bike and helmet fit

Start and stop

Ride in a straight line

Slalom

Scanning

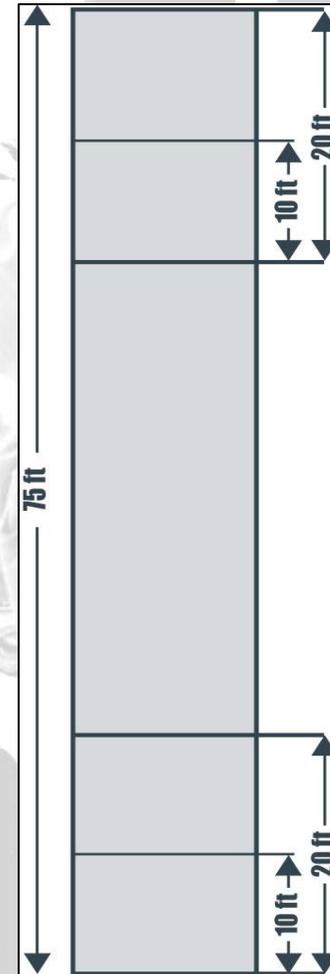
Signaling

Snail race



Start and stop

- Emphasizes the importance of being in control of the bike
- Avoid cowboy starts and skidding stops

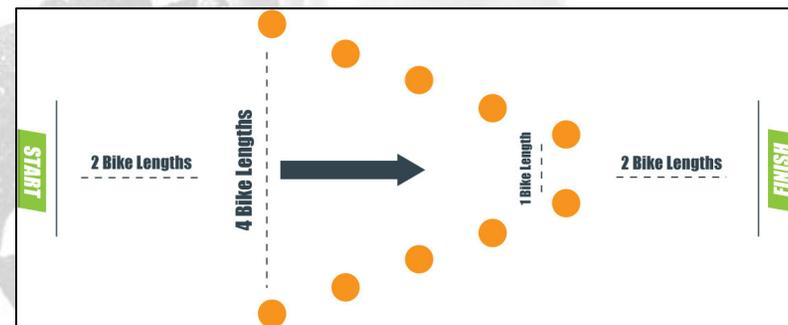


Ride in a straight line

- This is a very basic drill but an important skill in terms of control

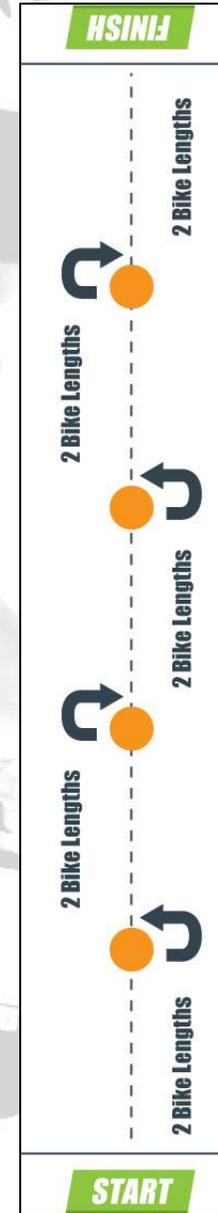


- Note the differences in executing the drill at fast vs. slow speeds



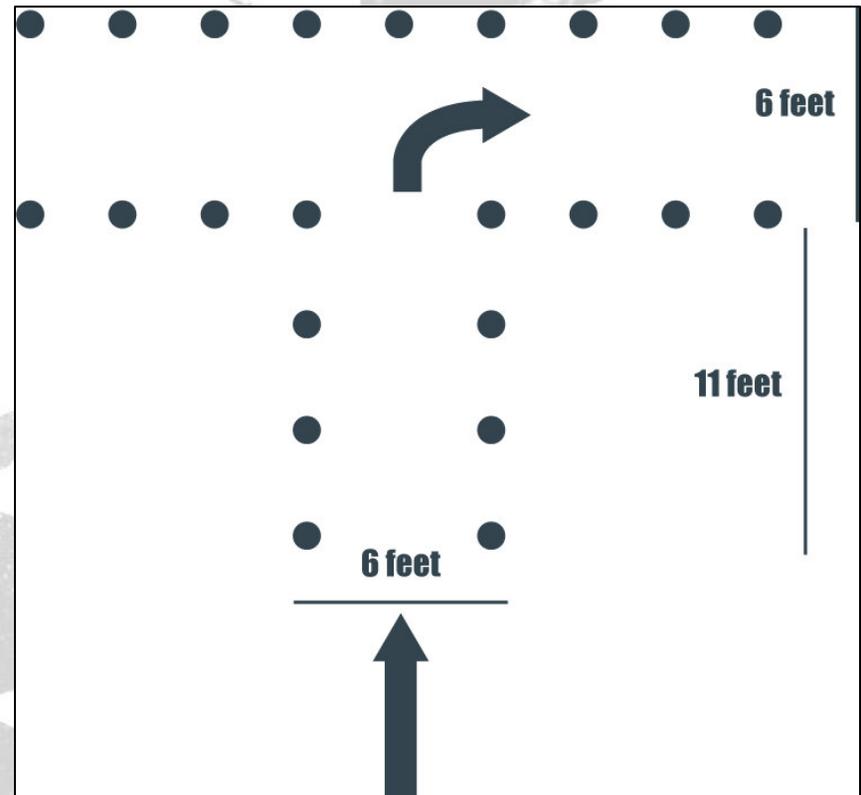
Slalom/Figure 8

- The rider should be able to change direction, balancing upright and in control by changing body position



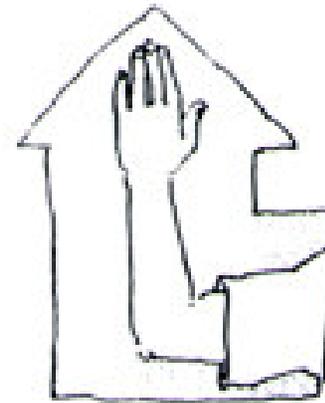
Scanning

- Scanning requires looking over your shoulder without moving your handlebars and steering where you don't want to go.
- One of THE most important skills for cyclists

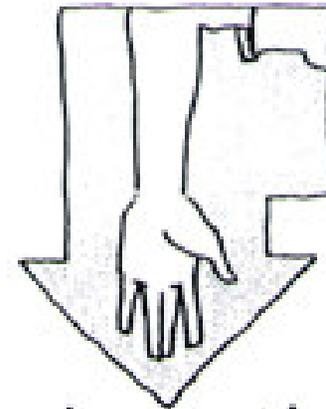


Signaling

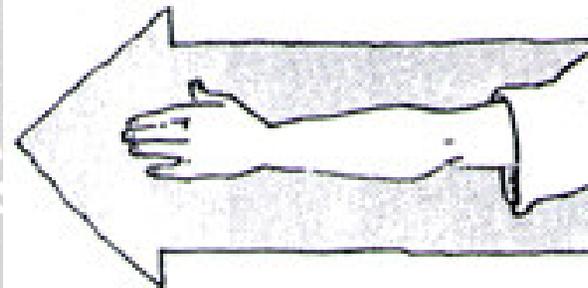
- Use to communicate a cyclist's intentions



Right Turn



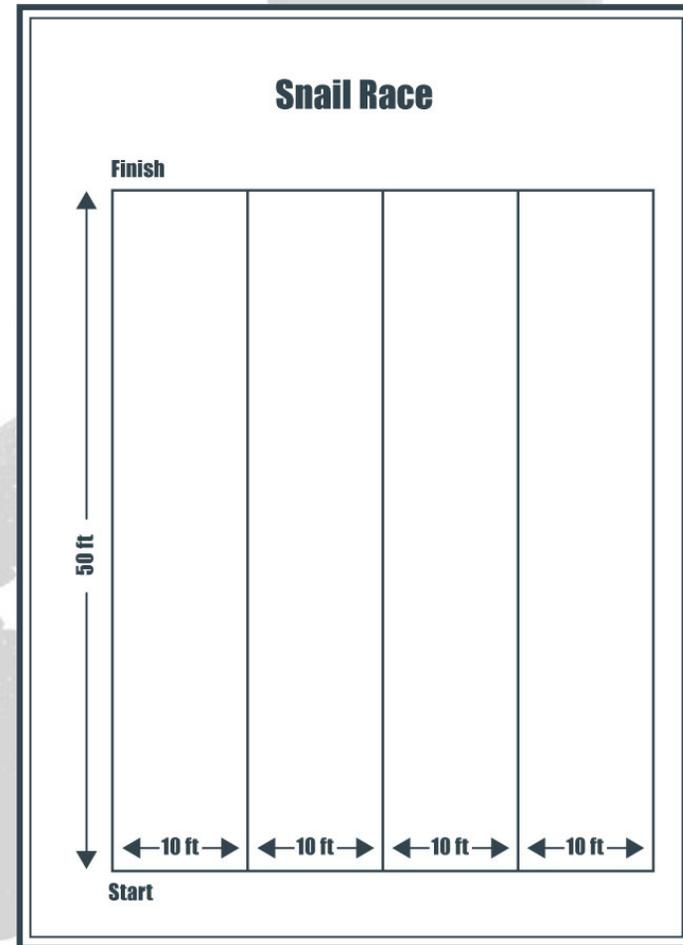
Slow or Stop



Left Turn

Snail Race

- This activity helps riders hone their low-speed balance skills and improve their control at all speeds.



Drills – Intermediate (Ages 9+)

Same as 5+, and:

Rock Dodge

Scan, signal and turn

Scramble Drill

Crossing railroad tracks

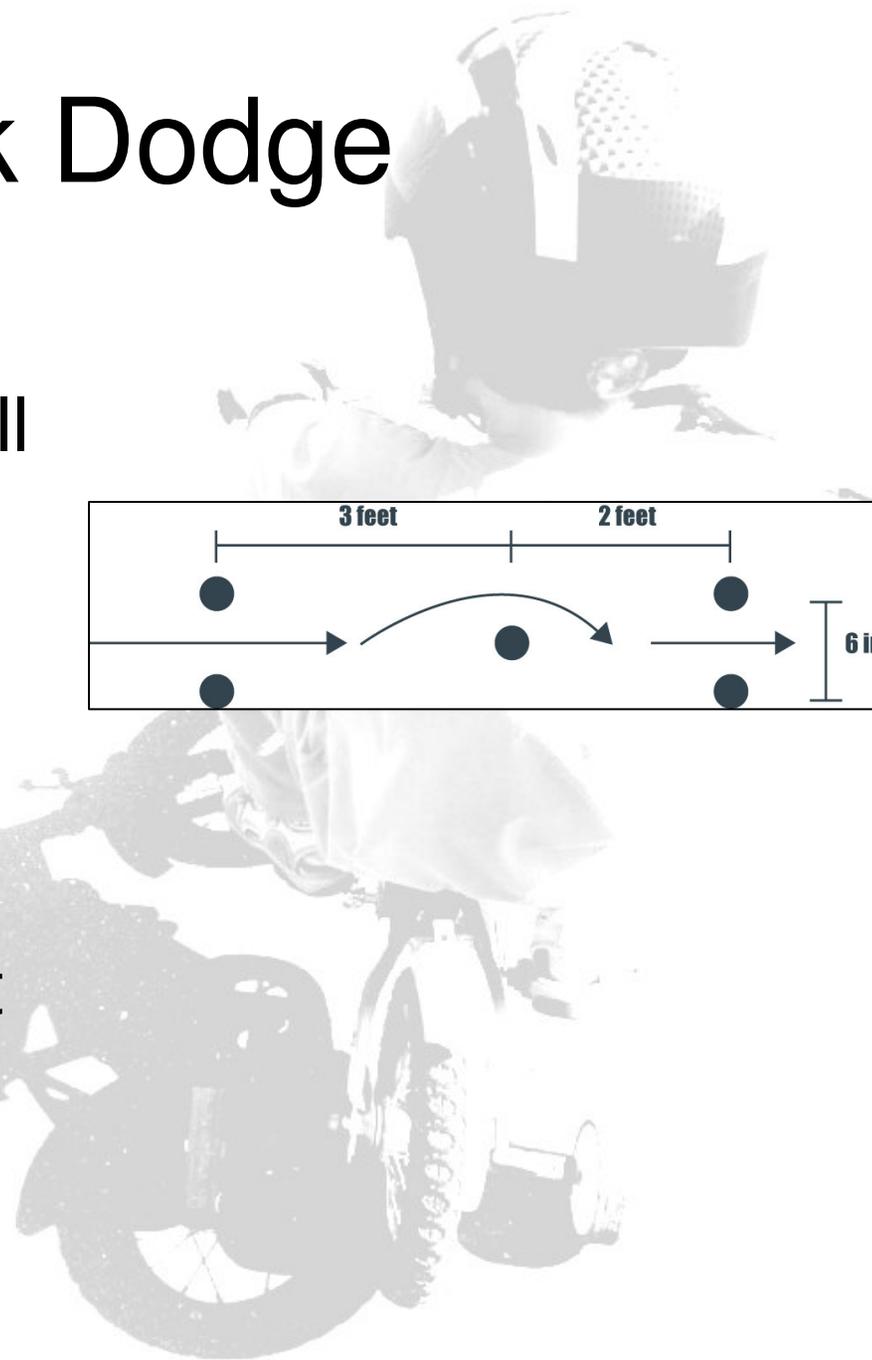
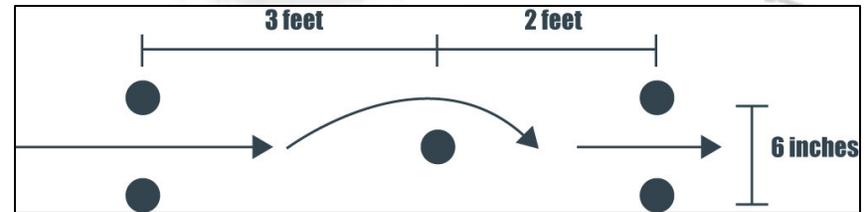
Demon Driveway

Crazy Crossroad



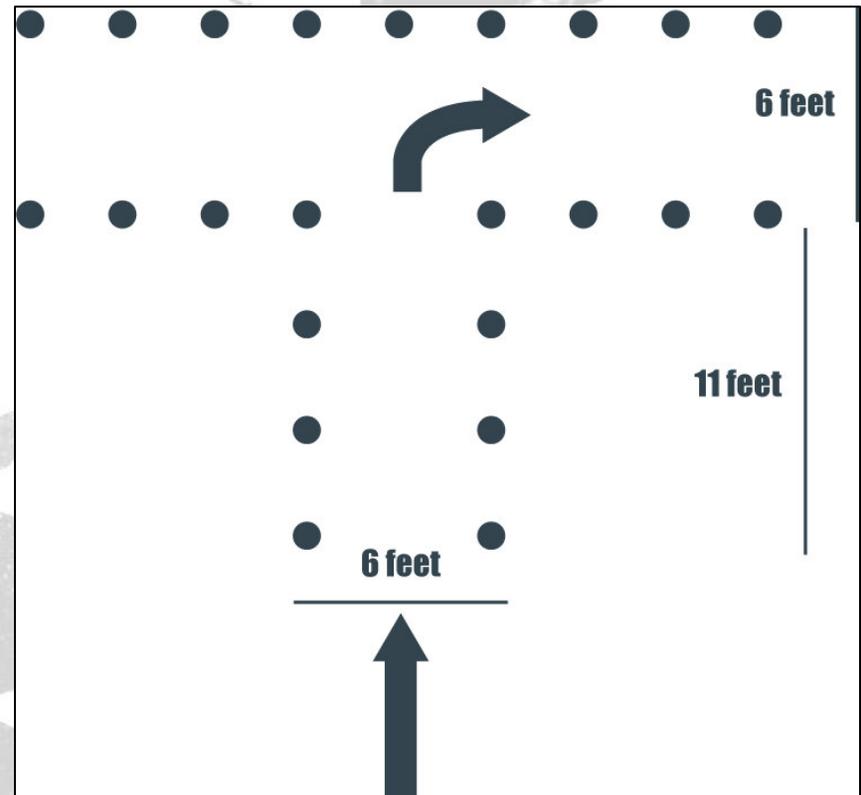
Rock Dodge

- The Rock Dodge is a simple and useful skill for urban riding. It allows you to quickly and easily avoid rocks, glass, bottle crowns, small potholes, and other things you don't want to ride over or through.



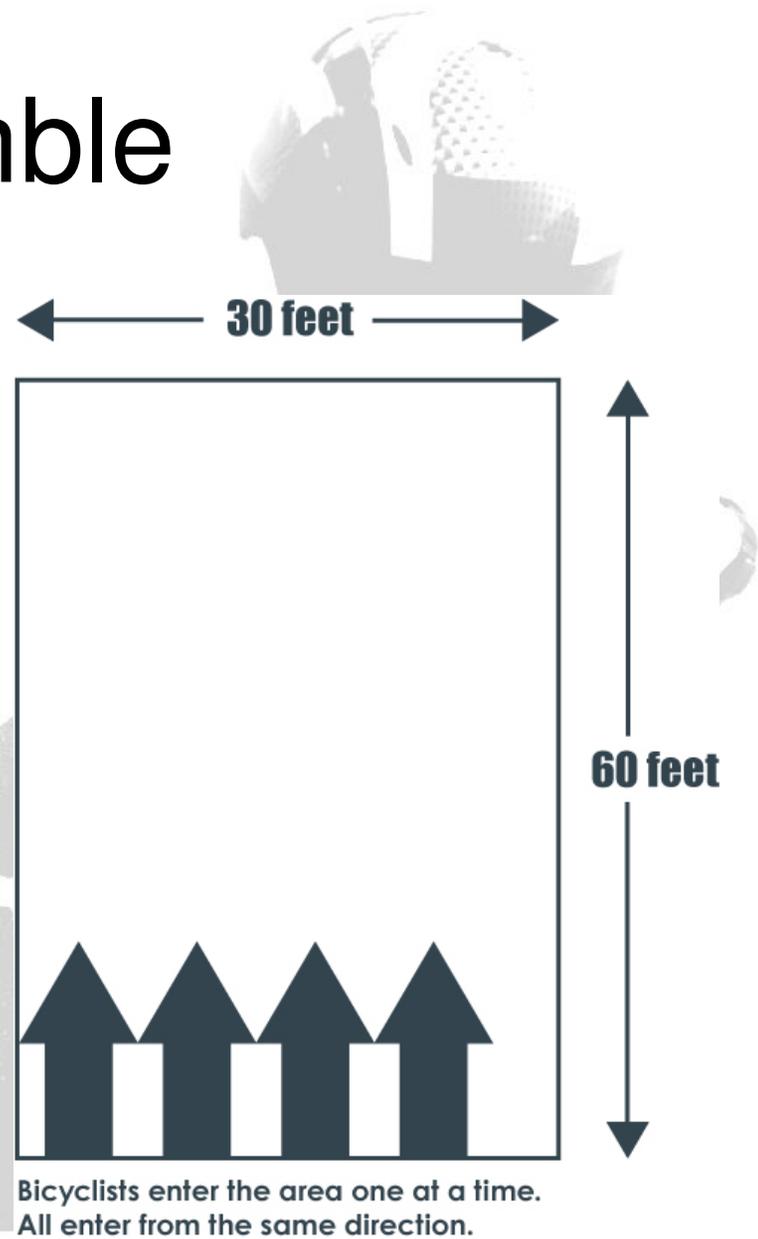
Scan, Signal, Turn

- Puts together 3 skills
- Can be complicated, even for adults



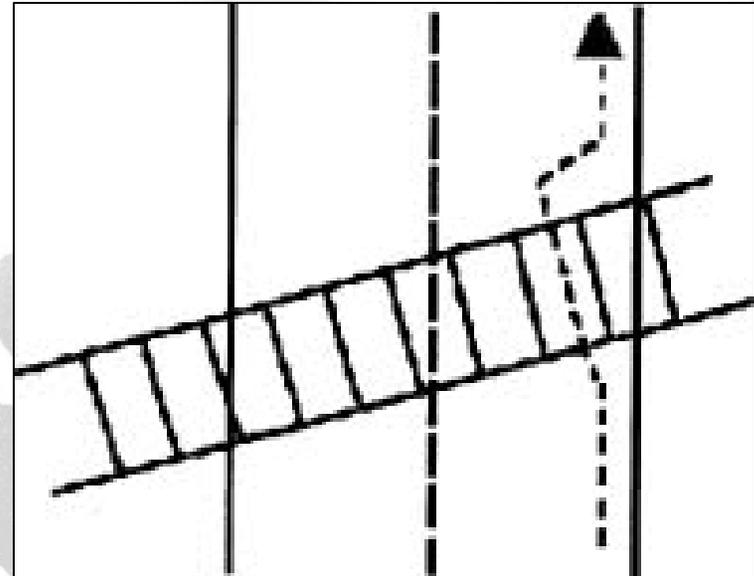
Scramble

- Illustrates why there are rules and laws regarding traffic behavior



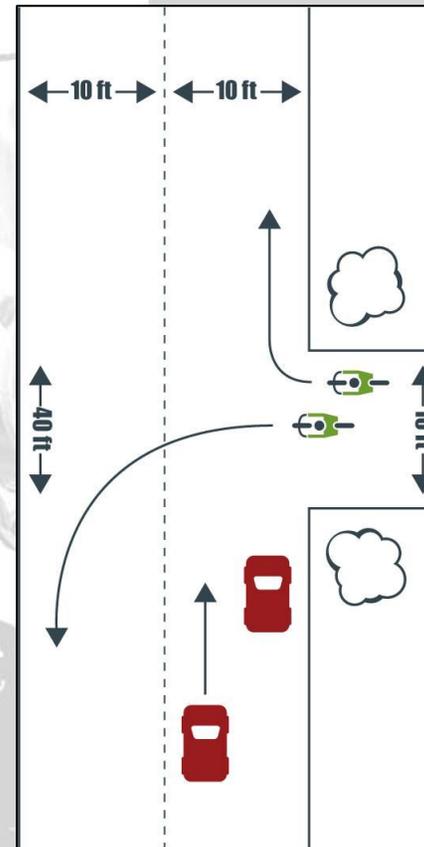
Crossing railroad tracks

- Always try to cross at a 90 degree angle to the tracks to avoid getting wheels caught in the tracks



Demon Driveway

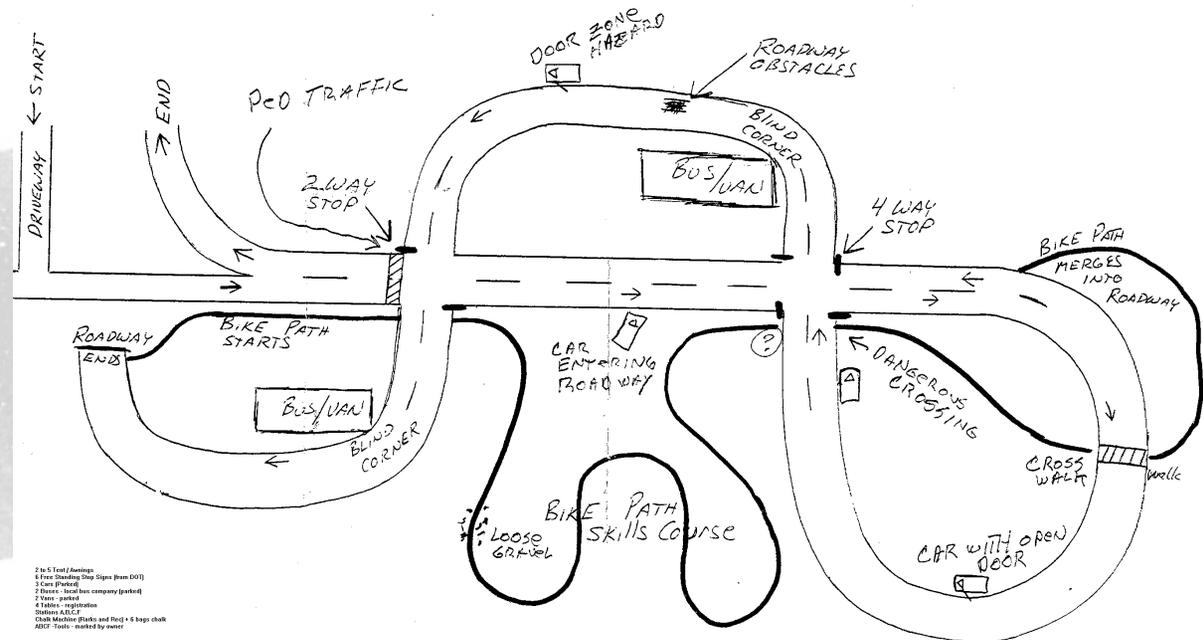
- Failure to yield right of way is a common cause of crashes for children. Fortunately, these are often low-speed crashes but are very avoidable.



Drills – Advanced Intermediate (Age 10+)

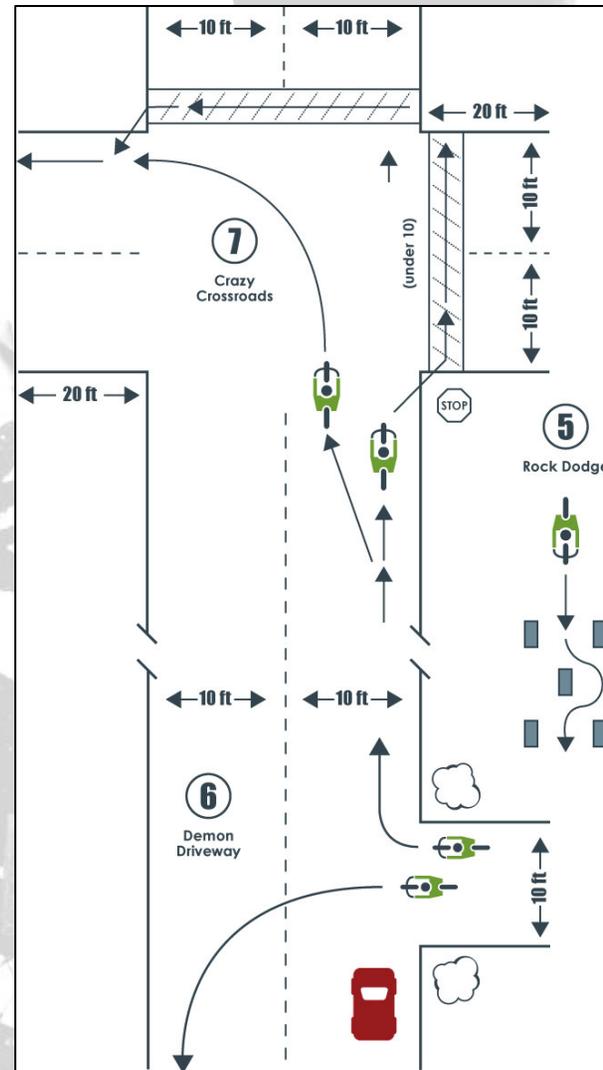
All of the previous plus:
Put it all together
Simulated or real street
ride

2000 Bicycle KODEC



Put it all together

- Simulated road course
- Road ride

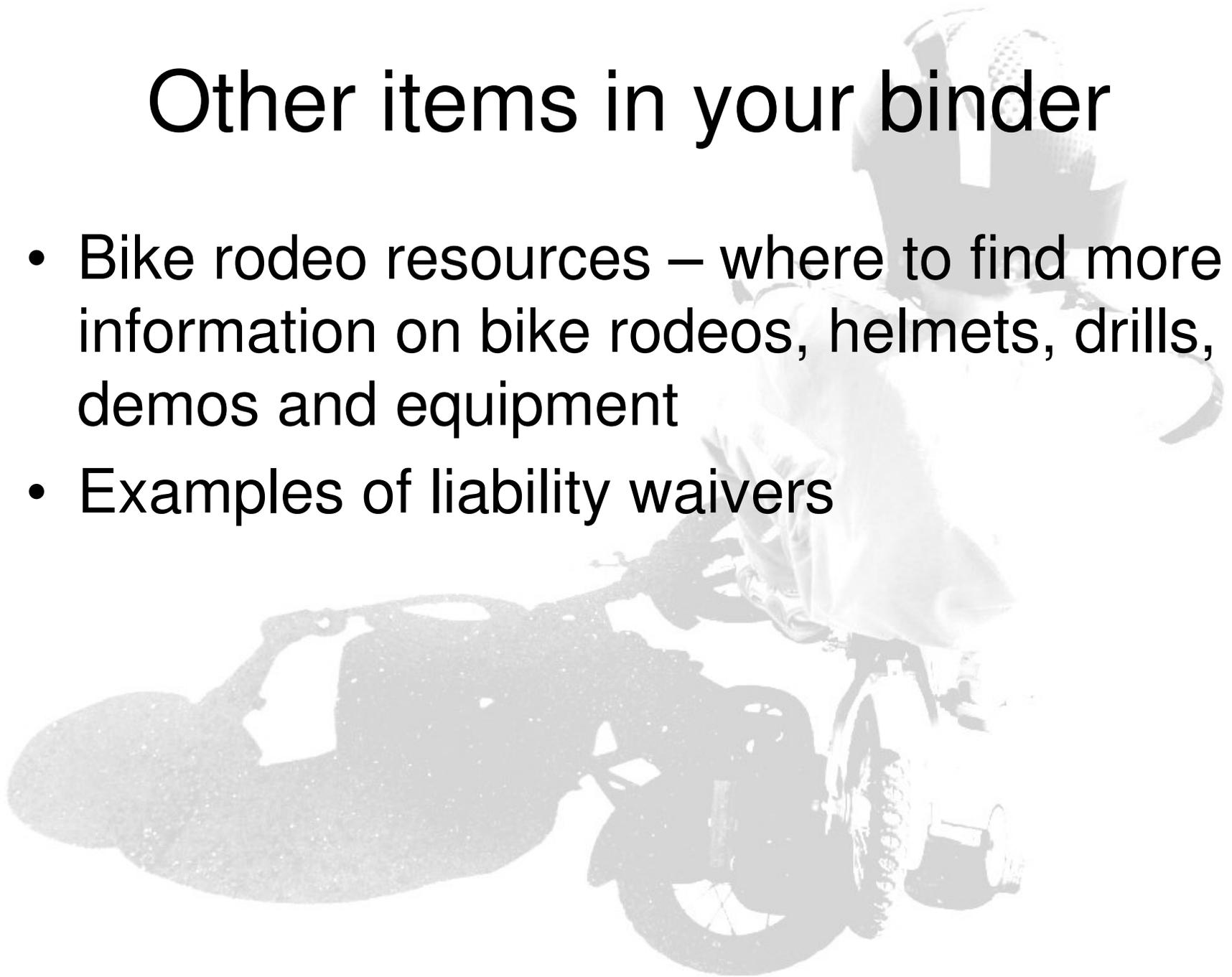


Let's practice some drills!



Other items in your binder

- Bike rodeo resources – where to find more information on bike rodeos, helmets, drills, demos and equipment
- Examples of liability waivers



Need more information or resources?

- Local
 - Durango Wheel Club
 - Pedal Pueblo
 - Others?
- State
 - Bicycle Colorado
- National
 - League of American Bicyclists

