

Logistical Details:

- Common location with accessible meeting room
- Readily accessible by bicycle, bus, foot and car
- Space for up to 40 people sitting around tables
- Secure car and bicycle parking
- Close to interesting locations for bicycling, especially a problem area to be addressed by the workshop
- Local organizer
- Trainer/Workshop facilitator

Schedule your workshop today!

To schedule a workshop contact:

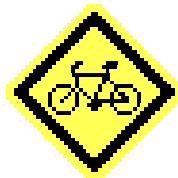
NHTSA/APBP sponsored Bicycle-Friendly Community Workshop



Power Pedal Up!

Reap the personal and community rewards of bicycling

The Bicycle-Friendly Community Workshop was developed by the Association of Pedestrian and Bicycle Professionals (APBP) for the National Highway Traffic Safety Administration (NHTSA), as part of their program to implement the National Strategies for Advancing Bicycle Safety



What's a Bicycle-Friendly Community Workshop?

It's all about neighborhoods, health and quality of life!

A 4-hour workshop used to:

- Access the conditions of bicycling in the community
- Provide an introduction of issues affecting bicycle safety and use
- Create an informed action plan to improve conditions for bicycling
- Encourage physical activity through bicycling in the community

Every community is eligible.

A bicycle-friendly community offers many benefits -- to residents and visitors alike.

- Bicycling stimulates the economy and encourages a sense of community.
- Most daily trips can be done on bike – people who ride are healthier, happier, and know more of their neighbors.
- It plays a huge role in what we all want to experience in the place where we live: *quality of life*.
- The more people feel comfortable and safe walking or bicycling, the fewer car trips they will make for short trips, improving the traffic in your neighborhood and around schools.
- Bicycling is healthy – a daily bicycle ride helps prevent and abate many chronic illnesses now burdening our health care system.

To Host A Bicycle-Friendly Community Workshop...

You will need to appoint a local coordinator to handle logistics (e.g., invitations, meeting room, refreshments). The workshop trainer works with the local organizer to identify potential participants – community leaders such as elected officials, agency/department heads, PTA presidents, school board members, Chambers of Commerce, leading public health professionals, advisory boards and bicycle club members. Following participation in the workshop and the bicycle facilities audit, they will follow-up on group goals in working toward a bicycle-friendly community.

The workshop package includes:

- Agenda
- PowerPoint presentation
- Instructions for the local organizer
- Instructions for the trainer
- List of bicycle-friendly resources
- APBP brochures
- NHTSA bike safety brochures

Workshop Agenda:

- 60 minutes: **Welcome and PowerPoint Presentation regarding bicycling in the community**
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- 45 minutes: **Local issue identification and ranking of priorities**
- 15 minutes: **Break**
- 75 minutes: **Walk/Bicycle or view video to evaluate conditions using “Bikeability Checklist”**
- 30 minutes: **Available Resources and Action Plan**
- 15 minutes: **Next Steps and Wrap-Up**