

Guide to Do-It-Yourself Bike Tours

Objectives:

-  Make creating bike tours easy with a template and guidelines
-  Bring visibility to bicycling as part of fun, sustainable and active lifestyles
-  Engage participants in exploring community history and culture



@bronzvillebikes.com

MEET OUR COMMUNITY PARTNER:

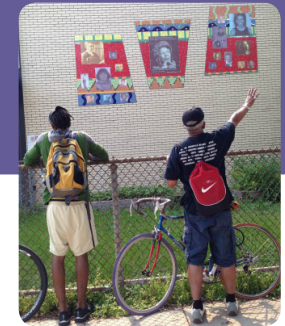
Bronzeville Bikes (BvB) promotes bicycling culture on the Southside of Chicago. BvB is a non-profit organization under the umbrella of Urban Juncture, a broader initiative to revitalize the historic Bronzeville neighborhood, BvB launched the Bronzeville BikeBox, a 20-foot shipping container repurposed to fill a need for accessible and affordable bike sales and express repair services. They also initiated the "SisterCycles" women teaching women bicycle repair and maintenance class.

Introduction

Compared to car travel, bicycling allows travelers to notice and even connect to their surroundings. It is a healthy alternative to driving since it provides exercise, reduces traffic congestion, noise and air pollution. Bike tours are a great way to promote cycling and awareness of both community history and contemporary culture, as they are both apparent on the landscape to those willing to look closely. Creating digital or printed versions of bike tours helps keep a group of riders together and lets individual riders explore on their own. Organizing and leading group tours is an ideal way to develop camaraderie among riders and organize participants towards making a more sustainable neighborhood and city.



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1 GET READY!

Tour Themes:

During the spring, summer and fall, Bronzeville Bikes, a bicycle organization in the Bronzeville neighborhood of Chicago, leads monthly tours with themes that speak to the cultural and historical narratives of the community. What places do you think of when you imagine a map of your community? Start with what you know and brainstorm on themes could develop. Below are some examples of Bronzeville Bike Tour Themes:

- Bronzeville Artist at Home and Work
- Large Scale Urban Food Production Models
- Sustainability (see example tour after instructions)

Route Planning:

-  To ensure a safe ride for all participants, organize stops to maximize right turns in your route to avoid crossing traffic.
-  Stay on roads that are in good condition with low traffic. (few potholes, no road work zones, etc).
-  If your ride is more than 45 minutes, or 3 miles, include breaks or extended time at a particular stop. Distance between locations should be no more than approximately 15 minutes by bicycle (at a leisurely pace).



USING THE TEMPLATE

Purpose:

The DIY Bike Tour Template is a PDF file that allows you to fill in the text boxes with your bike tour Name, Organization, Date, step-by-step riding instructions (a “cue sheet”), and descriptive information for each stop on the ride. The Notes section is either for participants to write notes about their ride, or you can use it to include additional information not covered elsewhere in the guide.

Cue Sheet:

A cue sheet is an efficient way to guide your participants on the tour, should they fall behind or ride on their own. Each line on the cue sheet will represent a “leg” of the ride; which way to turn, direction, road name and distance.

Example: on the cue sheet in the “Sustainability in Bronzeville” tour, you will begin the tour at Stop A, when done turn Left (westbound) on 51st St. for .2 miles. This is considered one leg of the ride.

How to Build a Cue Sheet:

Once you have chosen your locations, plug them into google maps, ridewithgps.com or your preferred map application and build your cue sheet using the map as a reference. We highly recommend using a cue sheet with, or without, a printed map, as a map alone may be hard to follow.

For support building your cue sheet please visit: ridewithgps.com or support.google.com/maps

Location Descriptions:

Keep the typed or written descriptions brief and informative. If you are leading an in-person tour, save your anecdotes for the ride.

Other Information to Include:

In the template, include total distance and estimate how much time this tour will take. The more information you provide your audience the better they will be able to prepare, enjoy and return for future rides.

Folding Instructions:

- 1: Fold in half vertically along dotted line.
- 2: Use a hole punch for the dotted circle, loop a rubberband through this hole to hang it from a bicycle handlebar.
- 3: Fold once more to make a quarter page.

3 LEADING A BIKE TOUR!



Starting on time and keeping to your route cues are key to respecting your participants’ time.



Before starting a ride, begin with an introduction or warm-up activity, and have everyone introduce themselves. You can also have participants include what neighborhood they are from or why they are interested in this particular tour.

Safety Considerations:



If representing an organization or business, have all participants sign a waiver. Generic waivers for bike rides are available online.



Bring a first-aid kit with you, a mobile phone in case you need to call 911 and water bottles (particularly on hot days).



Encourage the use of helmets among all participants, especially children.



Designate a “sweep” to ride in the back of the group to keep track of the group and communicate any potential issues to the leader. Have the sweep and ride leader wear bright colors and/or safety vests.



Always go at the pace of the slowest rider.

Safety Training:

A bicycle rodeo is a clinic to teach children (can be adapted for adults) the skills and precautions to ride a bicycle safely. www.bike.cornell.edu/pdfs/Bike_Rodeo_404.2.pdf

Additional Resources:

Fitness-based rides:

mapmyride.com

Mapping Green Assets Activity:

climatechicago.fieldmuseum.org/content/tools-do-your-own-project

Blackstone Bikes:

experimentalstation.org/blackstone-bikes

SlowRoll Chicago:

slowrollchicago.org

chi.streetsblog.org

Interested in other types of community tours? Check out:

<http://climatechicago.fieldmuseum.org/bronzeville>

Scroll down to “Tools for Action”



Major Sponsor



Find this and other climate action tools at climatechicago.fieldmuseum.org

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A. Dyett/Washington Park, Green Youth Farm

Washington Park, 51st just east of Martin Luther King Drive

Dyett High School /Washington Park Green Youth Farm supports a large, beautiful garden filled with a wide variety of produce, from carrots to collard greens and even fresh honey. The garden provides summer jobs and an after school program for many Dyett High School students. There is also a farmer's market at the garden Wednesday from 9am to 1pm, July 10th through October 2nd.

B. IIT Sustainable & Solar and Hybrid House

44th Street & Vincennes Ave

The corner of 44th and Vincennes features two homes that explore practical and progressive sustainable features. The IIT Sustainable Demonstration Home (448 E. 44th) is a collaboration with IIT Architecture students and the Genesis Housing Development Corporation. Built in 2007, it features sustainable construction materials, techniques and a rain garden for storm water collection.

C. Milton Mizenburg's Oakland Museum of Contemporary Art

41st Street & Lake Park Ave

Twenty years ago sculptor Milton Mizenburg began transforming his row house and two empty lots near his home into places for art. Known as the Oakland Museum of Contemporary Art the outdoor sculpture garden features work carved from trees and other assembled materials. As a result of his work, Milton's block has become a safe, peaceful artistic place.

D. African American Heritage Garden at the Stephan A. Douglas Tomb

636 E. 35th Street

The African Heritage Garden can be found in the rear of the Stephan A. Douglas Tomb and Memorial. The memorial hosts a 10-foot statue of the man best remembered for debating Abraham Lincoln over slavery. Both the tomb and garden are maintained by the Illinois Historic Preservation Agency. The African Heritage Garden Celebrates the importance of African crops, exposing the community to items such as jute leaves, okra and collard greens for all to learn about and enjoy.

www.bronzevillehistoricalsociety.wordpress.org

E. IIT U Farm, student garden

IIT campus, Fraternity Quad near Michigan Ave and 34th Street

Since its inception in the fall of 2011, U Farm IIT has been providing diverse educational opportunities for students interested in providing access to healthy food through urban farming. In collaboration with Growing Power's Iron Street Farm, students have built raised beds, a hoop house, and worm bins – with a shade structure in the works. Students are also working to expand community outreach so that they can provide healthy produce to IIT and surrounding communities.

F. Legends South Community Garden

45th Street & S. Federal Ave

This community garden is a collaborative project between the Legends South owner and management and the Chicago Botanic Garden community outreach program, Windy City Harvest. WCH is working with about 10 Legends South families to grow and harvest their own beds. The garden hosts a number of work sessions, garden demos, cooking demos, and celebrations throughout the year. The garden features a bench and table constructed during a summer Urban Activators Design Build with local high school students, as well as a children's play structure that was the winner of the 2012 Architecture for Humanity Activate! competition.

<https://www.facebook.com/pages/Legends-South-Garden/132715933494158>

G. Bronzeville Community Garden

Southeast corner of 51st Street and Calumet

The Bronzeville Community Garden TM is creating an urban oasis that provides a fun, safe, accessible gathering place and destination in the heart of Bronzeville. They are committed to beautifying the community, celebrating its rich cultural heritage, and promoting healthy eating and a sustainable environment. The Garden is home Bronzeville Bikes, which promotes biking in the community tours, pop-up bike repair and other related events.

<https://www.facebook.com/BronzevilleCommunityGarden>
Ride with Bronzeville Bikes every 1st, 3rd and 4th Sunday thru October

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