



## SESSION II (2:00-3:00)

### **Activate! Make Good Things Happen in Your Community! – *DurableHuman.com***

Learn how to help your community become more active and less car-dependent and to work with your local and state government agencies to make biking and walking more possible, comfortable, and safe. Real-life youth-driven success stories inspire you to step up and make a difference in your neighborhood.

**Advocacy/Biking/College: You Can Have It All – *Lees-McRae College*** Overview from inception, execution and impact of the nation's only collegiate cycling studies minor degree program at rural Lees-McRae College, Silver Bicycle Friendly University in Banner Elk, NC. You will hear size doesn't matter for you to learn the college's ABC's - advocacy, bikes and community.

**Advocacy Now! – *Bike Works Seattle*** The Youth Advisory Committee at Bike Works did an advocacy campaign this year that culminated in a video shown at their annual event. The youth involved will talk about the process, what they went through, what they learned, the outcome of their project, and why it matters.

**Bikes, Vision Zero & Us – *Gearin' Up Bicycles & DC Dept. of Transportation*** This workshop will aim to show how youth programs, mechanics, and non-profit shops can work to inform and change the conversation around "Vulnerable Users" in bike advocacy and partner with city and federal agencies to not only advocate for great bike infrastructure, but be part of its implementation and enforcement, particularly in distressed, undeserved, High-risk or vulnerable areas.

**Do it. Don't Wait! – *Lynn Salvo, Guinness World Record Holder*** Hear the story of how Lynn set a Guinness World Record and be encouraged to do something out of the ordinary, whatever it is.

**Girls Bike Club – *West Town Bikes*** West Town Bikes' very own Girls Bike Club will teach their peers how to create and manage a successful club that allows an already confident group to flourish and expand within their own communities. Plenty of girls ride bikes and we can help you recruit them to make an even more powerful impact!

**How to Plan a Multi-Day Bike Trip – *Boy Scout Troop 1978*** Learn how to plan and carry out a multi-day bike trip, including all the steps from training, planning the route, making reservations, researching facilities along the way, reconnoiter, gear, packing and execution.

### **Making Connections: Trails at the Heart of Healthy, Thriving Communities**

**– *Rails-to-Trails Conservancy*** Technology. Culture. Biking. These three things have a lot in common-- combined, they're causing massive disruption that will dramatically reshape our communities. As transportation habits change and technologies like autonomous vehicles become mainstream, a new opportunity exists to prioritize biking and trails in the places where we live. But that future isn't guaranteed. Explore with us how we can create the change we want, and put trails at the heart of healthy, thriving communities.

**Project Street Mix-up – *The Bureau of Good Roads*** Fancy being a designer or engineer? This is a hands-on workshop where you'll get to roll up your sleeves and try your hand at creating better streets for biking. We start with a brief lesson about why our streets work the way they do. Then you can try two hands-on design challenges: (1) The Road Diet Plan & (2) The Miniature Traffic Garden. After small-scale design work, you'll get to show off your ideas on our large-scale models (Street Mix-up Kit and Traffic Garden Kit). We'll close with practical stories about how to get involved in building a safer and more accessible world for bicycling. We hope to inspire the next generation of designers, planners and engineers!

### **Passionate Paycheck: Bike Education & Youth Employment – *Bike New York***

Discover the strategies that three young people adopted to turn their passion for bikes into a job. They will share how they got started, the importance of seeking out mentors/networks and how they leveraged training programs and other opportunities. Each journey is different and reveals secrets to success.

### **Taking It to The Next Level: Starting my Own Bike Repair Business – *Phoenix***

***Bikes*** Learn how participating in the Phoenix Bikes program was an inspiration and stepping stone to a future career.

Ben will talk about how he learned business, bike repair, and social skills at Phoenix Bikes that inspired him to ride and investigate local bike repair shops. Then, after a year and a half, he decided to take all of his newly learned skills and combined them with his entrepreneurial mindset to open a small bike repair shop at his house.

### **Try a Tri: USA Triathlon Youth Programs – *USA Triathlon***

We'll take a look back on the history of triathlon and go into some of the programs and partnerships USA Triathlon offers on the national and regional level. We will talk about some of our new youth grassroots initiatives and how bike programs can tie into USAT.

**Using the Bike as a Time Machine – *Triangle Bikeworks*** Have you ever thought to go back in time to discover yourself? Adventure bike touring is the way to do this. Come hear how easy and fun it is to retrace history, be in the spaces where history was made and discover who you really want to be.

### **\*What Makes a Community Bike-Friendly? A Mobile Workshop – *BikeArlington***

Arlington County ranks among the most bike-friendly jurisdictions in the nation and is recognized as a Silver Level Bicycle Friendly Community. With over 50 miles of shared-use, off-street trails and 40 miles of bike infrastructure, it's an easy place to get around by bike. But don't just take our word for it! Learn how Arlington got this way on our mobile workshop where you'll experience a range of bike infrastructure, from completely protected lanes to old-school taking the lane. But really, it's a bike ride. You like bikes, right? Bikes and helmets will be provided to those who need them.

***\*limit 20 attendees, workshop via bike (bike/helmet provided), must have signed waiver***

### **\*Makers Space, Presented by Tech Shop DC-Arlington & arlington arts**

Make a custom vinyl sticker for your bike frame, craft a balaclava for cool weather cycling and fashion a bicycle tube bow tie! ***\*limit 20 attendees, may only attend once***