

Hawaii Bicycling League BikeEd Hawaii

Quarterly Reports 1-4, 2015 - 2016



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Mick Wong, BikeEd Manager

INTRODUCTION

We, the BikeEd team of Instructors, are Michael Garrison, Evan Bassett, Chet Blanton, Mike Flartey and Mick Wong. Our mission is to educate island keiki on how to safely ride a bike on Oahu's public, neighborhood streets. BikeEd Hawaii was established in 1989, roughly 27 years ago, as the brain-child of Katy Bourne. It is not common fact, that one of the teaching tools used in the early years of BikeEd was through "catchy" songs and music. My, how things have changed. The singing of songs is gone (we're not great singers) to be replaced (temporarily with the Farmers Insurance On-line game as pre-post test substitute when teachers complained about lack of time to process tests) and back to the basic teaching method of leading by example. We, the BikeEd Instructors, led by example. We dress with brightly colored shirts, tie our shoelaces tightly, and we always wear our bike helmets. Students learned it was okay to stand out from the crowd. To be noticed, and to always be aware of their surroundings. The 3.5 hours we spend with the students each week are filled with informational, educational and practical experiences that most of them will remember into adulthood.

The Process

How do we do it? The entire process begins approximately 365 days prior to the first day of class. Yes, 365 days! The demand for our services is overwhelming. Out of the 42 weeks that comprise the school year, subtract from that the five and a half weeks for



Fall Break, Winter Break and Spring Break, this leaves about 36, desirable weeks for 90 or so teachers to choose from. Now remove 9 or 10, non-instructional days from the mix and this leaves roughly 28, 5-days weeks to book. The remainder are 4 days or less. Hawaii's teachers are very savvy when it comes to the weeks they book their BikeEd classes. They want to take advantage of the time

available to get the most for their keiki. Needless to say, the 2, 3 or 4 day weeks available are hard to book. We, the Instructors, customize our program to fit the shortened week.

Once the actual week of instruction is agreed upon, we then decide on the start time of the first class. Factors that affect the start time are mandatory reading times and testing, as well as the school's traffic pattern. The standard start time of 8:15 a.m. Monday morning has been changed to a more flexible schedule that both the school and the teachers are comfortable with. The flexibility benefits BikeEd Hawaii in two ways. First, it allows for more schools, who were unable to participate in the past, to



participate. Secondly, BikeEd's presence was transformed from a strict, by the book organization to being more open, receptive and mindful. We allow (with some restrictions) the school to customize a schedule that fits their needs. In the past, we would simply say, "These are the dates and times we have available for your school." Often times, the school would respectfully decline to sign up for classes.

The typical BikeEd public school schedule today will comprise of a 5-day week, a 4-day week and a 3-day week. The length of the class is 45 mins. Private schools on the other hand, book BikeEd once or twice a week, during their school's PE time, for 45 mins, but over the course of 5 to 8 different weeks.

MATERIALS

We provided 1, 2, 3, 4 or 5 days of instruction per week.

We provide two teams of 2 or 3 BikeEd instructors for schools. (Chet Blanton, an instructor, has over 20 years of experience).

We provide 30 Bikes, BikeEd helmets and Safety vests to each school.

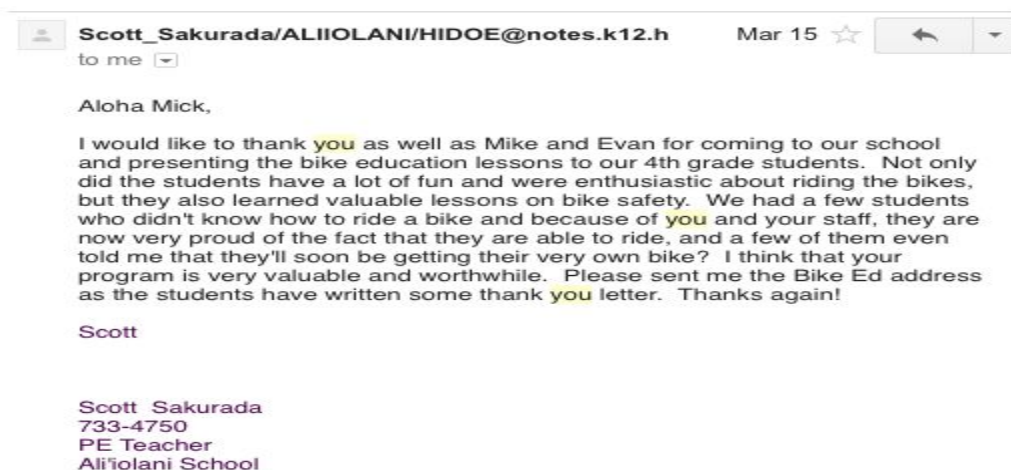
We perform a 10 question, verbal, Pre-test for all students prior to the start of class and results are tracked of over the course of the year.

A typical week of BikeEd will consist of a safety talk, followed by two days of skill building drills, and the final one or two days are spent out on the road practicing the materials presented. The safety talk on Day 1, begins with the 10 question, verbal pre-test that will give the BikeEd instructors an idea of what the students really know about bike safety. We then proceed to talk about good and bad colors of clothing to wear, why it's important to "stand out" and be seen while riding a bike or even when walking. We review the importance of tying their shoelaces, nice and tight and the consequences if they don't. The importance of performing "The 6 - point Bike Safety Check", prior to riding the bike. The check includes; the handlebars, the seat, the chain, the pedals, the brakes and finally the tires. The most important item that we review is how to adjust their helmets, the importance of wearing a properly fitted helmet and to wear their helmet whenever they ride their bike as it could save their life.

Quarter One

1. 285 students were taught how to ride a bike. Many had never ridden before.
2. 2,644 students successfully completed the BikeEd course, up to 3.5 hours.
3. 19 different schools were visited.
4. We performed 2 Bike Rodeos for a total of 50 kids.
5. During the Summer of 2015, we operated our Summer BikeEd program and we took an additional 890 kids for bike rides during the summer. These students were at Summer school, YMCA's, YWCA's or at a Kamaaina Kids location.
6. 1st Quarter total was 2,929.

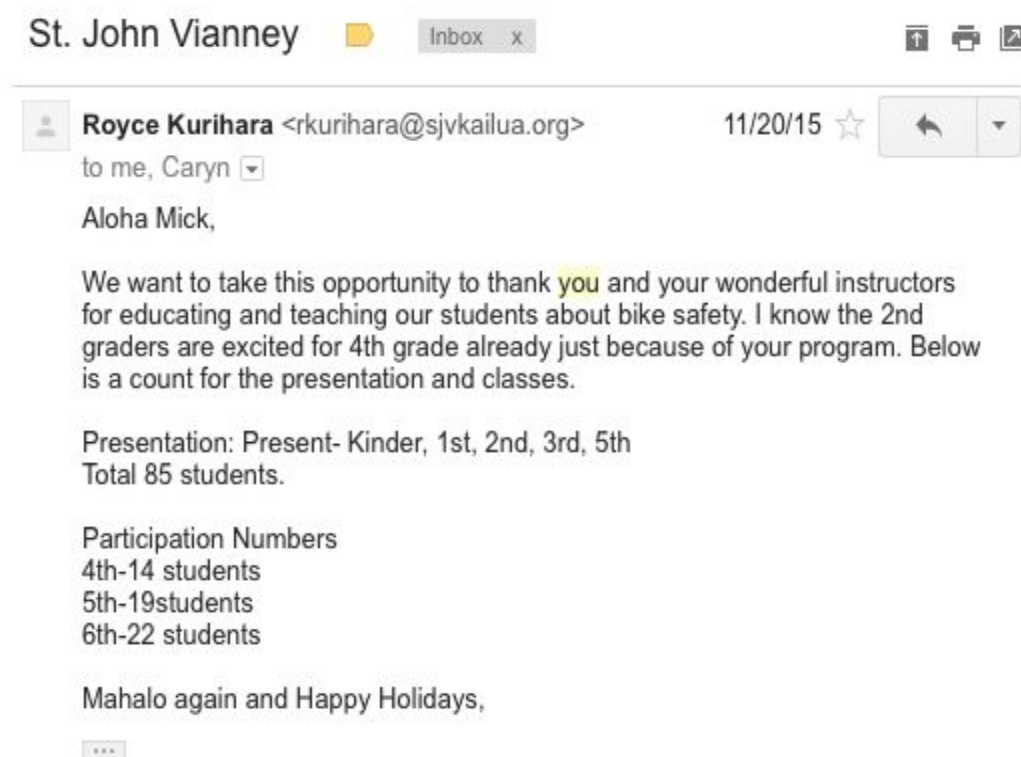
Example of thank you letter:



Quarter Two

1. 428 students were taught how to ride a bike. Many had never ridden before.
2. 2,018 students successfully completed the BikeEd course, up to 3.5 hours.
3. 25 different schools were visited.
4. We performed 3 Bike Rodeos for a total of 51 kids and 1 Bike Safety talk.
5. 2nd Quarter total was 2,446.

Example of thank you letter:

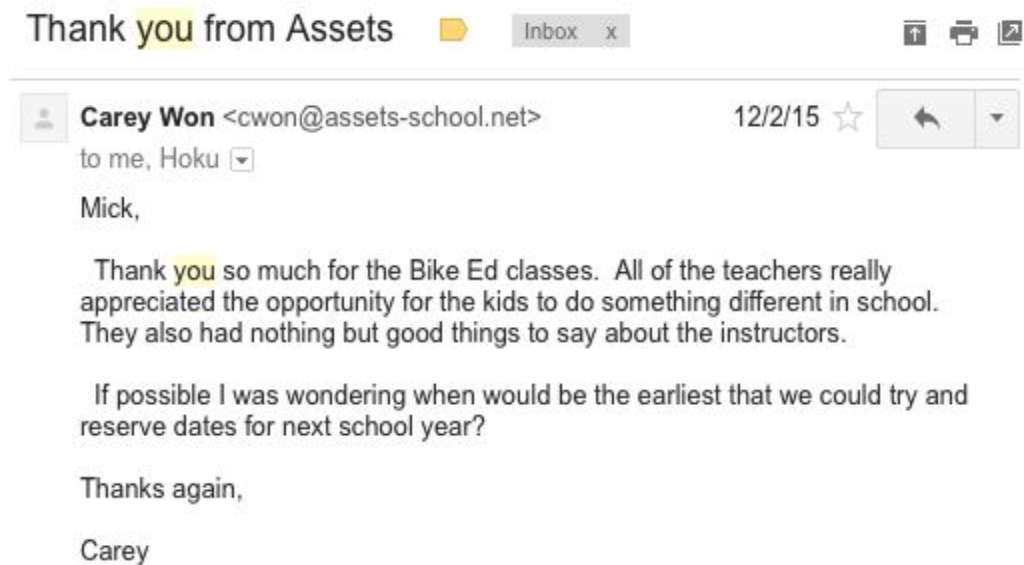


Quarter Three

1. 387 students were taught how to ride a bike. Many had never ridden before.
2. 1,738 students successfully completed the BikeEd course, up to 3.5 hours.
3. 26 different schools were visited.
4. We performed 1 Bike Rodeo for a total of 25 kids.

5. 3rd Quarter total was 2,125.

Example of thank you letter:



Quarter Four

1. 258 students were taught how to ride a bike. Many had never ridden a bike before. We believe if it weren't for BikeEd, many would have never learned.
2. 1,646 students successfully completed the BikeEd course, up to 3.5 hours.
3. 25 different schools were visited.
4. We performed 5 Bike Rodeos for a total of 222 kids.
5. 4th Quarter total was 1,904.

2015 - 2016 Data by Quarter

Quarter 1

Date	School	Beginners	Riders	Bike to school	Pre-Test scores	Bike racks	Total
Class Dates	Summer BikeEd		890				890
Aug. 3 - 7	Holomua Elem 1	15	92	14	67.00%	5	107
	St Andrew's Priory	5	25	0	77.00%	0	30
Aug 10 - 14	Waialua Elem	10	80	22	57.00%	3	90
	Waialae Elem	21	63	5	70.00%	1	84
	St Andrew's Priory	7	23	0	77.00%	0	30
Fri, Aug 14	Waikiki Food Truck Rodeo		35				35
Aug 17 - 20	Mililani Ike Elem	20	143	10	71.00%	3	163
	Mokapu MCBH	6	97	44	77.00%	6	103
Aug 24 - 28	Holomua 2	11	107	13	67.00%	3	118
	Mililani Mauka Elem	23	141	14	78.00%	7	164
Aug 31 - Sept 4	Sunset Elem	0	70	34	77.00%	3	70
	Mililani Uka Elem	14	101	2	93.00%	1	115
Sept 8 - 11	Nanaikapono Elem	49	81	4	52.00%	3	130
	Maryknoll School 1	25	125	0	89.00%	0	150
	Ben Parker Elem	10	44	2	73.00%	1	54
Sat, Sept 12	Kokokahi YMCA Rodeo		15				15
Sept. 14 - 18	Mililani Waena Elem	21	104	9	41.00%	1	125
	Laie Elem	2	100	14	79.00%	1	102
Sept 21 - 25	Barbers Point Elem	8	82	0	78.00%	1	90
	Haleiwa Elem	0	28	0	70.00%	0	28
Sept 28-Oct 2	Kahala Elem	31	42	3	56.00%	1	73
	Palolo Elem	0	49	0	72.00%	0	49
	Ewa Beach Elem	7	107	9	75.00%	1	114
1st Qtr ends	19 distinct schools	285	2644	199			2929

Quarter 2

Date	School	Beginners	Riders	Bike to school	Pre-Test scores	Bike racks	Total
Oct 13 - 16	Leihoku Elem	19	144	6	82.00%	2	163
	Manana Elem	7	54	0	87.00%	1	61
Fri, Oct 16	Blue Zone Bike Rodeo		6				6
Sat, Oct 17	Aloha Aina Rodeo Waikiki		35				35
Oct 19 - 23	Waimalu Elem	14	54	3	73.00%	4	68
	Wahiawa Elem	7	86	2	73.00%	2	93
Oct 26 - 30	Waipahu Elem	29	108	0	64.00%	2	137
	Iroquois Point Elem	9	88	15	79.00%	6	97
	Waldorf School	0	9	0	90.00%	0	9
Sun, Nov 1	Tour de Cure Bike Rodeo, KCC		10				10
Nov 2 - 6	Kapunahala Elem	13	67	4	82.00%	2	80
	Helemano Elem	18	81	4	76.00%	1	99
Nov 9 - 13	Assets School	32	87	0	84.00%	0	119
	Kapolei Elem 1	8	73	4	76.00%	1	81
	Ewa Beach 5th grade ride	24	72	4	92.00%	1	96
Nov 16 - 20	Kaneohe Elem	15	75	0	75.00%	1	90
	Waiahole Elem	7	27	0	75.00%	1	34
	St. John Vianney School	20	120	0	81.00%	0	140
	Heeia Elem	12	60	2	76.00%	1	72
Nov 23 - 25	Waikale Elem	17	63	1	72.00%	1	80
	Maryknoll School 3	38	112	0	77.00%	0	150
	Kauluwela Elem (3rd grade talk)	0	62	0		0	62
Nov 30 - Dec 4	Noelani Elem	10	67	5	83.00%	1	77
	Kalihi Uka	15	34	1	73.00%	0	49
	Koko Head Elem	14	48	1	79.00%	1	62
	Heeia Elem (Kaneohe)	24	58	0	77.00%	0	82
Dec 7 - 11	Waiau Elem (Pearl City)	16	98	2	62.00%	1	114
	Solomon Elem	10	87	2	77.00%	2	97
Dec 14 - 17	August Ahrens Elem	50	133	6	70.00%	1	183
2nd Qtr ends	24 distinct schools	428	2018	62		32	2446

Quarter 3

Date	School	Beginners	Riders	Bike to school	Pre-Test scores	Bike racks	Total
Jan 4 & 7	Maryknoll School 4	48	102	0	74.00%	0	150
Jan 11 - 15	Nimitz Elem	6	98	20	91.00%	1	104
	Mauka Lani Elem	14	92	0	77.00%	1	106
Jan 19 - 22	Kapolei Elem (2)	9	79	12	75.00%	1	87
	Wheeler Elem	4	106	0	75.00%	1	110
Jan 25 - 29	Hookele Elem	18	83	11	75.00%	1	101
	Kauluwela Elem	12	54	1	78.00%	1	66
	St Andrew's Priory 1	22	78	0	68.00%	0	109
Feb 1 - 5	Aliamanu Elem	22	60	5	77.00%	2	82
	Mid Pacific Institute	25	36	0	85.00%	0	61
	Pearl Harbor Elem	12	70	0	80.00%	1	82
Feb 8 - 12	Pearl City Highlands	13	53	0	78.00%	0	68
	Palisades Elem	10	59	0	80.00%	0	69
Feb 16 - 19	UH Lab School	22	108	0	91.00%	0	120
	Alvah Scott Elem	20	50	2	90.00%	0	70
Feb 22 - 26	Pearl Harbor Christian Academy	5	37	0	86.00%	0	42
	Manoa Elem	9	74	4	82.00%	1	83
	St. Francis School	6	21	0	80.00%	0	27
Feb 29 - Mar 4	Fern Elem	6	66	0	67.00%	0	72
	Momilani Elem	4	58	0	83.00%	0	62
	Iolani School	15	45	0	79.00%	2	60
Sat, Mar 5	Lincoln Elem Rodeo		25				25
Mar 7 - 11	Aikahi Elem (Kailua)	9	61	11	81.00%	2	70
	Kahaluu Elem	16	30	2	77.00%	1	46
	Red Hill Elem	24	49	0	67.00%	1	73
	Aliiolani Elem * New	12	24	0	68.00%	1	36
	Kamehameha School *Tue only	24	120	0	74.00%	0	144
3rd Qtr ends	24 distinct schools	387	1738	68		17	2125

Quarter 4

Date	School	Beginner	Riders	Bike to school	Pre-Test scores	Bike racks	Total
Mar 29 - Apr 1	Mid Pacific 4	14	47	0	71.00%	2	61
Apr 4 - 8	Makakilo Elem	23	73	3	80.00%	0	96
	Lanikai Elem/Heath Fair		42				42
	Kamaile Elem	5	83	3	70.00%	0	88
Apr 11 - 15	Queen Kaahumanu Elem	42	30	1	82.00%	1	72
	Ala Wai Elem	5	55	3	75.00%	0	60
	Nuuanu Elem	14	44	3	84.00%	1	58
Apr 18 - 22	Keoneula Elem (Ewa)	16	94	16	75.00%	2	110
	Holomua Elem (5th ride)	0	24	0	95.00%	4	24
	Holy Nativity School	4	20	0	81.00%	0	24
	Iolani School 4	8	28	0	71.00%	4	36
Apr 25 - 29	Waikiki Elem	18	70	8	79.00%	2	88
	Lanikai Elem	4	38	10	90.00%	1	42
	Kaleiopuu Elem (Kunia)	30	120	0	73.00%	1	150
	Kam IV Celebration Bike Rodeo		25				25
May 2 - 6	Mokulele Elem	4	49	30	78.00%	4	53
	Kipapa Elem	9	88	6	84.00%	2	97
	Aina Haina Elem	14	71	0	73.00%	1	85
May 9 - 13	Kailua Elem (New)	5	49	10	66.00%	0	54
	Iolani School	0	60	0	72.00%	0	60
	Punahou School (new)	10	62	0	77.00%	0	72
	Ala Moana Boy Scout Rodeo		116				116
	Ahuimanu Rodeo		9				9
	Enchanted Lakes Elem	3	69	15	70.00%	2	72
	Island Pacific Academy	8	34	0	85.00%	1	42
May 16 - 20	Holomua Elem (5th ride)	0	48	0	91.00%	4	48
	Lanakila Elem	0	83	0	80.00%	0	83
	Hokulani Elem	0	35	0	80.00%	0	35
May 23 - 25	Thomas Jefferson Elem	22	50				72
	Kapolei Library Rodeo		30				30
4th Qtr ends	20 distinct schools	258	1646	108		32	1904

School Year 2015-16 Year End Totals

Date	Schools (distinct)	Bgnr	Riders	Bike to school	Pre-Test scores	Bike racks	Total
4th Qtr	20 distinct schools	258	1646	108	78.65%	32	1904
3rd Qtr	24 distinct schools	387	1738	68	79.90%	17	2125
2nd Qtr	24 distinct schools	428	2018	62	77.40%	32	2446
1st Qtr	19 distinct schools	285	2644	199	71.24%	41	2929
Subtotals				437		122	
SY2015-2016 totals	87 distinct schools	1358	8046				9404

Summary Comments

1. We taught 9,404 students for SY 2015- 2016. 1,358 students were new to riding bikes. All these students now need to ride more with parents and adults so they can grow to be confident and skilled bicycle riders more than just one week per year.
2. The average score for our verbal Pre-Test was in the mid 70% range. By the time the students finished the week, those who were allowed to bike on the roads had understanding near the 90% level. However, teachers have said they do not have time to administer a post-test. Next year we will implement a 10 question, verbal, Post-Test for each class, results will be reported for SY 2016 - 2017
3. 87 distinct schools were visited by BikeEd Hawaii.
4. 437 students said they rode their bikes to school, about 5% of all students.
5. Many private schools and some public schools have bike racks to store bikes.
6. The usual Monday curriculum was covered in the Quarter 1 description. The usual Tuesday, Wednesday, Thursday and Friday curricula will be covered in the 2016-2017 quarterly reports.

Pre/Post Test

1. Bicycle riders have their own traffic laws to follow that are different from the traffic laws that are made for cars, trucks and mopeds (False)
2. The safest place to ride my bicycle is on the left side of the road where I can see the cars coming toward me (False)
3. Riding a bicycle at night without a white headlight and a red, rear reflector/light is unsafe and against the law (True)
4. It's okay to ride a bicycle with a flat tire and a loose seat if the person riding the bicycle is a good rider (False)
5. Darting out of a driveway into the street without looking for traffic is the greatest cause of bicycle deaths among children between 6 and 12 years old (True)
6. When I ride my bicycle after the sun has set the best color to wear is black. Black is the best color to wear because it stands out the most (False)
7. Popping wheelies, drifting and riding without your hands on the handle bars are safe things to do on a bicycle (False)
8. If I am on my bicycle and I'm getting ready to cross a street or enter an intersection, I should look to the left, to the right and to the left again to check for cars before I proceed (True)
9. When I ride my bicycle on the road it would be safe to ride about 5 to 6 feet away from the curb (False)
10. When I ride my bicycle on the street with other bicycle riders, it is safer to ride side-by-side instead on riding in a single-file line (False)