



HAWAI'I 2018



THE BIKE ISSUE





PEDALING HARD FOR 43 YEARS

Hawaii Bicycling League has come a long way in 43 years. Faye Saiki and friends started HBL in 1975. HBL pushed the first state bike plan in 1977, started the Honolulu Century Ride in 1981, the Haleiwa Metric Century in 1992, and started teaching BikeEd to 4th graders in 1989.

By 2006 new advocacy efforts blossomed. People who were our BikeEd students and century riders for 30 years began to take action! City charter amendment 8 passed overwhelmingly with 72% voter approval to make Honolulu walk & bike friendly. An HBL ride group, The Red Hot Ladies formed in 2007 and HBL helped pass a law requiring 2% of state highway funds for bikes. In 2009 and 2012 Complete Streets laws required that we plan, build and maintain streets for all users - people who walk, bike and drive. Zach Manago's Ride in Paradise started in 2011, months after he was killed by a hit and run driver in Wahiawa. HBL began pushing for Zach's Vision -- more bike lanes!

Thanks to active members and supporters, Zach's Vision is becoming a reality. Since 2012, when he was first elected, Mayor Caldwell has responded by building 29.5 miles of bikeways, including protected bike lanes on King St and South St, with more to come in the next 3 years.

STILL MORE HILLS TO CLIMB IN 2018

HBL's role is to continue to advocate for safe streets and more bike lanes -- to demonstrate through member and community support that the great majority of people in Hawaii want to walk and bike on safe streets. The state's Leeward Bikeway, delayed for 37 years, is scheduled to go out to bid in 2018. HBL's role is to educate and train more people to walk, bike and drive safely. HBL advocates for A Vision Zero where no one dies on our roads. HBL believes in King Kamehameha's 1797 Law of the Splintered Paddle (which declared that everyone has a right to be safe on our roads). HBL's role is to promote safe, fun events where people can enjoy riding bikes and help save the earth at the same time.

MAKE THE FUTURE BRIGHT

We need you as a member, donor and volunteer. Working together we can enable more people to bike and walk for health, recreation and transportation. Please join us!

Chad Taniguchi,
Executive Director, Hawaii Bicycling League

POWER TO THE PEDAL

With an amazing 2017 in the rear-view mirror, HBL is looking to its members and allies for making the year ahead an even stronger one.

Written by Daniel Alexander

On a ride down the King Street protected bike lane one can't help but feel that bicycling is headed in the right direction. In fact, the signs are pretty clear. Bike lanes at McCully St (completed in January 2017) connect you straight into Waikiki, at South St Honolulu's second

protected bike lane (completed in May 2017) connects down to Kakaako, and there's an ever-growing number of people bicycling for transportation, recreation, and health, including many on green Bikis (opened in June 2017).

Miles away from the bustle of King Street, 35 people gathered at the Mililani Neighborhood Board to voice their strong support for bike lanes on Kamehameha Highway to create a safe connection between Mililani and Waipio. The scene tells of the extensive work still needed before cycling is truly safe and accessible to everyone across Hawaii and, just as importantly, of the strong community of advocates that have and will continue to push forward the bicycle movement. Every bicycle-friendly stride has behind it community members that decided to become advocates and pushed for the change they want to see. The following is a review of some of the big strides of 2017 and, more importantly, a focused look toward the big changes to strive for in 2018.

"Every bicycle-friendly stride has behind it community members that decided to become advocates and pushed for the change they want to see."





2017 YEAR IN REVIEW

2017 brought huge leaps forward with new bikeways, a mandatory bike parking ordinance, passage of a strong budget for implementation of bikeways, and, of course, the launch of Honolulu's Biki public bikeshare system.

BIKEWAYS, BIKEWAYS, BIKEWAYS

2017 was a big year in expanding our bike-way network. 8.9 miles of new bike lanes were implemented on Oahu. The advocacy of HBL and hundreds of advocates supported the realization of new bike lanes in Nānākuli, Kunia, Salt Lake, Kaka'ako, McCully/Mō'ili'ili, Mililani, and Iwilei!

BUT WHERE DO I PARK MY BIKE?

Every bike trip must to come to an end and that's where quality bike parking is needed. Unfortunately, not all businesses have seen the light on the importance of providing bike



parking to serve customers arriving by bike. With the passage of Honolulu ordinance 17-55 in October bike parking will be getting a lot better. The new law requires short and long-term bike parking for all new commercial, office, and apartment buildings. HBL also launched its Bike Parking Advocacy Program to work with advocates to get all existing businesses to put in bike parking.



GO BIKI!

After years of work by government and non-profits, including HBL, in June Bikeshare Hawaii launched Honolulu's new public bikeshare system Biki with 1,000 bikes and 100 stations spread across the city between Chinatown and Kapahulu. With over 2,000 rides everyday Biki is spreading the awesomeness of cycling to thousands. Biki is looking towards a summer 2018 expansion.

FOLLOWING THE MONEY TO 2018

2017 also brought in big dollars that will result in changes on the ground in 2018 and beyond. The City Council passed a budget with \$8,000,000 for bikeway and Complete Streets improvements that will go a long way to build our bikeway network and make our streets safer for walking and biking. The year also brought over \$5,000,000 in federal funds that will be used to expand Biki bikeshare to more neighborhoods on O'ahu over the next four years.

ADD TO THE MOMENTUM IN 2018

From the halls of the State Capitol and Honolulu Hale to the streets and paths, 2018 is set to be a big year in bringing Hawai'i closer to the bike paradise it should be. Every step forward is going to require a push from advocates. Get involved and add to the positive momentum.

GIVE 3 FEET FOR SAFER STREETS

It's a simple but powerful rule for sharing the road - give others space! Unfortunately, most bicyclists know from first-hand experience, not all drivers give cyclists enough space when passing. Three feet is widely regarded as the minimum safe passing distance and this year the Hawai'i State Legislature is considering legislation that would make Three Feet Hawai'i law. The advocacy effort is going to require a lot of testimony over the legislative session this January to May.



MORE BIKEWAYS

At HBL's Annual Dinner and Fundraiser in January 2018, Honolulu Mayor Kirk Caldwell made clear that the City would be working even harder in the coming year to build a robust network of bikeways and make Honolulu a world class bicycling community. Some of the big highlights are new protected bike lanes on Pensacola St and Ward Ave and new bike lanes on Date St and Hamakua Dr. The Mayor also said he'd be pushing for protected bike lanes on King St leading into the heart of Downtown and on Bishop St forming a Downtown mauka/makai connection. Each one of these bikeways will be a leap forward and each one will require a big advocacy push to make sure they become a reality.



COMPLETING OAHU'S STREETS

Complete Streets are streets that safely accommodate everyone - people who are walking, biking, taking public transit, and driving. Honolulu's Complete Streets policy is transforming our incomplete streets with work all over the island. In the coming year, the City will be kicking off projects for Complete Streets in Kalihi, Kailua, Kaneohe, Nuuanu/Liliha, Pearl City, UH Manoa area, and Waikiki. Given our streets haven't historically been designed with bicycling in mind, the Complete Streets projects offer a giant opportunity to make our streets safer and more welcoming for cycling.

GET INVOLVED

FOR MORE INFORMATION

DANIEL ALEXANDER
HBL Advocacy Director
Daniel@hbl.org

Push us forward by joining HBL's
Bike Advocacy Team today:
HBL.ORG/ADVOCACYTEAM



HBL MINIMUM GRID ADVOCACY
hbl.org/mingridhnl

BIKE PARKING ADVOCACY
hbl.org/bikeparkingadvocacy

SAFE PASSING 3 FOOT BILL
hbl.org/safepassing

LEEWARD BIKEWAY
hbl.org/leewardbikeway

HONOLULU COMPLETE STREETS
honolulu.gov/completestreets

O'AHU BIKE PLAN UPDATE
honolulu.gov/bicycle/bikeplanupdate



LEEWARD BIKEWAY IS ALMOST THERE!

After way too many years in development, the Leeward Bikeway Phase 1 is finally heading towards construction. The bike path will link to the existing Pearl Harbor Bike Path creating a safe, off-road multi-use path connecting Ewa to Aloha Stadium. HBL has been pushing hard - after getting the support of 7 neighborhood boards, the State Legislature, and over 1,500 people - the project is on target to go to bid in summer 2018 and construction not long thereafter.



OAHU BIKE PLAN UPDATE

Looking beyond 2018, the City is updating the O'ahu Bike Plan. This is the master plan that guides the development of our bikeway network. The Oahu Bike Plan is revised every five years so this is our once in a decade chance to make sure we get it right.

SHARING IS CARING

Biki's growing popularity is a sign of how long overdue a Bikeshare program is on Oahu.



Written by Justine Espiritu & Kelsey Colpitts

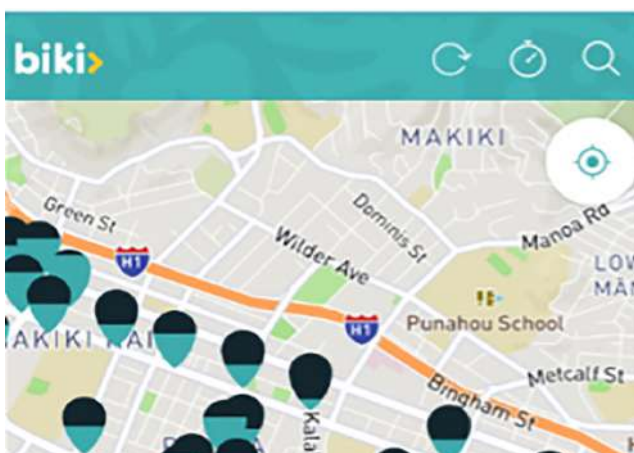
The Biki bikeshare program, launched in Honolulu by Bikeshare Hawaii, saw over 360,000 trips in 2017 after just six months of service. With an average ride time of 20 minutes and 9 seconds per trip, bikeshare has proven to be a convenient option to get from point A to point B. Nearly 50% of trips in 2017 were taken by Biki Members who have signed up for long-term plans, and memberships are on the rise indicating residents are using and relying on bikeshare. Nearly 2/3 of all trips were taken by Oahu residents, demonstrating that Bikeshare Hawaii is fulfilling its mission to provide bikeshare as a sustainable transportation option for Hawaii.

MEMBERSHIP PLANS

For Honolulu residents, the best deals for using Biki are the Membership Plans that can be purchased online at GoBiki.org, or through the Biki App.

At \$15 dollars per month for unlimited 30 minute trips, daily Biki rides between home, work, school or errands can come down to pennies per trip. If you're not sure how often you'll Biki, the popular Free Spirit Plan gives you a bank of 300 minutes that can be used in any increment and never expires.

When purchasing a Membership Plan online or through the Biki App, you'll be required to set up an account to manage your plan. This enables you to track your trip history, and check on remaining minutes if applicable. After signing up, a



complimentary Biki Pass will be mailed to you within 3-5 business days.

The Biki Pass is one of the quickest and easiest ways to use Biki. No numbers to punch in, no kiosk to go through, just a quick insert of the pass to the left of any available bike and you're ready to ride!

BIKI APP

Don't want to wait for your pass to arrive to start Biki-ing? Download the Biki App and login to your account to view the system map. Click on any blue icon to view the name, location and availability of bikes and docks at that particular Biki Stop. When you're at a station and ready to ride, press the yellow unlock button at the bottom right of your screen to generate a 5-digit release code. Approach any available bike at the station, and punch in the 5-digit code to the left of the bike to release it. Wait for the yellow

light to turn green and then remove the bike by lifting the seat and pulling the handle bar towards you. If the light turns red, try the code again as it is valid for 5-minutes. Your ride time will not begin until the bike is unlocked and removed from it's docking point.

Ride to any of the 99 other Biki Stops in the network. When you arrive at your destination, push it into an open dock, and wait for the green light to confirm it is locked securely. Within minutes you will receive a text message from Biki indicating that your trip has ended.

Make your daily trips more fun and easy by giving Biki a try! Hawaii residents should sign up for the Membership Plan that works best for the best deals and greatest convenience at **GOBIKI.ORG**.

PRESENTED BY THE HAWAII BICYCLING LEAGUE



Curious about Honolulu's new bike sharing program?
Want to try it out and refresh your bicycling
skills and knowledge? Join a Biki Bicycling Basics
workshop, where all of that is... free!

Workshop Locations:

Ala Moana McCully
Downtown Waikīkī
Kaka'ako *Find one near you!*



*Space is limited. Sign up soon to reserve your spot!

Check out all the
deets & register at:

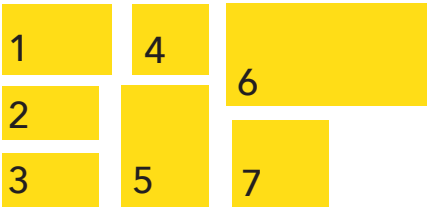
[HBL.ORG/BIKIBASICS](https://hbl.org/bikibasics)



SPOKESPEOPLE

A quick recap in pictures of the 2018 HBL Annual Dinner & Fundraiser at the Waikiki Aquarium. Photos by Jeff Chung.





- 1** KVIBE hosting the Bike Valet
- 2** Dinner guests making plates
- 3** Friends from the City & Councilmember Manahan
- 4** HBL Members enjoying a drink
- 5** AcroYoga with Mayor Caldwell
- 6** 2018 HBL Board, Staff and honored guests
- 7** Silent Auction bidders



ROLL MODELS

The Hawaii Bicycling League is a local nonprofit dedicated to bicycle advocacy, education, and events. Between working with the city and state on bicycle planning, teaching youth and adult education courses, and organizing small and large group rides, the Hawaii Bicycling League's work is never ending. As a member-driven organization, HBL would be nothing without our devoted members.

Three members in particular were highlighted at HBL's annual dinner celebrating its 43rd anniversary: (1) HBL Volunteer of the Year award recipient Tony Jacang, (2) HBL Advocate of the Year award recipient Dottie Sunio, and (3) HBL Lifetime Achievement Award recipient John Goody.

Written by Nima Daivari

TONY JACANG

Tony Jacang first started riding bicycles regularly as a young teenager- his humble bicycle beginnings started as a newspaper delivery boy. After he stopped delivering newspapers Tony stopped biking for many years. In fact, he didn't pick up the sport again until about 7 years ago. It was around that time that Tony began looking into low impact cardio activity to bring down his cholesterol. His doctor had warned him if he didn't bring his numbers down he would have to start taking cholesterol medication. After riding for some time not only did his love for riding grow but his cholesterol managed to go down almost 20%! Tony's advice for beginner cyclists is to start slow and steady- which is exactly what he did. His first rides were only about 3 miles long but over time he built up his skill and endurance. In fact, just last year Tony completed an 84 mile ride!

Tony's favorite piece of cycling gear are his lights (both front & back lights) because they keep him safe and visible to drivers not only at night but during the day as well. Tony is an HBL member for the camaraderie. His first group ride with HBL was an "Opt-Out Of Black Friday" ride held 3 years ago on the Friday after Thanksgiving. It was a 45 mile ride - a hugely lengthy ride for Tony at the time. But with HBL members like Patricia Johnson and Travis Counsell encouraging him on, Tony completed the ride from Kahala to Kailua including stops at Hanauma Bay, Sandy Beach, and the Makapuu Lighthouse. Tony was very proud of completing the longer ride and promptly became an HBL member thereafter.

Tony is an HBL member for the camaraderie.



On Saturday, January 27, 2018, Tony was presented with the Volunteer of the Year Award. He has volunteered as the course marshall for the Aloha Parade, as a videographer and photographer for the Haleiwa Metric Century Ride, and has encouraged countless new people to participate in HBL events and join the organization. Tony is an asset to the cycling community at large and HBL is thrilled to call him a member and a friend.



DOTTIE SUNIO

Dottie Sunio grew up in suburban Wisconsin. As a child she rode her bicycle around her neighborhood and later as a college student she rode around campus at the University of Wisconsin- Madison; a city and campus with great bicycle infrastructure. After moving to Hawaii Dottie began competing in triathlons, completing her first in 1989 and completing more than 40 triathlons since then. Dottie did give up bicycling for about 15 years after 2 separate crashes but then picked up riding again in the year 2000. She is still competing in triathlons and rides for leisure often. One of Dottie's favorite rides on the island is riding out to Kaena Point, along the shore. She also enjoys riding in the Kapolei & White Plains area because they're flat with minimal cars, and of

course, incredibly scenic and beautiful. Dottie credits Eve DeCoursey, former Hawaii Bicycling League Executive Director, with teaching her to be a safe rider. Dottie's biggest advice for new riders (advice she picked up from Eve) is to always be aware of your surroundings. Look 3 feet ahead, 3 feet to your right, and 3 feet to your left. Personally, Dottie likes to wave furiously at cars as she comes across them to ensure they catch sight of her in their field of vision. Her favorite cycling gear is her sleeveless triathlon jersey because it allows her to bike, swim, and run without changing clothes; her second favorite is her Red Hot Ladies club jersey. RHL holds weekly group rides for people and cyclists of all skill levels. For more information on the Red Hot Ladies, visit WWW.HBL.ORG/RHL. Lastly, Dottie supports HBL because she believes Hawaii Bicycling League is the group utilizing best efforts to make Hawaii's street safer. Not just for bicyclists, but for motorists as well.

At the 2018 HBL Annual Dinner Dottie was awarded the Advocate of the Year award. A prior HBL board member, Dottie has been a driving force in getting a bike path connection between the Pearl Harbor Bike Path and Leeward Community College. Dottie has used her position as Leeward Community College faculty to push for the much needed path and has been persistent in making sure the project happens. Dottie's steadfast advocacy is set to payoff in 2018 with the completion of the path. Dottie is beloved both personally and professionally and HBL is honored to have her as part of the Hawaii Bicycling League's legacy.

Dottie believes HBL is the group utilizing best efforts to make Hawai'i's streets safer.



JOHN GOODY

John Goody is a retired U.S. Marine. During his Marine Corp career John was more into hiking and climbing but he always had a bicycle around and very much enjoyed cycling around Okinawa while he was stationed in Japan. He came to like cycling so much that in the early 1970s he started mountain biking in California- before anyone was even using the words "mountain biking"! John was a competitive paddler for over 20 years but after a shoulder injury ended his paddling career John really kicked up his biking and hasn't stopped since. His favorite bicycle was his Santa Cruz Tallboy bicycle and one of his favorite rides is a week long ride from Telluride, CO to Moab, UT, memories of which have stayed with him

until even today. Back in the 1990s John's riding buddy was Khal Spencer, a former president of the Hawaii Bicycling League who urged John to join the organization and 20-something years later John is still a proud and active member.

John served on the HBL Board for a decade. He also played a key role in advocating for and achieving the statewide Complete Streets law in 2009 and City ordinance in 2012. John is currently chairing the transportation committee for the Age Friendly Cities initiative which aims to make Honolulu streets safer for people of all ages and is also a core member of our steering committee for the Leeward Bikeway, which is going out to bid for construction in August of 2018.

John played a key role in achieving the statewide Complete Streets law in 2009.

With a friendly crowd that included Mayor Kirk Caldwell, U.S. Congresswoman Tulsi Gabbard, Representative Chris Lee, and Executive Director of Bikeshare Hawaii/Biki Lori McCarney, John Goody received the Hawaii Bicycling League Lifetime Achievement award for all of his tireless work in bicycle advancements on the island of Oahu and for the state of Hawaii.

With almost 1,800 members and growing, Hawaii Bicycling League works hard to make sure all people feel welcome and included in the cycling community. If you have any questions or would like to join, please contact HBL at **BICYCLE@HBL.ORG** or call us at **(808) 735-5756**. As always, for more information please visit us online at **WWW.HBL.ORG**.



POSITIVE VIBES

In the heart of Kalihi, a group of young leaders are building their future one bicycle frame at a time.



Written by Justin Takaha White

The Kalihi Valley Instructional Bike Exchange (KVIBE) opened in 2005 as a youth program of Kokua Kalihi Valley Comprehensive Family Services. This hub serves about 400 youth per year by providing a community center focused on bicycle mechanics. Alongside learning how to fix a flat tire or tighten brakes, youth at KVIBE also learn other life-long skills.

Mentors like Kevin Faller, who hails from Ewa Beach, encourage and facilitate the process of sharing personal stories and connecting them to larger social structures. This technique helps

everyone involved gain a deeper knowledge of self and sense of place.

The building KVIBE calls home used to be an egg distributor, adding yet another layer of meaning to this collective's already powerful narrative. Seatposts and saddles have replaced cartons and shells, but the shop still nourishes all those who come through its doors.

Part of making sure the community is healthy involves hosting events like its 2nd annual Kalihi Ahupua'a Ride. This summer KVIBE will lead a group of cyclists from mountain to ocean, teaching participants about the historical significance and cultural value of key stopping

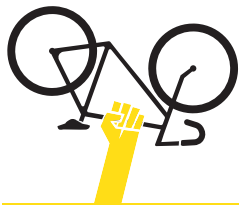
A FIRST TIME FOR EVERYTHING

Pictures from KVICE's 2017 Ahupua'a Ride.



points along the way. Proceeds made from the ride's entry fees fund organic after-school meals, supplies for activities, and educational field trips.

Events like this bring the community together, bridging generational and cultural gaps. By strengthening relationships across Kalihi and Oahu, people are more likely to donate bicycles or their free time. An increase in resources and volunteers provide the youth with the ability to extend their reach with workshops or presentations. In this way, KVICE has set off a chain reaction that will have a positive impact for generations to come.



SAVE THE DATE

WHAT: Kalihi Ahupua'a Ride

WHEN: Saturday, July 14, 2018

CONTACT: ekfaller@kkv.net

THE KALIHI VALLEY INSTRUCTIONAL BIKE EXCHANGE (KVICE)

ADDRESS: 1638 Kamehameha IV Rd,
Honolulu, Hawaii 96819

WEBSITE: www.kvibe.org

PHONE: 808-843-1545

EMAIL: kvibe@kkv.net

DONATE For bicycle donations to KVICE
contact Kevin Faller at ekfaller@kkv.net





BICYCLING 101

Follow these rules of the road to protect you and your loved ones.

Written by Nima Daivari




HELMET

Hawaii state law only requires anyone under 16 years of age to wear a helmet while bicycling, but the Hawaii Bicycling League strongly encourages cyclists of all ages to wear a helmet while riding. If you decide to wear a helmet while riding here are a few tips to make sure your helmet does its job. The key things to remember are to keep your helmet low, level, and snug.



- 1 RATCHET / DIAL:** If the back of your helmet has a ratchet set the ratchet to its loosest setting and place your helmet on your head. Slowly begin to tighten the ratchet until your helmet is snug on your head with the brim of your helmet level to your forehead instead of tilting up like when you wear a hat. You'll know your helmet fits properly if you can tilt your head forward and shake it and your helmet stays on your head. If your helmet falls off, tighten the ratchet.
- 2 SIDE STRAPS:** The side straps of your helmet should fit snugly under your ears with no slack. The side straps should make a "Y" shape under your ear.
- 3 THE 1ST TWO-FINGER RULE:** Make sure you can only fit 2 fingers between your eyebrows and the front brim of your helmet. If you can fit more than two fingers in that area, then your helmet is sitting too high up on your head. Another way to check is to simply look up while holding your head still; you should be able to see the brim of your helmet. If you can't see the brim of your helmet then you need to move your helmet down. Your helmet should cover your forehead but not impede your vision.
- 4 THE 2ND TWO-FINGER RULE** Make sure you can only fit 2 fingers between your chin and the chin strap on your helmet. If you can fit more than two fingers between your chin and chin strap then you need to tighten your chin strap.
- 5 CHIN STRAP:** Buckle the chin strap. Your helmet only works if it stays on your head.



Lastly, remember to check the fit of your helmet regularly. The straps will loosen over time and will need to be readjusted. Even if you're not a fan of wearing a helmet, it's better to be safe than sorry. According to the Bicycle Helmet Safety Institute, wearing a helmet can reduce your likelihood of having a head injury by as much as 85%! If you are involved in a crash, remember this helmet rule: One Crash And It's Trash. Even if the helmet looks ok from the outside, there may be internal protections that were damaged. After a crash contact your helmet manufacturer on next steps- many will send you a discount in connection with your next helmet purchase.

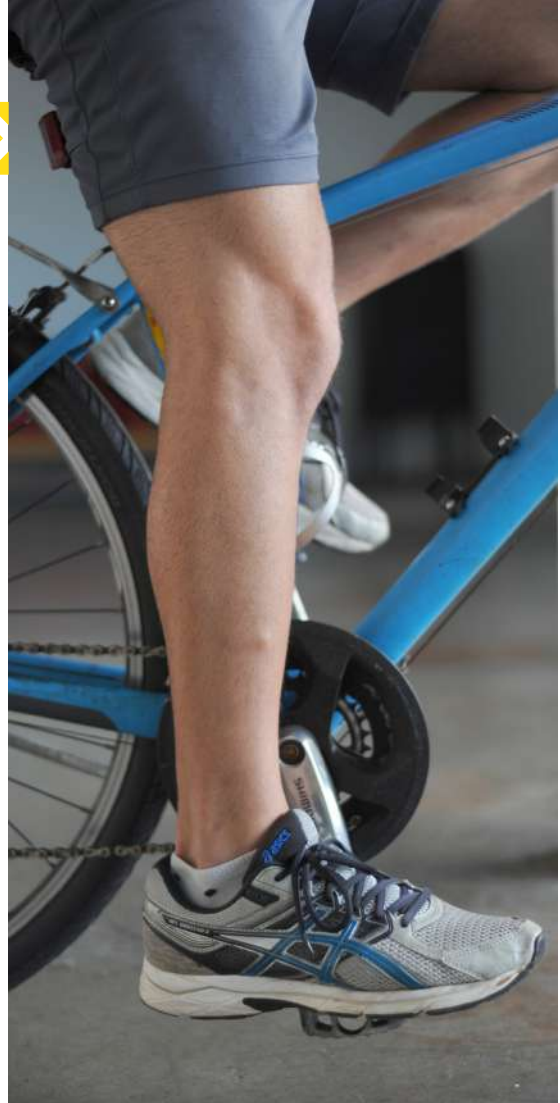
SEAT / SADDLE HEIGHT

When adjusting your bicycle saddle, or bicycle seat, place it at a height where your leg is almost completely straight when your pedal is at its lowest point. To start, place your heel on your pedal and extend your leg. It's recommended to have a microbend in your knee when the pedal is fully depressed so you don't lock out your knee joint. If your knee still has a significant bend in it when your pedal is at its lowest point, then you need to raise your saddle. If your heel cannot maintain contact with your pedal when your pedal is at its lowest point, then you need to lower your saddle until you are able to maintain foot-to-pedal contact the entire time. Proper saddle height will help protect your joints, will make riding more comfortable, and will give you more control of your bicycle.

LOCKING UP

When a bicycle thief sees an unlocked bicycle they are getting a two-for-one deal; stolen merchandise that acts as its own getaway vehicle. Even if you are just "running into the house for a second" or "stopping into the store to grab 1 item", always lock up your bicycle.

Cable locks can be easily cut so while they may serve as a mild deterrent. Your best safety option is to use a U-lock to attach your bicycle frame and back wheel to a fixed object, like a bike rack or pole, and a second U-lock to secure your front wheel to your bicycle frame. Ideally, try to lock up your bicycle in well-lit, heavily trafficked areas instead of areas that are more secluded.



The Hawaii Bicycling League offers multiple free courses and workshops per month in bicycle safety, skills, and maintenance.

For more information on bicycle safety and skills please visit us online at **WWW.HBL.ORG/WORKSHOPS**.

RAMP UP YOUR SKILLS

Take a free cycling workshop near you. Check out the full calendar and register for FREE at **WWW.HBL.ORG/WORKSHOPS**.

ADULT LEARN TO RIDE

Don't know how to ride a bike?
Learn how to ride a bike, no
experience needed!



New to biking? Learn how to ride
on Hawai'i's roads. Rules of the
where to ride, and more!

BICYCLING BASICS

ROAD CYCLING SKILLS

Take your road riding to the
next level! Learn how to use
gears, ride in a group, do hazard
avoidance maneuvers, and more!



Fix a flat on your own without
breaking a sweat! Plus learn
learn maintenance tips to keep
your bike rolling smoothly!

BASIC BIKE MAINTENANCE

Join us for... **Senior Cycling!**



Where: Pearl Harbor Bike Path
Ala Moana Beach Park Bike Path

When: Check out the calendar of weekly rides
at www.HBL.org/Seniors

Cost: **Free** for those 50-years old and up!
Donations welcome.

The Hawaii Bicycling League now offers workshops just for seniors and older adults! Rediscover your youth on recumbent tricycles supplied by us. Have fun, get active, and explore Hawai'i's beautiful bike paths by trike! Trikes and helmets provided free!

Sign up to reserve your spot at:

www.HBL.org/Seniors or call (808) 735-5756

Questions? Email Malia
at Malia@HBL.org



THE 27TH ANNUAL

HALEIWA METRIC CENTURY & ALOHA FUN RIDE

In Memory of John B. Kelley



FAMILY-FRIENDLY RIDE ALONG OAHU'S SCENIC NORTH SHORE

Sunday, April 29th, 2018
Bike 5, 10, 30, 50, 80 or 100km!

All proceeds from this event benefits

Register online **WWW.HBL.ORG/HMC**



HOW WE ROLL

HBL's team of BikeEd teachers are training the students of today on how to become the ideal Cyclists of tomorrow.



Written by Bri Foulke

HBL's BikeEd program started in 1989 and has reached over 180,000 fourth graders on O'ahu. BikeEd is funded by the City & County of Honolulu Department of Transportation Services. The five-day program teaches students how to ride a bicycle, basic cycling safety, and laws of the road. BikeEd's target audience is 4th grade public school students on Oahu, but is open to public charter and private schools as well.

The program is normally one week long and runs from Monday to Friday during school hours. HBL provides 30 bicycles, 30 helmets, 30 safety vests, as well as skilled HBL certified BikeEd Instructors! HBL's two teams consist of three instructors which enables HBL to visit at least two schools per week.

BikeEd starts the week with a classroom presentation where our instructors go over rules, expectations, visibility, why it's important to wear a helmet, proper helmet fitting, and the anatomy of a bicycle. From there they go over a 6-point safety check, how to be fitted for a bicycle, bicycle handling and control drills and proper stopping. The last two days consist of off-campus workshops where instructors lead students on a neighborhood ride to practice the rules and safety of the road.

TIPS ON HOW TO GET INVOLVED

- Contact your child's teacher to volunteer during BikeEd week.
- Buy your child a bicycle and helmet from a local bike shop.
- Ride with your child for at least 30 hours in the next 6 months (or 1 hour per week).

COMING OF AGE

See how far HBL and its members have come by taking a look at our journey and accomplishments of the past 43 years!

1970 → **1975** → **1980** → **1985** → **1990** →

1971

500 cyclists converge on the state capitol, asking for support for bicycling.

1975

Faye Saiki, Eve DeCoursey, Jock Purinton & James Stuart start HBL.

1977

Hawaii State publishes its First Bike Plan.

1981

HBL's first Honolulu Century Ride, with Honolulu Advertiser as the sponsor.

1986

Perimeter Ride around Kaena Pt. becomes an HBL ride (started by Frank Smith for IT&B).

1989

HBL starts teaching BikeEd to 4th graders, funded by the City.

1992

HBL's first Haleiwa Metric Century Ride.

1995

City installs bike racks on buses.

1999

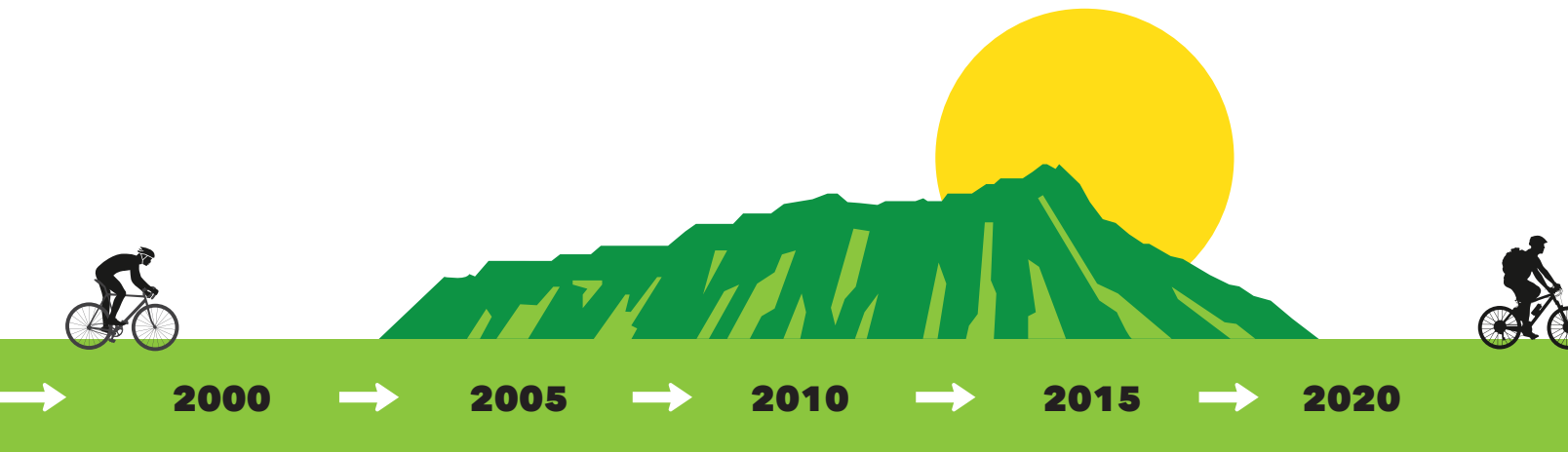
City publishes first Honolulu Bicycle Master Plan.

2006

City Charter Amendment 8 passes, making it a priority for Honolulu to be bicycle and pedestrian friendly.

2007

Law passed, requiring 2% of state highway funds to be used for bike facilities.

**2007**

Pattie Dunn and Patricia Johnson form Red Hot Ladies, an HBL ride group.

2009

Hawaii enacts a state Complete Streets Law.

2011

HBL and the Manago family start Zach Manago's Ride in Paradise to carry out his vision for safer streets.

2012

Vulnerable Users Law passed, penalizing injuring people who walk, bike and work on roads.

2012

HBL trains Roberts Hawaii and other vehicle drivers to be safer.

2012

Honolulu passes the Complete Streets ordinance, requiring roadway facilities for all users.

2013

HBL starts Senior and Adult Cycling program with City funding.

2014

City builds 6.0 bikeway miles, including King protected lanes and Waialae.

2015

City builds 4.2 bikeway miles, including Diamond Head; HBL starts Memorial Walks / Bike Rides and Solutions Meetings.

2016

City builds 8.8 bikeway miles, including Kamehameha IV, S. Beretania, Malaekahana.

2017

City builds 10.5 bikeway miles, including McCully, South, Ala Napunani.

2018

Planned implementation of Hamakua and Pensacola Bike Lanes.



LET'S CELEBRATE

Mark your calendar with these BIKE MONTH dates, and join us for a wheely good time this May.



continents! It was created to honor the foremothers of our past on whose shoulders we stand, fighting for the freedom to choose and the right to wear pants; to celebrate the future with strength and courage, voices raised, moving together. Cyclofemme empowers the future of women everywhere, and is the backbone of positive social change. We'll have rides of different lengths leaving from Kapiolani Park with a picnic afterwards. Man-bassadors are of course invited. This event is meant to unite riders, regardless of gender, age, ethnicity, or bicycle preference.

Kick-Off Celebration

SATURDAY, MAY 1ST

Come celebrate the start of bike month! This will include a group ride along the protected bike lanes and a proclamation of May as bike month! Learn more about the activities through the month and how to get more involved.



CycloFemme

SATURDAY, MAY 12TH

CycloFemme is a global celebration of women with events taking place across multiple



Bike To Work Week

MAY 14TH - 18TH

HBL will be out along popular commuting routes in the morning and evening during the week to reward those already riding their bikes to work, and encourage those who might need a bit more motivation. We'll have coffee in the morning and snacks in the afternoon. For more specific locations and times visit us online at HBL.ORG/BIKEMONTH.



Family Sunday at the Honolulu Museum of Art

SUNDAY, MAY 20TH

We've partnered with HoMA to mix bicycles into May's Family Sunday! We'll have a bike rodeo in Thomas Square as well as a number of fun activities inside HoMA to celebrate our love for bicycles and enhance their "Where Are We" navigation theme.



Bike Month Pau Hana

FRIDAY, JUNE 1ST

Come celebrate Bike Month as well as the end of the work-week! We'll have secure bike parking, drinks, pupus, live music, and good vibes. There will be information about Biki, future bike projects, and more.

DATES ARE SUBJECT TO CHANGE

For a complete and up to date list of Bike Month events, please visit us online at **HBL.ORG/BIKEMONTH**



YOGA FOR CYCLISTS

WHEN

Tuesdays @ 5pm - 60 min classes.
Starts on Tuesday, February 6.
No RSVP needed.

WHERE

Power Yoga Hawaii
University 1810 University Ave
Honolulu, HI 96822

DIFFICULTY

Accessible to all levels.
No prior yoga experience needed.

QUESTIONS

www.HBL.org/YogaForCyclists
or call (808) 735-5756.

\$5 HBL Members • \$15 Non-Members



POWER YOGA
Hawaii



PEDAL TO THE MEADOW

The official bicycle hill climb race on island of Kauai, Hawaii.



Registration is open for the 9th annual Pedal to the Meadow, the bicycle hill climb race on Kaua'i, to be held Saturday, May 26, 2018.

Pedal to the Meadow is the signature event of the Kaua'i Omnium— three USACycling-sanctioned races over two days on Memorial Day weekend. The Mana Time Trial and the "Cycle on the Strip" Criterium on Sunday, May 27, round out the competition schedule. A just-for-fun group ride is planned for Monday along the Garden Island's east and north shores.

"Our island geography presents a challenge to local cyclists," explains race director Binney Williamson. "Flying over, bringing a bike, renting a car, and paying for lodging add up...so a few years ago we added the Time Trial and Criterium, to help justify the journey for O'ahu and neighbor island racers."

About 100 riders from Kaua'i, Hawai'i, and the U.S. mainland are expected. The hill climb and time trial are open to trained riders age 10 and up. The criterium is open to adults age 20 and up. All events have riders in their 70s.

This active weekend on wheels is organized by Bicycle Racing Kaua'i with the support of the Honolulu-based Tradewind Cycling Team.

On Saturday, Pedal to the Meadow riders start the 16-mile climb at 8 a.m. at the old cane haul road in Kekaha, follow the rim of Waimea Canyon, and finish at Kanaloahuluhulu Meadow in the cool uplands of Koke'e State Park.

"Every other island had a hill race except us," recalls Mary Williamson, race operations manager, "and Kaua'i certainly has a hill! The course elevation gain is over 3,800 feet." After almost a year of planning— combining her event planning experience with her husband's cycling knowledge and mentoring by veteran race promoter Atomman Kimm — Pedal to the Meadow was born in 2010.



The course record is held by Mark Galedo, now a professional cyclist in the Philippines, who in 2014 finished in 0:58:02. That's only about 15 minutes longer than a typical car journey.

"Of course not everyone can turn pro...Our real goal is to encourage more folks to get out, train, get fit, and have fun," says Williamson. To that end, regular group training rides are organized each Spring. New riders also can set their bike on a training stand and watch a 'you-are-there' course video on the Bicycle Racing Kaua'i channel on www.YouTube.com. Island Ride Kaua'i, an indoor cycling studio in Lihu'e, also plans to help people prepare.

Pedal to the Meadow is part of a new Hawai'i Hill Climb Challenge series that includes steep races on other islands— Cycle to the Sun (Haleakala, Maui), Sea to Stars (Mauna Kea, Hawai'i), and the Tantalus Time Trial (O'ahu).

"As race season progresses, we'll learn who's competing for King of the Mountain and Queen of the Mountain titles," explains Williamson, "and we'll see who's battling whom for the coveted polka-dot jerseys." On Sunday, May 27, cyclists and triathletes will race against the clock in the 11-mile Mana Time Trial. Participants set out at one-minute intervals from MacArthur Beach Park in Kekaha and ride to the former Mana sugar camp area and back.

After a lunch break in Waimea town, everyone heads to Kaua'i Raceway Park for timed sprint laps in the Cycle on the Strip Criterium. The public is invited to watch (free entry) and should bring chairs, pop-up tents, refreshments, hats, and sunscreen...but no alcohol or animals. As it is far less dangerous to watch human-powered bicycles race than speeding cars, spectators may get right up



close to the drag strip. Organizers are grateful for all the volunteers who make the races safe and fun, and the many state and county agencies, individuals, and businesses that keep the sport of bicycle racing alive on Kaua'i.

Packet pick-up times and race rules are listed on the website. To volunteer, sponsor, or for more information, email p2mKauai@gmail.com.

Entry fees vary by deadline and an annual or one-day USA Cycling license is needed each day. Pre-registration is required at **WWW.PEDALTOTHEMEADOW.COM**.

JOIN OUR MOVEMENT

There has never been a better time to become a member of HBL. Support safe streets AND get these awesome benefits! What could be better?



Members can count on HBL to advocate for a more Bicycle-friendly Hawaii with safer streets for all to enjoy. We work with communities, government and elected officials, and, you, our members to move bicycling forward.



Members are sent online updates on all things Bicycle-related happening across the state of Hawaii.



SIGN UP ONLINE AT WWW.HBL.ORG/JOIN

MEMBERSHIP LEVELS:

- Student/Military - \$25
- Standard - \$35
- Supporter - \$60
- Advocate - \$120
- Believer - \$300
- Champion - \$600
- John B. Kelly Hui - \$1200



Members get reduced entry fees on all HBL events like our Annual Dinner or the Honolulu Century Ride.



Members are given discounts on all of the HBL merchandise.



Members enjoy discounts with local retailers, including bicycle shops, fitness centers, restaurants and more!

Flash your HBL Membership Card at these bike loving businesses and receive a discount off food, movie tickets, cycling classes and more!

1



TICKETS AT WORK

www.ticketsatwork.com

2



JUICY BREW CAFE

3392 Waialae Ave,
Honolulu, HI 96816
(808) 797-9177

www.juicybrewhawaii.com

3



E.A.R.L.

1137 11th Ave #102,
Honolulu, HI 96816
(808) 200-4354

www.earlhawaii.com

4



DOWNBEAT DINER

42 N Hotel St,
Honolulu, HI 96817
(808) 533-2328

www.downbeatdiner.com

5



**HONOLULU HOLO
CYCLING STUDIO**

1035 University Ave #201A,
Honolulu, HI 96826
(808) 737-8535

www.honoluluholo.com

SEE THE FULL LIST OF PARTNERS AT:
WWW.HBL.ORG/RIDEALOHADEALS





WWW.HBL.ORG #RIDEALOHA