

# **HIKE TO BIKE**

**ALYSIA, ANGELA, COLBY, HEATHER, ROBB, RYAN  
AND SAGE**



## ALYSIA

My dad and I helped Angela assess what needed to be done with the donated bikes. We filled the tires to see which tires needed air. We determined which bikes needed what in correlation to their vin or identification numbers.

Robb brought his trailer yesterday for us to get metal scrap parts for the welding bike rack contest. I got my cute coat dirty but hopefully it will be worth it. We were only able to get a lot of metal material from the metal recycling company All Weather. I was not prepared but luckily, I found some gloves on the ground to work with.

# Benefits of a Bicycle



## ANGELA

"WHENEVER I SEE AN ADULT ON A BICYCLE, I HAVE HOPE FOR THE HUMAN RACE." - H.G. WELLS

We all breathe air. Developing Project Cycle serves not only as a service-learning project, but also serves to build towards community transport for a better environmental sustainability. Hike to Bike was also created to raise awareness of the project and to promote a collective action to take responsibility for everyday choice to bike instead of drive. Prior to moving here, I thought it impossible to lead a project of this size and impact. After moving here, I saw the great need for this idea and the idea has helped me get over any social hesitance and step out of my comfort zone for the greater good. Through everything, Project Cycle has helped me to understand the many civic skills and knowledge needed to accomplish it: 1. The natural need for this change to happen. 2. The political arena that we have to work with in order to get anything done. 3. The historical decline of the bicycle and how to address directly why we can no longer afford to stunt its renewing. 4. The social collaboration it takes to get something like this off the ground. 5. The economic benefits biking can contribute to the active parties choosing to make this improvement in travel. 6. 7. 8. The local, national, and global gained benefits over time.

18. How are your values expressed through your project?

I have never been one to simply let something go if I know it's wrong or if I can improve on something that I may see wrong with myself. I used to smoke, was overweight, and saw how much waste I personally created along with many other personal trials that I have overcome. I even partially overcame my fear of heights by riding in a hot air balloon in Boise, Idaho. I changed a lot and when I saw things around me that I know I can impact in a positive way. I have to take that chance. The Earth needs all of our help in this. We can all do our part to help it and of this, I am convinced! If conviction or proactive action is what I need to contribute, along with my ability to do my part with personal choices, sign me up! I wrote this in my yoga class and it applies here too: "Cogito, ergo sum, translated, I think therefore I am" (Descartes)...but I feel because I must and I know because I sought and I build because I am able and keep moving forward because I have hope. And I have hope that I'm not the only one.



# COLBY

# HEATHER

Question: What did you learn about yourself by working on your project? Be specific. Point to specific examples.

Answer: I learned I really don't like knocking on strangers doors. But I also learned that it won't kill me.

Question: Evaluate your personal impact on a civic problem associated with your project. How did this experience, perhaps, make you question established systems?

We haven't replaced cars with bikes on the roads of Taylorsville yet. By the end of this project we will have a few more people out on bikes instead of cars, but I don't know how much we have fixed the underlying problem with Salt Lake's transportation system. Salt Lake Valley is not built to have room for bikes to ride safely on and near the roads. That is a much larger battle.

## Laws of Thermodynamics

Because of the laws of thermodynamics, it is more energy efficient to ride a bike than to drive a car. The human body is 20-25% efficient and the combustion engine in a car is only 10% efficient.

# ROBB

- Q: What are the strengths and weaknesses of your project? Explain while making specific references to your work.
- A: the main strength of our project is in its planning and execution by our members. Most of the people in our group are quite dedicated and show up to as many of the meetings and activities as possible. Without the hard work and dedication of these people, our project would not have gotten off the ground as quickly as it did. Point in case, when we did our walk to pick up bikes, we had a really good number of members show up, and even some who weren't previously part of the project. With their help, what could have been a daunting and time intensive task turned out to only take a couple of short hours. As far as weaknesses go, we just need more people! Hopefully as the project builds momentum we will see an increase in membership who are willing to go the extra mile.
- Cycle, Carbon
- More people on bikes mean less in cars and less space needed for roads. As our project, and projects and initiatives like it, continue to grow and gain momentum, we hope the public will catch on and do their part to reduce the unnatural disruption that humans represent in the carbon cycle.

# RYAN

9. While working on this project, I was able to master the skill of communication. I was able to achieve this by talking to people about Hike to Bike and trying to get them to join.

17. Hike to Bike made me realize that it is my duty as well as everyone else's in the community's duty to help out the environment. We can't do it alone. Without help from the community, not as much good can happen.

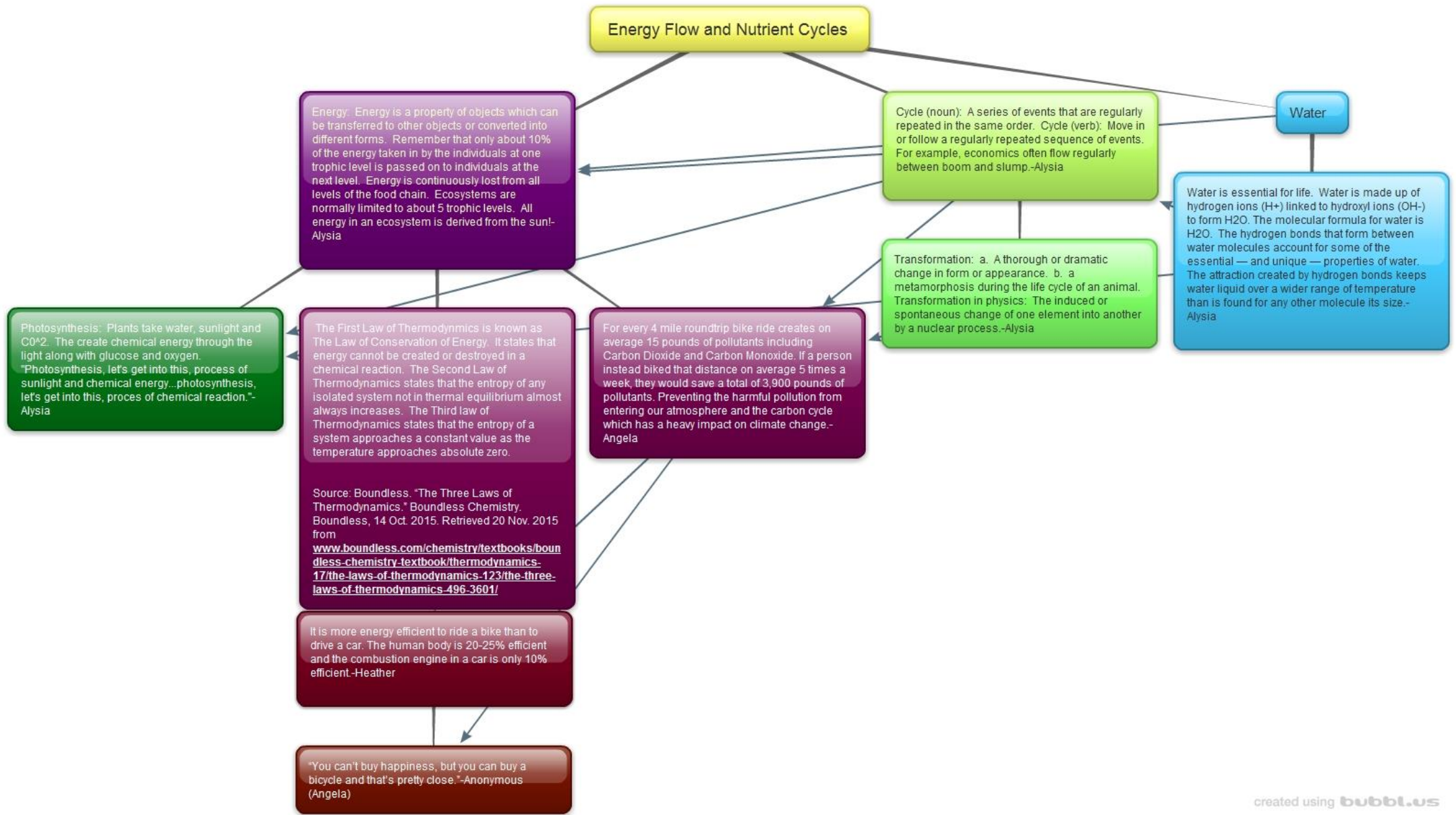


**SAGE**





# MIND MAP



# WELDING CONTEST (TO MAKE BIKE RACKS)

SLCC Environmental Club invites you to participate in our Bike Rack Contest

Information:

The club will provide viable welding material at no cost. Materials can be picked up Thursday November 19th@ the Regional Park off 2700 w next to the Taylorsville Recreation Center (the larger parking lot to the right of the baseball fields) between 5:30pm and 7 pm unless other arrangements have been made prior to this time for material holds. A trailer full of metal components viable for bike rack construction will be offered to a first come first serve basis at the above pick up point. Paint and other materials you wish to use in the construction of the racks is as a personally responsibility and will not be provided. Racks can be picked up if, schedule, distance, manpower and vehicle is permitting by request only, using the contact provided here. All other racks will need to be delivered by December 17th to a designated location given after contact to our project orienteers, to be considered for judging and the awarding of gift card prizes. Any others made for our program after that point will be qualified as donation only and will still be displayed in local areas for community use and admiration. This is a great opportunity for student learning and practice, as well as portfolio referral when venturing into the welding profession. It can also be a good way for established welders wanting to help their communities' sustainability or display publically their personal style and ingenuity to strengthen their practice.