Project Cycle's

Service Learning Project

Hike to Bike

Environmental Science BIOL-1400 Fall 2015

Project By:

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Angela Fields

Colby Lund

Heather Bottelberghe

Josh Hill

Robb Costly

Ryan Soelberg

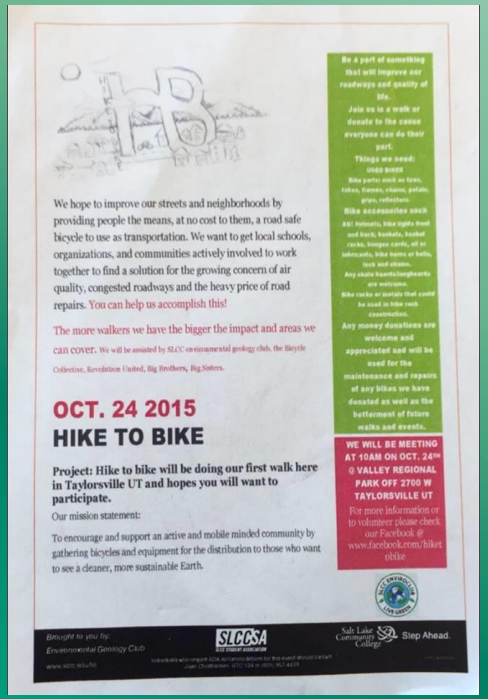
Sage Mora

What is Project Cycle: Hike to Bike?

(Josh)Hike to Bike was formed by a group of SLCC students from the environmental science class who encouraged awareness and access to bicycle commuting by creating and delivering flyers, gathering donated bicycles, metal, and labor to create bike racks for people to use free of charge at their places of work.

(Ryan)We gathered over 25 bikes and scooters and raised over 450 dollars. Several of the bikes were donated to a program through Big Brother Big Sister called free bikes for kids.

(Sage)The students enjoyed getting actively involved in the community and learning about creating non-profits while the community benefited from free access to bicycles to commute with taking cars and emissions off our streets, improving health, and saving costs of driving.



We hope to improve our streets and neighborhoods by providing people the means, at no cost to them, a road safe bicycle to use as transportation. We want to get local schools, organizations, and communities actively involved to work together to find a solution for the growing concern of air quality, congested roadways and the heavy price of road repairs. You can help us accomplish this!

The more walkers we have the bigger the impact and areas we can cover. We will be assisted by SLCC environmental geology club, the Bicycle Collective, Revolution United, Big Brothers, Big Sisters.

OCT. 24 2015

HIKE TO BIKE

Project: Hike to bike will be doing our first walk here in Taylorsville UT and hopes you will want to participate.

Our mission statement:

To encourage and support an active and mobile minded community by gathering bicycles and equipment for the distribution to those who want to see a cleaner, more sustainable Earth.

Be a part of something that will improve our roadways and quality of life.

Join us in a walk or donate to the cause everyone can do their part.

Things we need:
used bikes
Bike parts: such as tires, tubes, frames, chains, pedals, grips, reflectors.
Bike accessories such as: helmets, bike lights front and back, baskets, basket racks, tongue cards, oil or lubricants, bike horns or bells, lock and chains.
Any skate boards/longboards are welcome.
Bike racks or metals that could be used in bike rack construction.
Any money donations are welcome and appreciated and will be used for the maintenance and repairs of any bikes we have donated as well as the betterment of future walks and events.

WE WILL BE MEETING AT 10AM ON OCT. 24TH @ VALLEY REGIONAL PARK OFF 2700 W TAYLORSVILLE UT

For more information or to volunteer please check our Facebook @ www.facebook.com/bikeutobike

Brought to you by: Environmental Geology Club

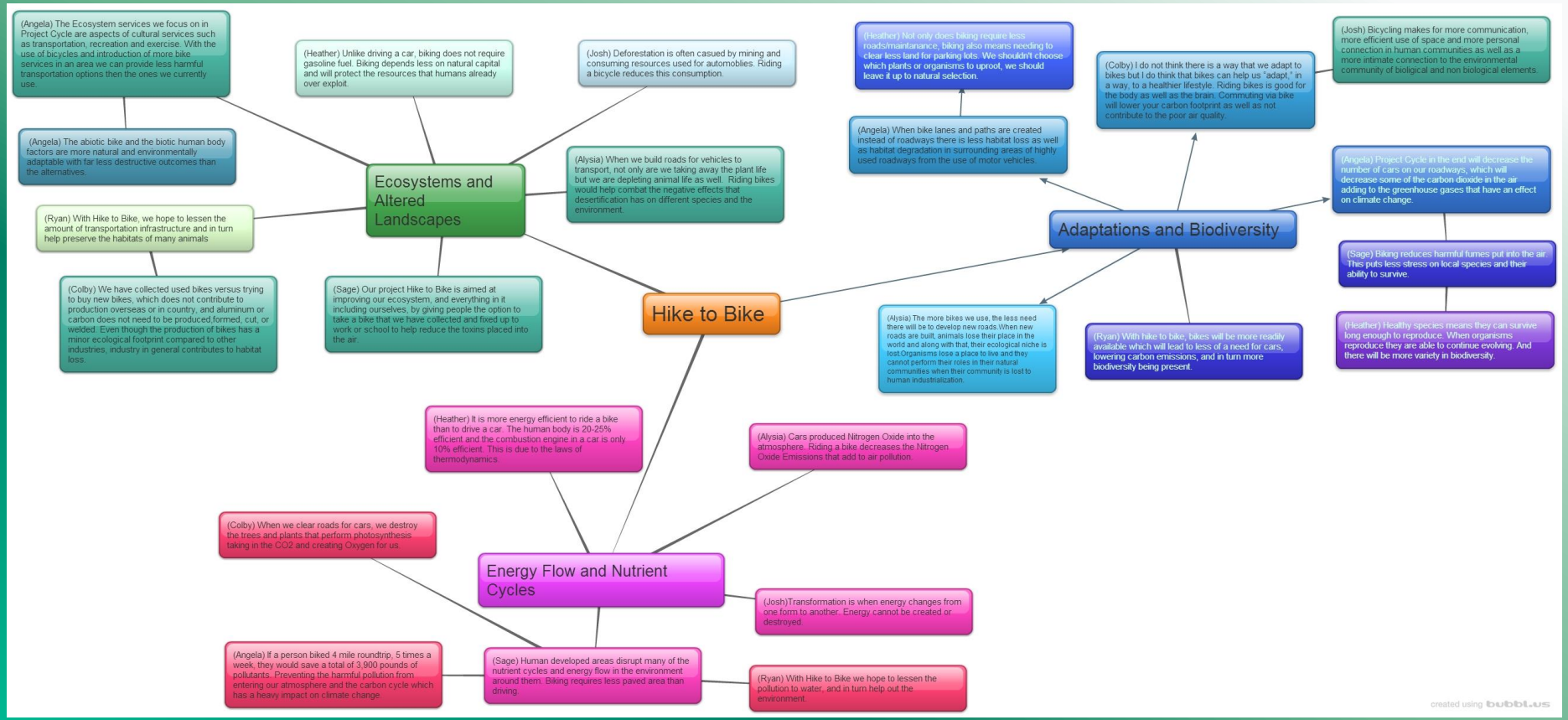
SLCCSA

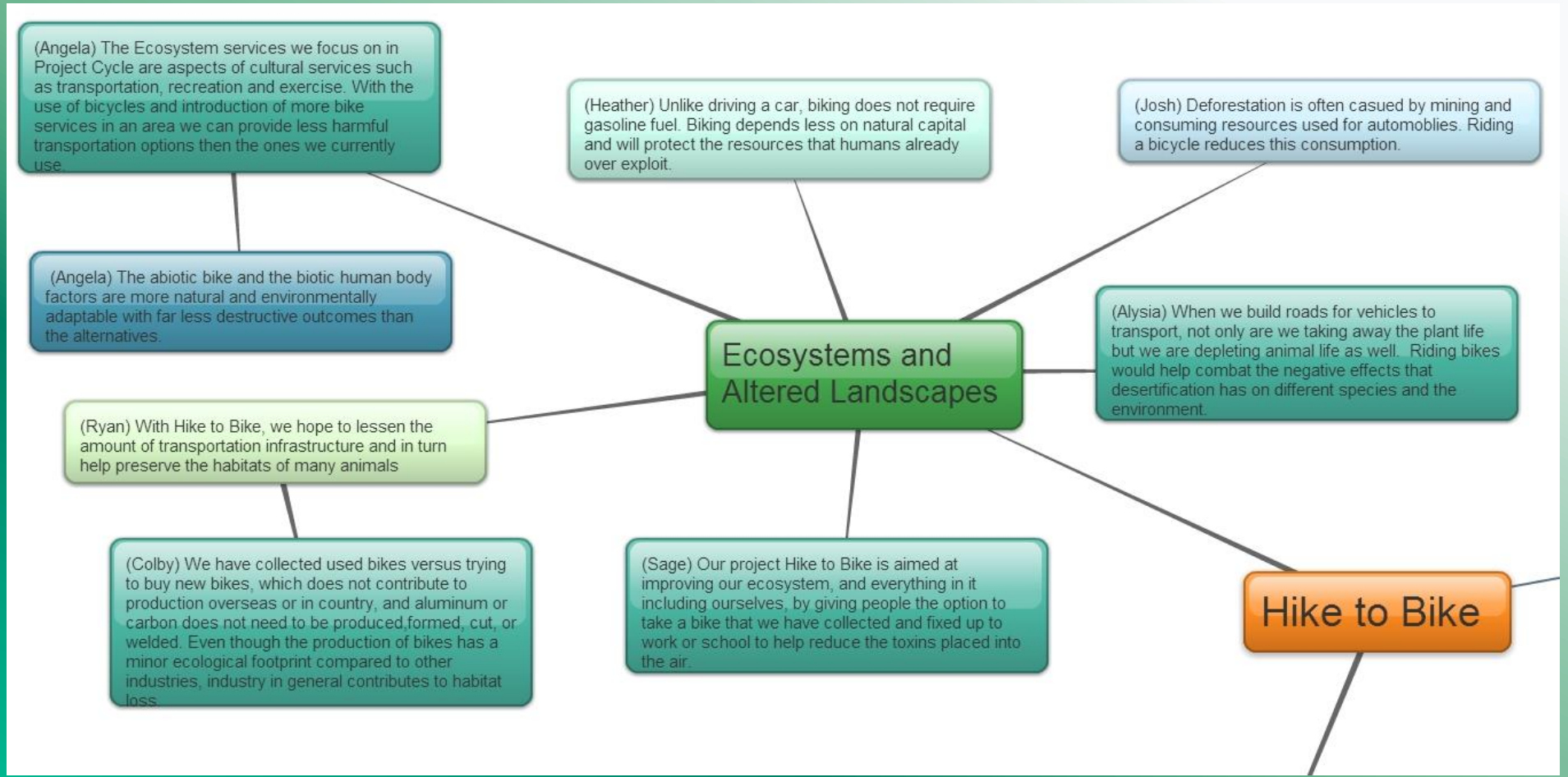
Salt Lake Community College Step Ahead.

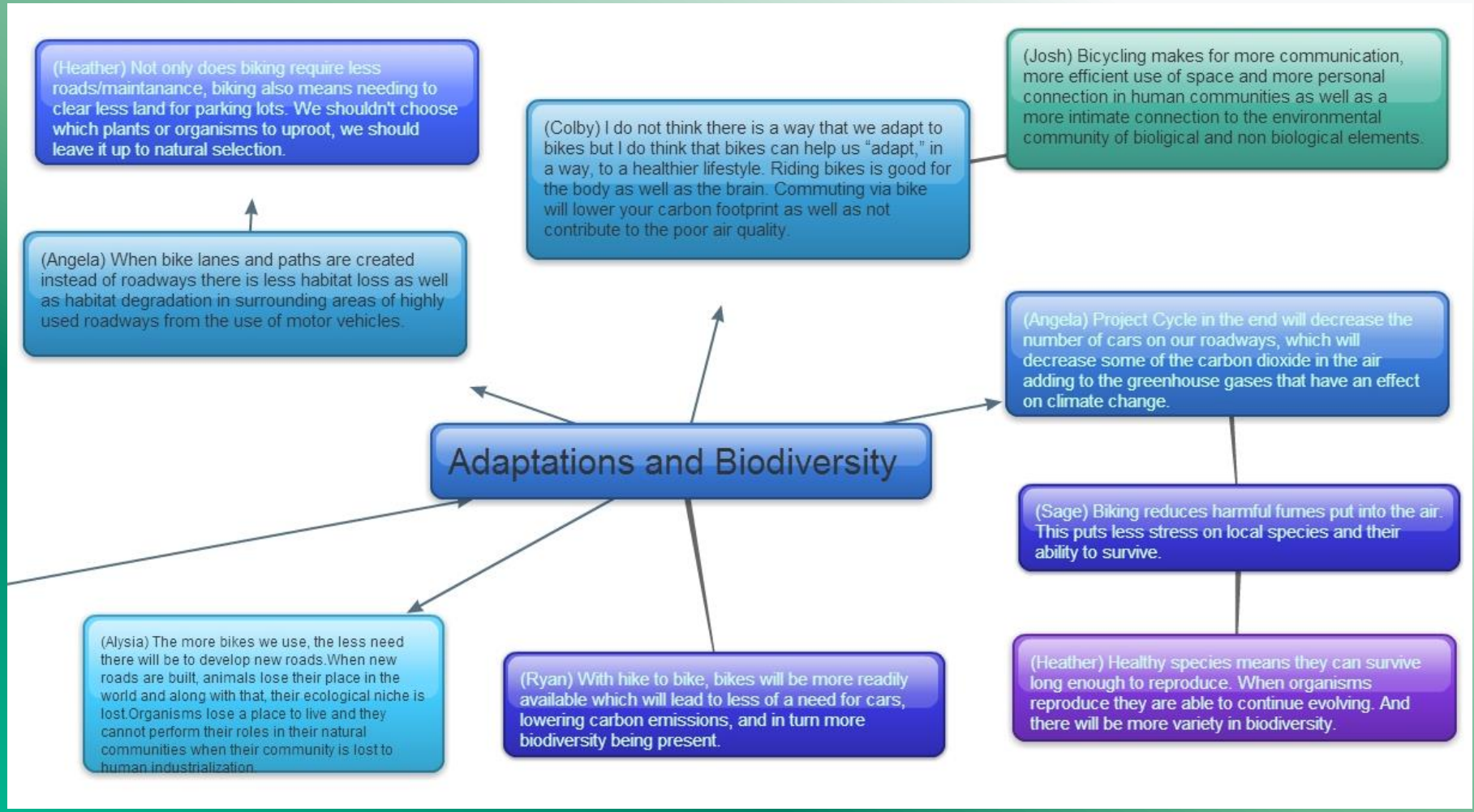
Our Mission:

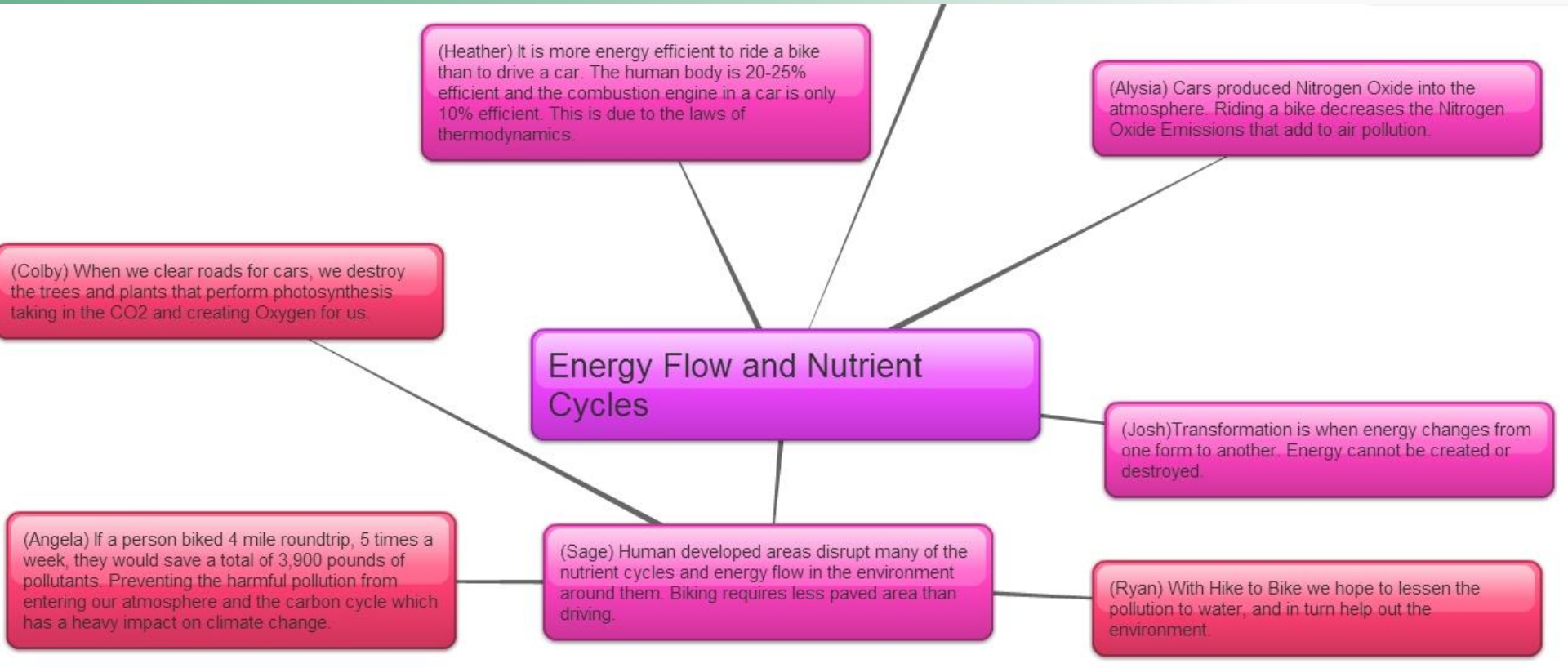
To support an active and mobile minded community by gathering bicycles and equipment for distribution to those who want to see a cleaner, more sustainable Earth.

Connection Map




(Angela) The Ecosystem services we focus on in Project Cycle are aspects of cultural services such as transportation, recreation and exercise. With the use of bicycles and introduction of more bike services in an area we can provide less harmful transportation options then the ones we currently use.
(Heather) Unlike driving a car, biking does not require gasoline fuel. Biking depends less on natural capital and will protect the resources that humans already over exploit.
(Josh) Deforestation is often casued by mining and consuming resources used for automoblies. Riding a bicycle reduces this consumption.
(Angela) The abiotic bike and the biotic human body factors are more natural and environmentally adaptable with far less destructive outcomes than the alternatives.
Ecosystems and Altered Landscapes
(Alysia) When we build roads for vehicles to transport, not only are we taking away the plant life but we are depleting animal life as well. Riding bikes would help combat the negative effects that desertification has on different species and the environment.
(Ryan) With Hike to Bike, we hope to lessen the amount of transportation infrastructure and in turn help preserve the habitats of many animals
(Colby) We have collected used bikes versus trying to buy new bikes, which does not contribute to production overseas or in country, and aluminum or carbon does not need to be produced,formed, cut, or welded. Even though the production of bikes has a minor ecological footprint compared to other industries, industry in general contributes to habitat loss.
(Sage) Our project Hike to Bike is aimed at improving our ecosystem, and everything in it including ourselves, by giving people the option to take a bike that we have collected and fixed up to work or school to help reduce the toxins placed into the air.
Hike to Bike


Adaptations and Biodiversity
(Heather) Not only does biking require less roads/maintanance, biking also means needing to clear less land for parking lots. We shouldn't choose which plants or organisms to uproot, we should leave it up to natural selection.
(Colby) I do not think there is a way that we adapt to bikes but I do think that bikes can help us "adapt," in a way, to a healthier lifestyle. Riding bikes is good for the body as well as the brain. Commuting via bike will lower your carbon footprint as well as not contribute to the poor air quality.
(Josh) Bicycling makes for more communication, more efficient use of space and more personal connection in human communities as well as a more intimate connection to the environmental community of bioligical and non biological elements.
(Angela) When bike lanes and paths are created instead of roadways there is less habitat loss as well as habitat degradation in surrounding areas of highly used roadways from the use of motor vehicles.
(Angela) Project Cycle in the end will decrease the number of cars on our roadways, which will decrease some of the carbon dioxide in the air adding to the greenhouse gases that have an effect on climate change.
(Sage) Biking reduces harmful fumes put into the air. This puts less stress on local species and their ability to survive.
(Heather) Healthy species means they can survive long enough to reproduce. When organisms reproduce they are able to continue evolving. And there will be more variety in biodiversity.
(Alysia) The more bikes we use, the less need there will be to develop new roads.When new roads are built, animals lose their place in the world and along with that, their ecological niche is lost.Organisms lose a place to live and they cannot perform their roles in their natural communities when their community is lost to human industrialization.
(Ryan) With hike to bike, bikes will be more readily available which will lead to less of a need for cars, lowering carbon emissions, and in turn more biodiversity being present.


(Heather) 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. This is due to the laws of thermodynamics.
(Alysia) Cars produced Nitrogen Oxide into the atmosphere. Riding a bike decreases the Nitrogen Oxide Emissions that add to air pollution.
(Colby) When we clear roads for cars, we destroy the trees and plants that perform photosynthesis taking in the CO2 and creating Oxygen for us.
Energy Flow and Nutrient Cycles
(Josh)Transformation is when energy changes from one form to another. Energy cannot be created or destroyed.
(Angela) If a person biked 4 mile roundtrip, 5 times a week, they would save a total of 3,900 pounds of pollutants. Preventing the harmful pollution from entering our atmosphere and the carbon cycle which has a heavy impact on climate change.
(Sage) Human developed areas disrupt many of the nutrient cycles and energy flow in the environment around them. Biking requires less paved area than driving.
(Ryan) With Hike to Bike we hope to lessen the pollution to water, and in turn help out the environment.

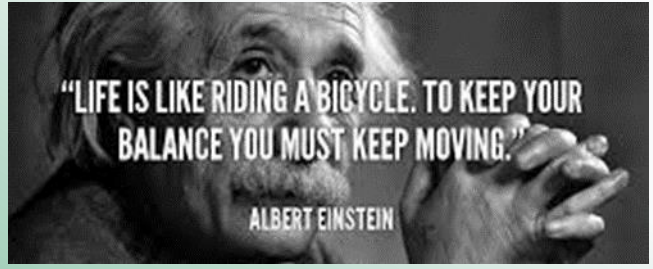
Our Reflections:

Alysia LeFevre

I thought that this would be a great project because I am passionate about promoting practices for a sustainable environment as well as riding bikes. In the future, I would approach environmental issues by becoming more active within the community itself rather than the college. I felt that it was sometimes difficult to get involved with these issues at the college because people just don't care about these issues. Going door to door asking for bikes to help the environment (by reducing C0^2 emissions), then distributing those bikes within the need of the community can be a challenge. Therefore, I would approach these issues by volunteering at a community garden or participating in rallies or marches similar to the one that The Climate Reality Project recently had.

ANGELA FIELDS:

I DON'T HAVE A BUCKET LIST BUT MY BIKEIT LIST IS A MILE LONG.



-My project applied to a lot of the levels this course went over which became evident throughout its process.

-My assumptions were that it would not be possible to progress the project as far as we did. I understand now the complexity involved in making something like this happen.

-My assumptions changed because I was not alone and after seeing the great need for this type of change in the class I think we were all pushed into action towards results and it went a lot further than anticipated.

-I will approach environmental issues in the future one step at a time, one personal change at a time, and as Heather put it ‘one bike at a time.’

Colby Lund

-I thought the only way that I could help the cause was to make changes myself. By doing this project I have seen that if a group makes a collective effort, that we can help make changes in communities.

- My understanding of this has changed because we saw that the community did in fact get involved and donated bikes to the cause.

-In the future I will see environmental changes as being possible and not as only ideas that will not be acted on.

Heather Bottelberghe

-Before this course I knew enough about environmental science to understand that humans are poisoning and destroying the world.

-I hoped this course would educate me and provide me opportunities to participate.

-As we have discussed major environmental issues this semester, my understanding has only increased.

-Alone I may not be making a difference, but together with the help of my peers and the community we can save the world.

-In the future I will be an advocate for the environment.

Josh Hill

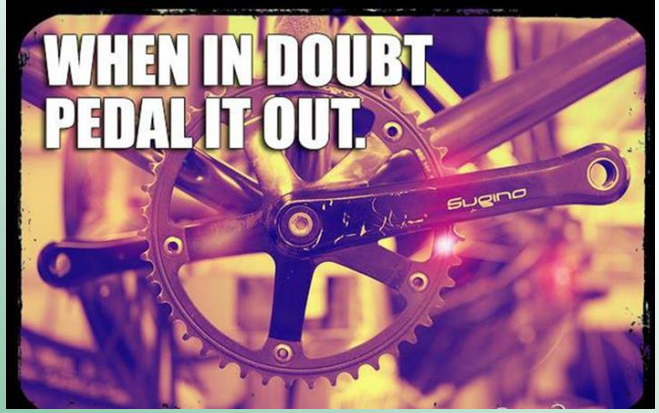
-Before the class and project I was more focused on individual modes of environmentalism, after the hike to bike project, field trips, and class study my view was expanded in terms of organizational efforts, infrastructure, and biological aspects of environmental issues and sustainability.

- I admire and appreciate group efforts and organizations more

- I will be more focused on voting and legislation in terms of environmentalism

- I am more determined to reduce waste and water use after learning about landfill space and water processing

Ryan Soelberg



Before:

I thought of environmental science, I thought of dirt and water.

Now:

I now realize that if the world is to last, everyone needs to work together and help the environment.

Future:

Now I am trying to find more environmentally conscious ways to commute, and when I go to buy things, price isn't the most important thing anymore.

Sage Mora

-I have always looked at the environment as something to preserve but realize that we are doing a poor job of taking care of our planet.

- I assumed that our impact wouldn't be as large as it turned out to be.

- In the future I hope to encourage more people to be more environmentally conscious, because we can not change or fix what we've done alone or immediately.