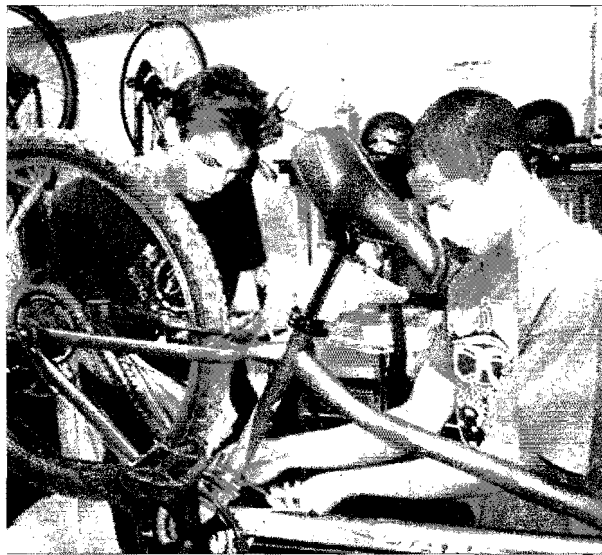


Project Bicycle Trip going strong in four area high schools

Demonstrating how to adjust the tension screw on one's bicycle in order to fix the derailleur is all part of a morning's work for Steve Hess and a couple of dozen bike repair students at Harbor High School. Hess, a Regional Occupational Program (ROP) instructor, is in his second year of teaching for Project Bike Trip, a bike repair class also going strong at Aptos High, Pajaro Valley High and Natural Bridges School. (Kirk Bernhardt originated the class four years ago and teaches it at PVHS, while Berri Michel, owner of The Bicycle Trip, has provided financing.) Classrooms are equipped with a dozen work stands, six complete tool stations and new Giant bicycles. Hess encourages donations of discarded, but still good, bicycle parts.

A recent visit to the "wrench boys and girls" in grades 10-12 reveals a healthy enthusiasm for Project Bike Trip's life skills. Students work singly or in pairs, adjusting the derailleur after a lecture from Hess. The



Top photo, left to right, seniors Robert Lifosjoe and Kyle Lapp work on derailleur adjustment while instructor Steve Hess, top right photo, helps 12th grader Deneah Williams with her bike. Bottom right photo: Max Cortez, 11th grade, fixes his rear derailleur in Project Bike Trip class.



block schedule at Harbor High (classes are 140 minutes long) allows time for working on bikes as well as going outside for a test ride after the lecture.

Robert Lifosjoe, a senior, says he sees the advocacy group in Prescott, AZ, traveled to Uganda with a CCE grant of \$2,500. Knopp will help local women start a bicycle rental business for tourists who want to visit Bwindi National Park as part of the program **Ride 4 A Woman**.

In Nairobi, Kenya, a program called **Wheels of Africa** has received a CCE grant of \$1,500 to "facilitate a cycling culture by bringing together cycling clubs, bike mechanics and anyone with an interest in cycling."

In Madison, WI, the **Cambodian School Project** is using \$2,475 to buy "good quality, refurbished Korean bicycles for rural families. Cost of each bike is \$45, including new tires, basket, light and rear carrier."

CCE President Matt Werner said, "The resources from the Strawberry Fields Forever ride allow CCE to assist small projects around the world that build community through bicycling."



CCE awards \$13,500+ in bicycle grants for 2011

Cyclists for Cultural Exchange (CCE) is promoting healthy living, community development and a bicycling culture through grants. At **Mission Hill Middle School**, 24 students ride their bicycles on trainers for 20 minutes a day to build fitness under the supervision of art teacher Kathleen Crocetti, who has received \$2,140 for bicycle trainers.

In Watsonville, **Green Ways to School** offers elementary students ways to promote a bike culture. Students may earn their own bicycle through attending events and mentoring younger students. This project, called **Two-Wheeled Vision for Watsonville**, has received a CCE grant of \$2,410.

Court Appointed Special Advocates (CASA) has received a \$2,500 grant from CCE to provide bicycles for 25 foster children in the Monterey area.

CCE has been active internationally. Sue Knopp, director of a bicycle

class as a boost for life after high school. "We have a really big bicycling community here in Santa Cruz, so this class gives you a definite career option. I love this class because I've always been into bikes."

Kyle Lapp, also a senior, calls the bike repair class "more practical than history or calculus." He adds, "I'm going to have to work to get through college, so the skills I learn here will help me out a lot."

Max Cortez, a junior, is already working as an intern building bike frames at Santa Cruz Bicycles, and he speaks highly of the "hands on experience" which the class offers, as well as the emphasis on writing job resumes and cover letters.

One of two girls in the class, Deneah Williams, a senior, speaks as she repairs a derailleur cable on her own bike. "This is my favorite class. I bike everywhere, and it's great to know every part of the bike and not have to pay \$40 every time you enter a bike shop. Plus, I want to get involved in the bike industry after I graduate"

—Rhoda Bike