

College for Bikes! Advocacy and Community Awareness through the Lens of a Racer

Presented by Lees-McRae College

Have you ever thought of going to college for bikes? Lees-McRae College has the country's only collegiate academic Cycling Studies Minor. This academic cycling minor curriculum is about and shares and teaches: Bicycling law, the history of the bike, the history of bicycling, federal state and local funding processes, introduction to the infrastructure design manuals, legislation, and bicycling business. You learn all this to help you join a community of like-minded individuals to advocate for a safer, better, healthier, and more livable and sustainable community for EVERY person. Hear from students and alumni who will share their experience about their personal journey.

Examining American Car Culture: The (Bike) Path Less Taken

Presented by Bikes Not Bombs

As cyclists and pedestrians, we are acutely aware of the fact that we live in a society set up for cars. Cycling and mobility justice, for many of us, provide an escape from the stress of automobiles. How did we find ourselves in this predicament? This presentation traces the historical development of car dependency in the United States. In understanding the root cause of the status quo, we can start to unpack the intersectional issues to be addressed as we build a better, more sustainable future.

Celebrate Youth Bicycling With NYBC

Presented by National Youth Bike Council

Should we have a youth bike week? Can we host a ride out that happens at the same time for everyone but in different cities? These are just some ideas but big dreams require teamwork. Join us in creating the ultimate youth-bike spotlight, whether day, week, or month! All ideas are welcome.

Bike-Packing: Organizing and Leading Bike Camping Trips

Presented by Youth Bike America

Would you like to learn tips, tricks, and tools to organize and accomplish a bike camping trip? This presentation will start with a short introduction to Bike-Packing, including supported touring, unsupported touring, road touring, gravel touring and ultra endurance touring. Then, we'll focus on how participants can put together their own overnight camping trip from their home town in a step-by-step example. Finally, we will help participants start the process on their own or in small groups.

Making Your Shop Youth-Centric

Presented by Phoenix Bikes

Want to integrate more youth involvement in your bike shop? Want to improve your shop's efficiency? Then this is the perfect workshop for you! From knowledge of youth internships and volunteer involvement to a guide on how to organize the nitty-gritty of running a bike shop, this panel discussion will give you insight into how to encourage and then maximize youth involvement in your shop. Ask current youth mechanics about their experiences. Ask shop managers about promoting, organizing, and adjusting youth involvement opportunities.

Empowering Girls Through Biking: Bringing Girls in Gear to Your Community

Presented by Girls in Gear

Are you passionate about biking and empowering girls in your community? Girls in Gear uses bikes to teach life skills to riders ages 5 and up. By starting a Girls in Gear team, you can help girls activate their power, agency, and confidence. This session will showcase how Girls in Gear uses a whole community approach to get thousands of girls across the US biking safely and confidently through life. We will dive into how our unique social-emotional learning get girls excited about riding their bikes while growing into the boldest and bikiest versions of themselves. Plus, we have cool stickers for anyone who wants to decorate their bike or helmet!

The Junior Earn a Bike Experience

Presented by Community Bike Works

Come and experience Community Bike Works' very own Junior Earn a Bike program for 7 & 8 year olds! Junior Earn a Bike uses lessons in building and riding bikes to help students build strong social and emotional skills. We'll discuss how we developed our program for younger students, how JrEAB classes run, and you'll get to explore some of the lessons we teach by doing hands-on activities.

Discover Your Superpower: Learn How to Take Climate Action

Double Session

Presented by Nurture Nature Center

Would you like to make a difference in your community and environment but aren't sure how you can contribute? Learn about different types of potential superpowers - science and research, art, political activism, and more, and then brainstorm and share in small groups. From there, participants will receive a small journal and pen, and we will spend time outside using nature journaling exercises to observe and journal what we see. We will combine what we have observed about ourselves and what we have observed about our environment to explore how our superpowers could benefit the world around us.

Bike & Boat Adventure

Difficulty level:  Double Session

Presented by Wildlands Conservancy

Bike AND boat! Wildlands Conservancy's Bike & Boat Program is a national award-winning experiential program that promotes conservation and responsible stewardship of the Lehigh River watershed's natural resources. Participants engage in an exploration of the Lehigh River and Lehigh Canal Towpath by canoe and bicycle with built in educational stops focusing on the health of the waterway, as well as cultural and historical aspects of the area. Pre-registration required.

Makerspace!

Learn how to upcycle bike parts into art and wearable goods. Volunteers are on hand to show you how to make jewelry, bow ties, belts, artwork, and other items for discarded bike parts. All tools and materials provided.

The Importance of Youth in Local Bike Shops

Presented by Action Wheels

Have you ever thought about working at a bike shop? Learn from an independent shop owner how he got his start, how you can decide if working at a shop is right for you, and how youth can help shops become more community-oriented and helpful to other local youths.

Making Your Neighborhood Bike and Pedestrian Friendly: Policy = Action

Presented by Lehigh Valley Planning Commission

Have you ever thought about being a transportation planner? The Lehigh Valley Planning Commission will offer participants an aerial view of an existing West Broad Street Corridor in Bethlehem. Then you'll become a "transportation planner" by discussing how you would improve the corridors for cyclists and pedestrians. Compare your plans to what the Walk/RollLV Plan envisioned for the corridor, and then follow that with City renderings of the plans to improve the corridor. Learn how planning becomes action, and the role you can play in leading your community to more welcoming streets and roads.

Justice Journey - Community Building from Montgomery, Alabama to Ahmaud Arbery's Family

Presented by BRAG Dream Team

For 30 years the BRAG (Bike Ride Across Georgia) Dream Team has been growing young leaders (middle and high school age) through long distance cycling and over the past 4 years its Gullah Geechee Dream Team Club, based in Brunswick, GA, has been leading a monthly "justice journey" bike ride for Ahmaud Arbery's family and community members. This session will explore the "justice journey" experience by engaging youth participants in the "spirit of Sankofa" - looking back to connect the past to the present - and making history come alive in the 21st century by tracing the movement for youth led social justice along the way.

Route Planning

Presented by Lehigh Valley Cycling Club & LANTA

Ride with GPS provides route planning and navigation tools on both their website and app, enabling cyclists to create and share exciting and fun rides. This workshop will introduce participants to using these tools. Topics will include planning a route from scratch, modifying an existing route, searching the RWGPS library for existing routes and using the RWGPS Help topics to learn more. Participants will have time to practice creating a route! Plus, learn how to include public transit in your route planning, by using google maps trip planner and the Transit App, which can be used wherever you live!

Bikeathon or Bust: How to Launch a P2P FUNdraiser for Youth Programs!

Presented by Phoenix Bikes

Want to ride more AND raise more money for your youth programs? Look no further. In this interactive panel conversation, you'll hear from leaders at three nonprofits that have successfully grown their peer-to-peer fundraising rides. Gather practical ideas on how to market your event, recruit riders (including youth!), motivate participants to raise money, and put the FUN in FUNdraising!

Shred into Tomorrow with Camp Spokes

Presented by Groundwork RVA/Camp Spokes

Join Camp Spokes Alumni to learn about Camp Spokes, a week-long free bicycle camp for girls and gender variant youth ages 11-18. Participants at Camp Spokes spend the week working on and fixing up a bike that they take home at the end of camp, working on fun bike crafts, learning about and how to use some power tools, riding, and more! In this session, participants will share about their experience at camp and why spaces that are by and for the TWIG (trans, women, intersex, gender variant) community are important. Join this discussion while also working on some of the crafts that we do during camp!

Pittsburgh Youth Leadership: A Documentary Film

Presented by Pittsburgh Youth Leadership

Gear up for the adrenaline-fueled odyssey where two teens and their mentor pedal through the nation's heart. A journey of camaraderie and self-discovery. The extraordinary tale of a cross-country cycling odyssey - a true testament to the power of youth, mentorship, and the pursuit where passion meets pavement and the road becomes a canvas of resilience in this 18 day cycling saga.

Bikes & Boating Adventure, continued

Discover Your Superpower, continued

Makerspace!

Learn how to upcycle bike parts into art and wearable goods. Volunteers are on hand to show you how to make jewelry, bow ties, belts, artwork, and other items for discarded bike parts. All tools and materials provided.

Bicycling Magazine: Behind the Scenes*No ride***Presented by Bicycling Magazine**

Are you interested in a career in bicycles? Take a behind-the-scenes tour of Bicycling Magazine, headquartered in Easton, PA, with Rider-in-Chief Bill Strickland. You'll learn what skills—writing, editing, photography, videography and more—go into putting out the top cycling magazine. Plus, the Bicycling Test Team rides more bikes than anyone else as they review the hottest bikes and gear on the market. Get a peek at their test shop and see what cool gear is just around the bend!

Science on a Sphere Show at Nurture Nature Center: Transportation and Sustainability*No ride***Presented by Nurture Nature Center**

Bicycling is a great way to get around and supports sustainability but there are many other methods we use to move ourselves and the things we need from airplanes to cars and trucks to ships and trains. The network of roads and tracks is extensive and global and necessary to give us constant access to the wealth of food and products we buy. This special show at the Nurture Nature Center in Easton, PA will showcase our Science on a Sphere—a large globe that shows mesmerizing animations, data and maps!—to tell the story of human transportation and its impact on sustainability. While at NNC take in our many art exhibits and check out our urban recycle garden!

Making Broad Street Better for Biking and Walking*Difficulty level:* **Presented by Coalition for Appropriate Transportation**

Bethlehem has big plans to "Activate Broad Street," reimagining a busy city street where car drivers go too fast, to one where pedestrians, bicyclists, and public transit come first - a multimodal revolution of sorts! This session will give participants the perspective of Broad Street as it is now, by watching traffic flow, crossing as a pedestrian, and the opportunity to borrow a bike/helmet and ride a block or two. From there, attendees can brainstorm ideas to redesign the street to be more enjoyable to bike/walk/bus. Youth input will be forwarded to the Mayor for consideration. Bring your water and helmet. Bikes provided on site.

Behind the Scenes at Community Bike Works*Difficulty level:* **Presented by Community Bike Works**

This tour of our Franklin Park bike shop will be an informative session on the work we do at Community Bike Works! We will ride from Muhlenberg to our flagship Earn a Bike hub. This session will include a tour of our bike shop by youth leaders and an explanation of all Bike Works programs with hope to help other youth organizations progress in a positive direction. Bring your helmet, water, and bike.

Bikes, Food, and Sustainability*Difficulty level:*  or *No ride***Presented by Community Bike Works**

Come visit our East Allentown bike hub and East Side food pantry to see the unique ways we can integrate bikes, food, and sustainability. Tour our shop and see how our youth bike programs, garden, food pantry, and composter offer a range of benefits to our community. Also hear about our G.E.A.R.S.S. (Girls Evaluating and Redefining Social Standards) program to see how we engage young girls and model how women can be mechanics, too! Following the tour, we'll do a 3-4 mile ride on the nearby D&L trail—or stay behind and enjoy the walking/riding trail in beautiful Keck Park! Bring your helmet and water. Bikes provided on site.

IronPigs Tour*Difficulty level:* **Presented by Iron Pigs**

Take me down to the ball game! Join us on a bike ride to the home of the Phillies' AAA team, the Iron Pigs, and receive a behind-the-scenes tour of the league's most visited minor league ball park! We'll take a bus to Bike Works' East Allentown location, ride 2 miles to the ballpark, tour, then ride 2 miles back to the bus. Bikes provided on site.

Jordan Creek MTB Ride*Difficulty level:* **Presented by Community Bike Works**

Join us for an exploration of the Jordan Creek Parkway a popular mountain bike destination. Mountain biking experience required. Will include 1 mile on road to arrive at Jordan Creek Parkway. Will enjoy exploring Jordan Creek on single track trails to forest landscape. 1.5 hours of off road riding. Must have bike, helmet, and water.

Try the Track*Difficulty level:* **Presented by Valley Preferred Cycling Center**

Would you like to try riding on the steeped banks of a track cycling arena—on a bike with no brakes? The Velodrome's team of professional instructors will provide a safe and engaging environment for in this session where you will learn or improve skills such as coordination, balance, agility, perseverance, and above all, fun with bikes! Two sessions available. Must have helmet and water. Track bikes provided on site.

Team Games - Imagine & Draw Safe Roadways

Presented by National Youth Bike Council

Help us draw safer and more accessible cycling infrastructure in breakout teams and network bingo. Learn how group projects can help get the work done. We especially encourage youth to join this workshop to meet more of their peers and create connections with each other that will last beyond the summit.

El Puente Bike Documentary

Presented by El Puente

Come watch a video documentary that will be an investigation into NYC infrastructure that examines the intersectionality between infrastructure, transportation justice, and environmental justice with the El Puente Bike Club.

Bike Jeopardy!

Presented by Orange Bike Project

Join us for a trivia game about bikes in the form of a jeopardy match! We will have a 6x5 board with categories including: bike types, bike maintenance, alternative bikes, bike safety, and more! Attendees can learn about bikes, test their bike knowledge, and get competitive with their teams!

Leading a Youth Bike Mentoring Organization

Presented by Community Bike Works

If you are the executive director or other leader of a youth bike organization, join us for an informal group discussion that could range from supporting staff, working with a board, developing youth leaders, raising funds, fostering equity, working for systemic change, and more! This session is designed for staff and board leadership.

Two-Park Tour

Difficulty level: 

Presented by Lehigh Valley Cycling Club

Looking for a way to stretch your legs during the day? This short, easy ride (leaving directly from the college) will run every hour on the hour from 1:00 pm. This will be a 4 to 5 mile, casual ride through two local parks. Must have bike, helmet, and water.

Girls' Ride

Difficulty level: 

Presented by Lehigh Valley Cycling Club

A version of the two-park tour for girls and non-binary youth!

Mindfulness & Yoga

Presented by Mindful Child Initiative

Enjoy an active mindfulness session with The Mindful Child Initiative by The Pratyush Sinha Foundation, connecting to the present moment through movement, grounding practices, mindful breaths, and more.

Makerspace!

Learn how to upcycle bike parts into art and wearable goods. Volunteers are on hand to show you how to make jewelry, bow ties, belts, artwork, and other items for discarded bike parts. All tools and materials provided.

2:30 PM FRIDAY

FRIDAY GROUP RIDES

Mountain Bike Ride: Join us to explore some natural sites at one of the best MTB destinations in the Lehigh Valley: The Trexler Nature Preserve. No previous mountain bike experience is required. However, participants should be comfortable on gravel. Total distance will be under 5 miles with elevation gains of 300 ft. Riders will be bused to the ride start from Muhlenberg leaving at 2:30 pm. After the ride participants will be bused to the Velodrome for the evening events.

Slightly Hilly Country Ride with Beautiful Views: Join us for a 14 mile route with 840 ft of climbing through the beautiful PA countryside. We will visit a small farm (sheep, chickens) and have a snack/drink. Ride will start/end in the town of New Tripoli. Riders will be bused to the start from Muhlenberg leaving ~ 2:30 pm. After the ride participants will be bused to the Velodrome for the evening events.

Flat Country Road Ride: Join us for a 15 mile flat ride through the beautiful PA countryside. Ride will start/end at the Velodrome. Riders will be bused to the Velodrome from Muhlenberg leaving at 2:30 pm. Riders will stay at the Velodrome for evening events.

All-Girls Road Ride: All-female ride that will go from Muhlenberg College to the Velodrome, where they will stay for evening events. Approximately 13.3 miles, flat. The group will practice the rules of the road together and perform a 5-point bike check before riding. Rest stops as needed to accommodate riders.

Two Park Ride from Muhlenberg: Looking for a short, easy ride that starts and ends at Muhlenberg? Join us for the two-park ride. This will be a 4 to 5 mile, casual ride through two local parks. Riders will come to the Velodrome on a later bus.