

GET INVOLVED!

We love to build our community, and we love volunteers! We're especially looking for:

- **MECHANICS** to help maintain field trip bikes and/or assist youth in bicycle mechanics.
- **FUNDRAISERS** to assist in fundraising events, bike drives, requesting and collecting donations, etc.
- **RIDE ASSISTANTS** to help with youth and adult bike rides. Commitment to safe riding practices and attending a training are required.
- **ENTHUSIASTS** to help with photography, graphic design, outreach, work parties, and other creative ways to support the organization!



Donations

Bicycles Donations

We gladly accept bicycles, working bike parts, good bike wheels, accessories, tools and funding!

Donations can be dropped off at 1246 23rd Ave in Oakland. Tuesdays and Thursdays from 3 - 7pm and Saturdays from 11am - 5pm.

Monetary Donations

For monetary donations you can use our Pay Pal account on-line or mail a check to:

Cycles of Change, 1246 23rd Ave Oakland, Ca 94606

Contact Information

General voice mail: (510) 842-1006

Email: info@cyclesofchange.org

Mailing address:

1246-23rd Ave.

Oakland CA 94606

Visit us at www.cyclesofchange.org



WISH LIST:

We are looking for the following resources, any donations receive a tax-deductible receipt

- Used bicycles
- Quality used bike parts
- Large chalk for our Rodeos
- Bike lights
- Bike racks
- And monetary donations are always appreciated!

SPECIAL THANKS TO:

Alameda County Transportation Commission, Metropolitan Transportation Commission, East Bay Asian Youth Center, Oakland Fund for Children and Youth, Bike East Bay, US Environmental Protection Agency, Rose Foundation, Alameda County Clean Water Agency, Alameda County Public Health Department, Safe Passages, Oaklandish, New Belgium Brewing and the Bay Area Air Quality Management District.

CYCLES OF CHANGE



An East Bay Youth Bicycle and Watershed Education program



Cycles of Change

creates healthier East Bay communities by helping youth and adults gain tools for more environmentally and economically sustainable living through school-based bicycle education, job training, watershed education, and community earn-a-bike programs. By exploring our neighborhoods and beyond on bicycles, we are more connected to the people and the land that sustains us.

Cycles of Change began in 1998 as an afterschool bike club, teaching bicycles mechanics, taking youth on bicycles adventures and providing an earn-a-bike program in East Oakland. We have grown steadily to become a collectively run, non-profit organization serving schools across the east Bay Area. **Cycles' programs are as follows:**
Bike Clubs

Cycles of Change partners with local middle and high schools to offer programs where youth are led on rides to destinations across the Bay Area. These unforgettable adventures give students the confidence to take on challenges, strengthen their bonds with diverse peers, and connect more deeply with their communities. Students also learn bicycle mechanics and get the opportunity to build and earn a used bicycle of their own.



Safe Routes to School- In School Bike Safety Classes

Each year we train over 3500 students with a 6 hour, hands-on "Drive Your Bike" safety program in PE classes and after school programs across Alameda and West Contra Costa County in partnership with Safe Routes to Schools. We take students from the classroom to the road, simultaneously training their PE teachers to lead the program themselves so they can incorporate it into their yearly curriculum in the following years.



UpCycle

Each year over 200 low-income "East Bay low-income adults" receive free access bicycles through our Oakland Upcycle program. Participants get everything they need to start using the bicycle as their primary transportation— a lock, helmet, rack-as well as a personalized transportation plan, and urban riding training from Oakland Upcycle instructors.



Bike Rodeos

In collaboration with the Bike East Bay, we offer Skills Drillz Rodeos that teach advanced cycling techniques using lanes and obstacles, and Mock City Rodeos, that provide parents and children of all ages with fun opportunities to roll play while developing their road awareness and safety skills in a mini-city complete with roads, signs, and buildings.

The Watershed Program

The Watershed Education program teaches young people how their daily lives are intimately connected with the natural environment around them. Through classroom presentations, hands-on field studies, field trips and service learning projects students build a deeper connection to the place they live and become stewards of their local environment.



The Bikery

A Cycles of Change collectively run, not-for-profit community bike shop in Oakland, offering: a range of affordable used bikes for sale, repairs, classes, and community events. We provide job training and employment opportunities for Oakland youth as well as a repair space where anyone can sign up and use tools to work on their own bike, or earn a bike of their own!