



URBAN BIKE TOURS: ADDRESSING THE ISSUES OF SPRAWL

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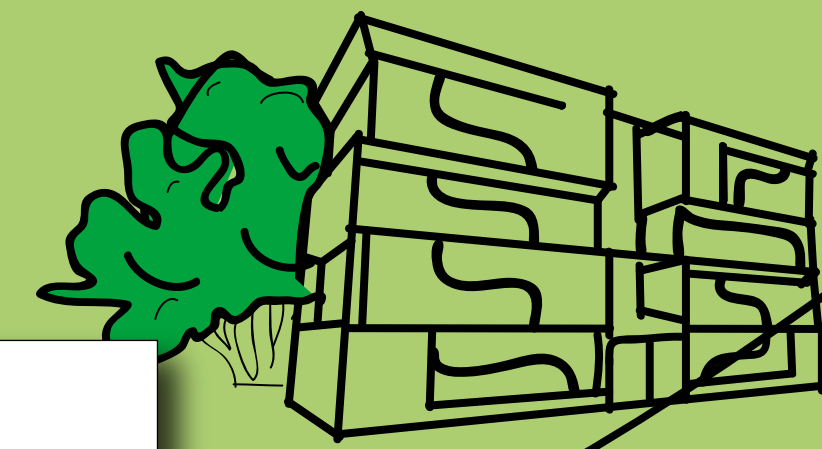


CALVIN
MINDS IN THE MAKING

Bike Tour

What Is It?

This poster explores urban bike tours as a means to help students learn about a variety of urban issues. Our bike tour is an all day event covering a 30 mile route throughout a mid size Midwestern metropolitan area.



Objectives

Of Our Specific Tour

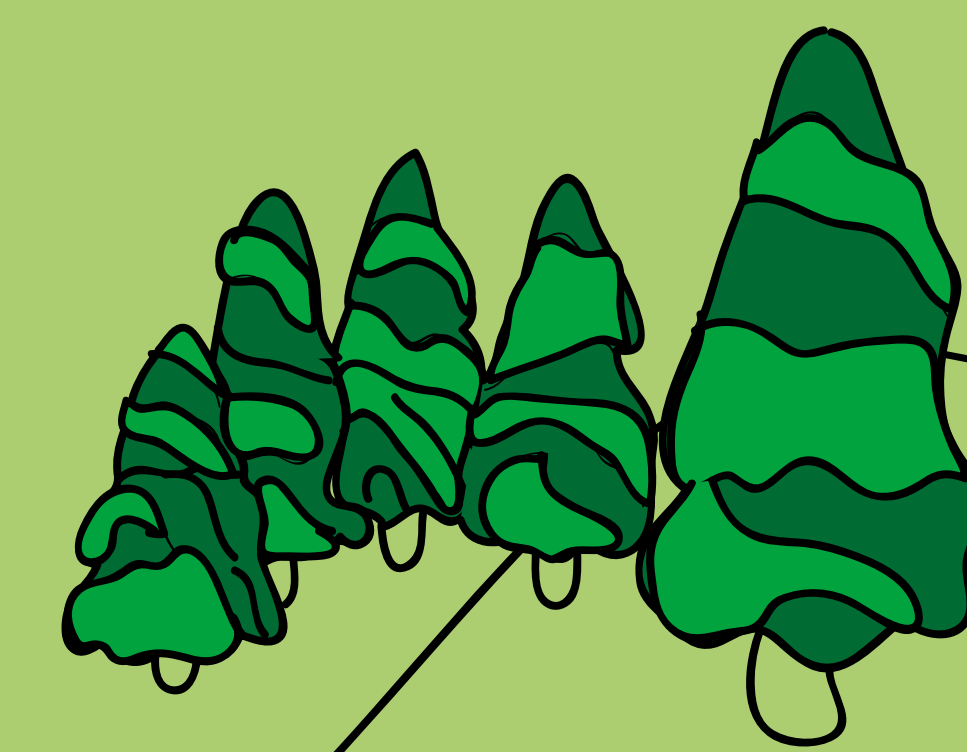
- Encourage participants to think about the impact of their lifestyle decisions;
- Connect the issues of life-long fitness and open space to urban living.
- Examine the bikeability of the community
- Create advocates for healthy living (e.g. bike paths, parks, etc.)



The Issue

Of Urban Sprawl

- Multi-faceted issue
- Movement from public to private space
- Problems connected to urban sprawl: Declining tax base, health issues, environmental issues, loss of community



Using Bikes

As A Teaching Tool

- Experiential – The perfect speed to see the world
- Mobility – getting from here to there in ways that models a healthy lifestyle and environmental sustainability.

Why Bikes:

- ### Health Benefitsv
- Improves personal health: healthy heart, improved blood chemistry, increased fitness
 - Reduce Stress



Results

From Our Trips

- Creating change in participants
 - Understanding the possible
- Adaptability of the trip
 - Educational opportunities
- Community Building
- Tourism

Setting Up

A Bike Tour Of Your Own

- Identifying the purpose of the trip
- Scouting and identifying points of interest and safe routes
- Recruiting partners and organizing support

Why Bikes:

Environmental Benefits

- Understanding the power of bike to decrease pollution
- Advocating for more accessible designed cities and transportation
- Becoming more aware of your environmental surroundings

Supporting Riders

During the trip

- Laying the ground rules for riding in large groups
- Identifying needed support (water, repairs, first aid)

After the trip

- processing the experience –
 - Experience
 - Reflection
 - Processing
 - Application

“When we try to pick out anything by itself, we find it hitched to everything else in the universe.”

John Muir

Improved Quality of Life Interactions Among Collaborators & Activities
(Adapted from Robert Wood Johnson Foundation, 2000)

