URBAN BIKE TOURS: ADDRESSING THE ISSUES OF SPRAWL

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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.)

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.

Results
From Our Trips
• Creating change in participants:
  - Understanding the possible
  - Adaptability of the trip
  - Educational opportunities
  - Community Building
  - Tourism

Why Bikes:
Health Benefits
• Improves personal health: healthy heart, improved blood chemistry, increased fitness
• Reduce Stress

Environmental Benefits
• Understanding the power of bike to decrease pollution
• Advocating for more accessible designed cities and transportations
• 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

Using Bikes
As A Teaching Tool
• Experiential – The perfect speed to see the world
• Mobility – getting from here to there in ways that model a healthy lifestyle

Why Bikes:
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

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

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