

PEDAL PIONEERS

A Guide to Bicycle Travel with Kids



Adventure Cycling Association

Adventure Cycling Association's mission is to inspire people of all ages to travel by bicycle. Kids are people too! We help cyclists explore the landscapes and history of America for fun, fitness, and self-discovery. We have been leading tours and sharing information on bicycle travel for over thirty years. Learn more about our many projects at www.adventurecycling.org.

Copyright © 2006 Adventure Cycling Association

FIRST EDITION

\$19.95

TABLE OF CONTENTS

Acknowledgements.....i	Section 4 Life on the Road.....57
Introduction	A Typical Day.....58
Why Bike Tour with Youth.....iii	Navigation Tips.....59
Is Bicycle Touring the Right Thing for You and Your Kids?.....v	Leadership.....59
Using the Guide.....vi	Communications.....61
Section 1 Trip Design and Development....1	Being a “Cool and Conscious” Biker.....64
Your Trip Vision.....2	Special Considerations.....67
Partners and Resources - One Big Family.....5	Section 5 Coming Home.....69
Leaders and Participants.....7	The Last Few Miles.....70
Route Planning.....10	Feedback and Evaluation.....70
Section 2 Turning Kids into Cyclists.....15	Thank You.....71
Creating a Trip Proposal.....16	Program Review.....71
Participant Recruitment and Retention.....16	Conclusion.....71
Choosing and Equipping a Bicycle.....19	Appendix
What to Take and How to Pack.....25	Bicycle Touring Books.....73
Bicycle Safety.....29	Youth Bicycle Tour Contacts.....74
Group Techniques.....36	Youth Bicycle Safety Resources.....76
First Aid and Health.....37	Team Building Resources.....82
Maintenance and Repair.....38	Bicycle Discount Programs.....85
Getting in Touring Shape.....39	Cooking Resources.....84
Section 3 Resources and Logistics.....41	Guide Feedback and Survey.....87
Insurance and Liability.....42	
Finances.....43	
Start and End Point Logistics.....45	
Where to Snooze.....49	
Nourishment – Hydration and Fuel.....51	

SECTION 2:

TURNING KIDS INTO CYCLISTS



“I remember when we first crested the top of the 20-mile climb coming into Lewistown, and I can remember the way it felt to know it was going to be downhill from there out. I knew in time that I would have to do it again.

– Jessie Nosworthy, Swain County High School, 2004.

SECTION CONTENTS

Creating a Trip Proposal	16
Participant Recruitment and Retention	16
Choosing and Equipping a Bicycle	19
What to Take and How to Pack	25
Bicycle Safety	29
Group Techniques	36
First Aid and Health	37
Maintenance and Repair	38
Getting in Touring Shape	39

CREATING A TRIP PROPOSAL

Depending on how you plan on funding the trip, recruiting participants, and handling liability, you may have to create a trip proposal to be shared with a school or other supporting group. Even if you are not required to have a proposal, going through the motions of building one can help create a solid platform for you and others to advocate for the tour, giving you material for future presentations, recruitment, and funding requests. Including key partners in the creation of your trip proposal will help you to know what resources you have and which ones you need. Parents will likely be the toughest critics, so be sure to look at the trip from their point of view as well.

In your proposal you will want to establish:

- The goal of your trip
- The leadership structure
- The route
- Liability and emergency issues
- Where you will stay
- How you will deal with food
- Who will provide equipment
- The level of community support
- Information on financial support and needs
- Pros and cons of bicycle travel with youth



Coming up with your own “pro trip” and “con trip” lists will provide you with sound bites to use in your communications. In the “pro trip” list, you can include benefits such as physical health, mental and emotional development, and hands-on learning. The “con trip” list is an opportunity for you to brainstorm about any objections that you may get throughout the planning process, including safety and financial concerns.

PARTICIPANT RECRUITMENT AND RETENTION

DEVELOPMENTAL STAGES OF YOUTH

Know your audience. When considering touring with youth or planning an actual trip, it is vital to be aware of the different cognitive and physical abilities of different age groups and to either choose a tour that best fits your current group of participants or choose the group that best fits your intended tour. These differences will impact many of your choices, including whether it is feasible to take your group on a tour, your route, mileage, adult-to-youth ratio, and depth and breadth of pre-trip education and trainings. The most important element of touring is safe cycling. Please ensure that your program addresses this necessity to great depth. See the “Bicycle Safety” chapter.

The following is an outline of the distinctions between the cognitive and physical abilities of different age groups in reference to bicycle safety and travel:

Children under 10 years old

LIFE STAGE: Typically don’t have traffic knowledge. Are still developing muscle mass and coordination.
RESULT: Don’t usually have the ability to ride safely on road alone. Being away from home can be challenging emotionally.

APPENDIX

BICYCLE TOURING BOOKS

Bicycling Magazine's Guide to Bike Touring: Everything You Need to Know to Travel Anywhere on a Bike

Doug Donaldson, Rodale Books

General touring information and ten places you have to ride some day.

384 pp., ISBN: 1579548628

Bicycle Touring: How to Prepare For Long Rides

Steve Buttermann, Wilderness Press

This book tells you how to prepare for a long bicycle tour, no matter what your age, financial situation, or physical fitness.

104 pp., ISBN: 0899971741

Bicycle Touring International

Kameel Nasr, Bicycle Books

Includes how to plan and prepare for a tour and detailed travel conditions and general data for all continents.

286 pp., ISBN: 0933201532

Bicycle Touring Made Easy

Lise Krieger, Vitesse Press

Information on planning tours, training, choosing a bike and equipment, safety, and camping.

160 pp., ISBN: 0941950484

Bicycle Touring: The Complete Book on Touring by Bike

Patricia Vance, Van der Plas Publications

All-around touring guide for beginning and experienced cyclists.

224 pp., ISBN: 1892495279

The Complete Book of Cycling: Equipment, Touring, Maintenance, and Racing

Dan Joyce, Carlton Reid, Paul Vincent, and Tim Woodcock, Sterling Press

Discusses equipment, touring, maintenance, racing, mountain bike trail skills, and route planning.

192 pp., ISBN: 0600599442

The Essential Touring Cyclist: A Complete Course for the Bicycle Traveler

Richard Lovett, Ragged Mountain Press

Bikes, gear, training techniques, short tours, and touring abroad are discussed.

160 pp., ISBN: 0070388490