



# Life lessons through bicycles

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**THE JOY OF RIDING, THE THRILL OF MASTERING A NEW SKILL...**a bike can mean so much! Community Bike Works teaches life lessons through bicycles to the young people of Allentown and the Lehigh Valley who could benefit most. We offer high-quality mentoring programs that use bicycles and books to connect youth with adult and peer mentors and help them learn skills for success—all while having hands-on fun with bikes!

**EARN A BIKE.** In our flagship Earn a Bike, students team up with adult mentors for a 12-week course in bike mechanics and safety. In the course of working on their bikes, students learn work skills by following their manuals, working as a team, and seeing the satisfaction of turning a broken bike into a functional one. Once students complete their classes, they earn their refurbished bike and new helmet!

**JUNIOR EARN A BIKE** introduces 7- and 8-year-olds to the idea of working with mentors and bikes. Each class includes a sampling of Community Bike Works' core skills: Reading, Riding, and Wrenching. Students read from a book that introduces the day's lessons, practice bike riding, and learn basic bike mechanics.

Once engaged in bike mentoring, students can participate in our full range of programs, including **afternoon Drop-in, Earn a Book, and Youth Leadership.** In addition, we now offer year-round cycling opportunities with Community Bike Works staff and local cycling clubs. Students can participate in **Saturday trail rides, track riding, long-distance road riding, and mountain biking**—learning skills including discipline and perseverance while spending additional time with mentors.

## IN 2016-17:

- More than 500 students participated in Earn a Bike (421) and Junior Earn a Bike (84) at our Madison Street bike shop, our new East Allentown location, and in schools in Allentown and Bethlehem.
- 83% of students completed Earn a Bike, and 90% completed Junior Earn a Bike, demonstrating bike learning and earning their refurbished bike and a new helmet.
- 44% of our onsite Earn a Bike students participated in six hours or more of supplemental mentoring programs, including Drop-in, Earn a Book, Youth Leadership, and cycling programs.
- In total, students made 9,350 visits to Bike Works and spent 19,000 hours with mentors!

**A BIKE CAN CHANGE A YOUNG PERSON'S LIFE.** Trey, 15, has completed Earn a Bike several times and is one of our first students to participate in our new road riding program this spring. In his words:

*"I learned to be more relaxed since I've started road riding with Bike Works. When you are riding 20 miles or more, you are in that right mindset—you are calmer and don't worry about things so much. It's like a mindfulness minute, but longer. It's good that Bike Works is here for kids. We have opportunities we wouldn't have, and it's a good way to get kids out of the house and on their bikes."*

And as East Allentown student Jayvian, 9, said on learning how to fix and ride his bike: *"I feel like a superhero inside!"* With your support, we can continue to connect students and mentors, teaching life lessons through bicycles and helping kids find the superheroes within themselves. Please join us!

