

Wheel Talk from the Executive Director

Dear members,

As a member of SFBike, chances are you know deep in your bones the joy and liberation of biking around our beautiful city. But do you remember what first set you down that road on two wheels? A parent's encouragement? A die-hard friend who invited you on a ride? The inspiration of seeing a mom pedal around her three kids on the back of a family bike?

Many of us who fell in love with biking and rolling came to it serendipitously, but that's not an efficient way to build a movement. While increasing safe infrastructure increases access, people also need to feel confident on a bike and like they belong in that infrastructure. To see transformative changes to our transportation systems, we need more of everyone biking and rolling. At SFBike, we see the vital need to provide people with those first steps toward embracing biking and rolling — intentionally, not accidentally.

This is why our many programs are so central to our mission. **With our free classes, free bicycles, and culturally relevant experiences that provide access, confidence, and belonging, we can help remove the barriers people face to taking those first steps.** In doing so, we increase the number of people who bike regularly. Already, as many as 29% of SF residents bike at least once a week. And we're just getting started.

With gratitude,
Christopher White
Executive Director



San Francisco Bicycle Coalition

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TUBE TIMES

Promoting the bicycle for everyday transportation

Monroe Practice Days: Community building with consistency

This June marked the tenth iteration of one of our most successful event series, Monroe Practice Days. With support from Excelsior Collaborative's Community Action Grant, we've built an inclusive and fun series hosted at Monroe Elementary School in the Excelsior by focusing on consistency in how we show up, bringing together the entire family, and having a culturally responsive approach to promoting and implementing our programs.



Getting the whole family on bikes

At each event, we make sure to offer programming for the whole family. Thanks to our Bicycle Education programming sponsored by SFMTA, we offer Freedom from Training Wheels for our littlest riders as well as On-Bike Practice for their parents and other adults, who can then take a group ride around the neighborhood with a certified instructor — we're grateful to our partners at YBike for providing loaner bikes for the grownups.



Showing up with consistency

Monroe Practice Days are held a few times a year at Monroe Elementary School, which gives us the chance to have repeated engagements with Excelsior neighbors. Community-based partners know what to expect when promoting it to their audiences, so we've seen consistent growth in our attendance numbers over the three years.

Plus, everyone who takes our On Bike Practice is then eligible to receive a refurbished bike through our Bike It Forward program, with a new helmet and u-lock. People who come to practice the first time are excited to return and pick up a new bike, and they often bring friends or family members the second time, too. This gives us the opportunity to offer continued support to people just starting to get into biking.



Speaking the right language

We couldn't make these events happen without our community partners — Excelsior Collaborative staff, as well as parents and family liaisons of the Monroe Elementary School, help promote Monroe Practice Days to the monolingual Chinese and Latinx community in and around the Excelsior. Even more crucially, our instructors and facilitators teach in both Spanish and Cantonese at every event. It makes a big difference to our attendees, particularly those learning to ride a bike for the first time, to be gaining these skills in their own language.

Monroe Practice Days came together in Excelsior because we had the right funding, the right space, and we worked collaboratively with responsive, deeply-rooted partners in the neighborhood. It exemplifies the kind of place-based, community-centered programming we're committed to replicating all over San Francisco, as we remove the barriers to getting more people biking and rolling every year.

Quick Release

Endorsement: Stop Joel Engardio's Recall

Proposition K, the citywide ballot measure closing the Great Highway to cars permanently and creating Sunset Dunes, is the resilient, forward-thinking solution that San Franciscans need. Unfortunately, opponents of Prop K are currently running a recall effort to unseat Supervisor Engardio, with a special election in District 4 on September 16. SFBike and its Board of Directors embrace a people-first vision of our streets and public spaces, and we must continue to support leaders like Supervisor Engardio who work to make that vision a reality. We stand with Supervisor Engardio and encourage all District 4 voters to Vote No on his recall.

Hello and Goodbyes on Staff

This summer, we said goodbye to longtime School Engagement Lead Adrian Cárdenas, who joined the staff at Transform in the East Bay. We'll miss Adrian, but we're thrilled to welcome Josie Dominguez-Chand to the team as a new School Engagement Lead, as well as two new program coordinators on the Youth & Family team; welcome, Natti Tilahun and Cate Gregory!

Triple your impact for our Bike It Forward program this summer

Help us put more kids on bikes in San Francisco at BMAGIC, our biggest bike giveaway of the year on August 9! Triple your donation with a 2 for 1 match up from Redwood Credit Union, which we're extending through the end of August.





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TUBE TIMES
Promoting the bicycle for everyday transportation

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Your generous donations help power transformative change to San Francisco's streets, as we work to remove barriers to access and get more people on bikes, which grows our movement. Donate today at sfbike.org/donate



The Mayor's decree that commercial vehicles can drive on Market Street will open the corridor to all kinds of drivers — not just Waymos, but Uber, Lyft, commuter shuttles, and even private vehicles — and upend the 20 years of advocacy to make Car-Free Market. It will increase traffic, slow down transit, and endanger people walking, biking, and scooting. Sign our petition to keep Market Street moving for Muni, taxis, and people who bike, roll and walk! <https://www.keepmarketmoving.org/sign-the-petition>



CHAIN OF EVENTS

For details on these and other events we're hosting, visit sfbike.org/events.

Member Repair Party

AUGUST 28, 5-7PM
SFBike OFFICE: 1720 MARKET STREET

Join us after work to wrench on your bike, learn more about bike maintenance, and meet new folks in our SFBike community! This event is exclusive to members, but you can join or renew your membership to participate.

Adaptive Cycling

EVERY SATURDAY THROUGH SEPTEMBER, 10AM-2PM, GOLDEN GATE PARK MUSIC CONCOURSE BANDSHELL

Explore the park on adaptive cycles with BORP! Open to people of all abilities, seasoned cyclists, or first-timers. Email sfcycling@borp.org for more info.

Biking with Children

SUNDAY, SEPTEMBER 7, 3-4:30PM
NATURAL RESOURCES (1051 VALENCIA)

Learn how to safely and conveniently ride a bike with your children, whether they're one years old or ten! This class is taught by Karen Wiener, parent, SFBike member, and co-owner of the New Wheel.

Fil-Am History Month Ride

FRIDAY, OCTOBER 17, 4-6PM

Join us for a social ride on October 17 to celebrate Filipino-American History Month. This will be a casual, low-elevation, no-drop ride. Bring your own bike, sunscreen, snacks, and bike lock! Find route information and RSVP to attend at bit.ly/fahm-ride

Tube Times is a quarterly publication of the San Francisco Bicycle Coalition, a member-based nonprofit advocacy organization working to transform San Francisco's streets and neighborhoods into more livable and safe places by promoting the bicycle for everyday transportation.

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BIKING IS BETTER WITH FRIENDS

Every year, we teach San Franciscans to ride bikes, and ride more confidently in the city, with our popular classes, programs and events: but we don't stop there. Our staff is on a roll leading social group rides that showcase the joy and community-building that biking creates.

Qamuuqin Maxwell: "I started hosting Out Of Office Opportunities, or 'OOOO', a weekly bike ride invite for my colleagues. At our first OOOO, we went across the Golden Gate Bridge to Hawk Hill. Now, friends and partners join us too. Where do you want to go on a ride with friends?"

Krissa Corbett Cavouras: "I'm always convincing our friends that a cargo bike caravan (or even Bay Wheels e-bikes) will make any outing with kids more fun. This summer, we've ridden together to Giants and Valkyries games, and everyone is amazed by how fun and convenient (and fast) it was—even with kids in tow!"

Patrick Casey: "I led our Birds & Bikes ride to not only get outside on bikes, but to slow down and observe the world around us. I loved seeing participants gain more confidence on bikes, and even make new friends!"



Are you a member and want to lead a social group ride? We can help you spread the word to our SFBike community! Reach out to membership@sfbike.org to pitch your idea.



RULES OF THE ROAD: BIKING WITH KIDS

By Lucy Allen, Bay Area Bicycle Law

Biking is a wonderful way for kids to have fun, stay active, and explore their neighborhoods. Whether your child is just learning to ride or is already zipping around the block, it's important for families to know the rules that help keep everyone safe.

California law requires children under 18 to wear a helmet not only if they are riding a bicycle, but also if they are riding in a bicycle attachment, like a trailer. The law states that the helmet should be, "approved, properly fitted and fastened." A properly fitted helmet isn't just the law, but is essential for safety — if you aren't sure about fit, a local bike shop should be able to help. Children not wearing a helmet could result in a traffic citation, and become an issue when negotiating with an insurance company if a crash were to happen. Parents can be fined if their children are found riding without a helmet, but the fine can be dismissed if the parent shows the court within 120 days that they own a properly fitting helmet and have completed an approved bicycle safety course.

E-bikes are another area with different rules for adults and children. In particular, children under 16 cannot legally operate class 3 electric bicycles.

When it comes to riding on sidewalks, California does not have a uniform statewide law. Instead, local jurisdictions decide whether sidewalk cycling is permitted. Many cities, including several in the Bay Area, allow children to ride bicycles on sidewalks, especially in residential areas, but may restrict this in business districts or high-traffic pedestrian zones. It's important for parents to check local ordinances to ensure compliance and remind children to always yield to pedestrians and ride with caution when on sidewalks.

Here's to many happy — and safe — rides ahead!

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