

2016

Report



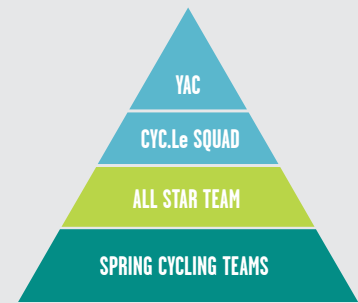
Fostering healthy habits, independence and leadership in Philadelphia youth, one ride at a time.





CYC CORE PILLARS

Cadence Youth Cycling's leadership ladder and core pillars work in tandem to provide youth with valuable life skills and opportunities to grow as athletes and leaders.



CYC LEADERSHIP LADDER

SPRING CYCLING TEAMS

7	13	103	1,000+
teams	weeks	youth	miles



2016 SPRING TEAM SITES:

1. Freire Charter School
2. KIPP Dubois Collegiate Academy
3. Mastery Charter School Pickett
4. Mastery Charter School Shoemaker
5. Neighborhood Bike Works
6. School of the Future
7. Strawberry Mansion High School

HEALTHY HABITS

“The students in Cadence boost each other’s confidence up so we can all achieve our goals.”
—Cadence Athlete

SAFE CYCLING SKILLS

100%

of CYC athletes passed their level 1 written cycling test, which covers bicycle safety checks, helmet use, locking, rules of the road and communication.

COMMITMENT

81%

of CYC youth learned to better focus their attention due to cycling and 78% have learned about setting priorities.

PHYSICAL ACTIVITY

89%

of athletes enjoy sports and exercise more and 82% of youth think they are better at sports and exercise because of CYC.

POSITIVE RELATIONSHIPS

93%

of CYC youth feel a sense of belonging because of CYC; contributing to this is the fact that 86% of youth said CYC helped them develop strong and positive relationships with adult mentors.

CYC ALL STAR TEAM

38% of CYC athletes became All Stars in 2016, earning the privilege to bring their bicycles home with them and providing them with year-round programming including participation in up to three summer teams, an introduction to Cyclocross racing, the Covered Bridges Ride, and weekly off-season practices.

96%

of CYC youth have learned to push themselves in order to overcome a challenge.

90%

of CYC youth say they feel better about their futures after joining the cycling team.

2016 All Star Team Sponsors



TOUR TEAM

7 weeks of tour practices and watershed education culminated in a 5-Day Sojourn organized by Rails to Trails Conservancy. Youth rode 170+ miles, many on Circuit Trails and visited 3 environmental centers.

RACE TEAM

12 of our most competitive cyclists logged 44 practice hours and participated in 5 local cycling competitions; CYC athletes finished top ten in their category at many races.

TRI TEAM

CYC's Triathletes competed in 3 races, including a local TriYouthalon race in Hunting Park and the AC and Wildwood Triathlons.

INDEPENDENCE



CYC LEADERSHIP SQUAD

CYC.Le Squad is a 6-week leadership development and project-based learning program that takes place each summer. In 2016, CYC.Le Squad youth met with project mentors from the non-profit, marketing, financial and government sectors; engaged in 6 hours of financial literacy workshops with our sponsor, Capital One; and organized the first annual CYC Day of Service and Advocacy including: a bike ride with City Council staff to highlight the need for more safe cycling infrastructure, decorating helmets to give to youth at Philly Free Streets and an original wall mural that represents the youth's vision for the future of cycling in Philadelphia.

YOUTH ADVISORY COMMITTEE

Youth Advisory Committee (YAC) is a platform for youth voice. Four youth meet monthly with the Program Manager to focus on leadership development and to provide program input. In 2016, the YAC traveled to Minneapolis, MN to attend the Youth Bike Summit and to Washington, DC to attend the National Bike Summit Lobby Day.



86%

 of CYC youth have found ways to achieve their goals.

71%

 of CYC athletes feel they could make a difference in their schools, neighborhoods and the City of Philadelphia.

LEADERSHIP



2016 SPONSORS



ALL STAR TEAM SPONSORS:

Capital One
Health Partners Plans

PLATINUM SPONSORS:

Acrow Bridge
Fuji
Philadelphia Eagles

GOLD SPONSORS:

Philadelphia Insurance

SILVER SPONSORS:

Quaker City Wheelmen (QCW)

BRONZE SPONSORS:

Piscitello Law
TriYouthalon
Your Part-Time Controller

CYC IN-KIND AND PRODUCT SPONSORS:

ABUS
Chipotle
Fairmount & Brewerytown Bicycles
Firth and Wilson Transport Cycle
Hutchinson Tire
Jeremy Powers
Pro Bar
Rails to Trails Conservancy
REI
TriYouthalon
Vie 13
Zipcar

FOUNDATION SUPPORT:

Central Bucks Bicycle Club
Connelly Foundation
Dolfinger-McMahon
Elise Lee Garthwaite Memorial Foundation
Finish Line Youth Foundation
Lenfest Foundation
McLean Contributionship
Nelson Foundation
Philadelphia Foundation
PNC Charitable Trust
Snider Foundation



The CYC.Le Squad gathers for a photo with Philadelphia City Council staff in August 2016 after the youth lead the group on a ride covering some of Philadelphia's best cycling infrastructure as well as challenging streets for cyclists to travel.

CADENCE YOUTH CYCLING ADVISORY BOARD YOUTH ADVISORY COMMITTEE:

Victoria Casale
Dave Casale
Ed Hein
Brett Kielick
Joseph Kopena
Ryan Oelkers
Joseph Piscitello
Blake Rubin
Colin Sandberg
Joseph Wentzell
Patricia Withington

YOUTH ADVISORY COMMITTEE:

Mya Miller
Coleman Milligan
Krystal Philson
Tamia Santiago

CADENCE YOUTH CYCLING COACHES:

Bryan Berman
Wanya Cave
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Dan Langlois
Brenea Mitchell
Frank Ortiz
Blake Rubin
Justin Thompson
Jonathan Wilkerson

Cadence Youth Cycling is a program of the Bicycle Coalition of Greater Philadelphia
www.bicyclecoalition.org



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