



RECYCLE BICYCLE HARRISBURG REVIEW

SUMMER 2022

Recycle Bicycle Continues to Serve the Community

We are so grateful that we are here for the community. Throughout last year we collected over 2,800 bicycles. We fixed and gave away over 2,500 bicycles for individuals. We provided 420 bicycles to children over the holiday season. And hundreds of bikes were shipped overseas to African communities that desperately needed them. As 2022 moves along, we continue to assist and empower individuals with their transportation and recreation needs.



It goes without being said, the past two years were trying on everyone, and individuals became very resourceful. We found more people searching for a bicycle for recreation and health. Families started riding together! We strongly encourage those who started riding last year to keep it up, **bring your bicycles in for a FREE tune up.**

Also, make sure your child's bike still fits them properly. If not, we will swap you for another bike. Recycle Bicycle Harrisburg is a teaching shop and our goal is to inspire individuals to learn how to keep their bike in safe working order. When you understand what your bike needs, we offer space for you to do the work. The parts are free.

Our volunteers are committed to our mission. In 2021, we logged over 6,000 hours! This includes hours we offer to individuals who are required to do community service and our community outreach activities.

Many neighborhoods and organizations have asked us to participate in block parties, bike giveaways, and safety and mechanic instruction. Watch for us at city festivals as we continue to park bicycles with our ever-popular free valet bike-parking. Consider riding into the events along Riverfront Park and enjoying the festivals! Leave your car at home and enjoy the day.

Whatever bicycling needs you have, please come see us. You can count on us to get you safely on your way.



Our first group of Youth Mechanics successfully completed training earlier this year.

Thanks to Our Donors We Continue to Grow

You did it! You helped us not only reach our \$10,000 goal for our **2021 Matching Fund Challenge**, but we exceeded it with a grand total of **\$21,000!** This was truly a gift from our many donors and we are very thankful.

In addition, we received generous grants from the John Crain Kunkel Foundation, the S. Wilson & Grace M. Pollock Foundation, the Fasnacht Family Foundation, the Harrisburg Bicycle Club, as well as many other organizations. This money is being used to put some finishing touches on our building renovations, new windows and HVAC. We have purchased supplies and tools for the shop as well as helmets and lights for bicycles. Plus, some funds are designated for our **Youth Mechanic Program** for local young people, giving them additional **STEM** knowledge and confidence in mechanical skills.

THANK YOU for your unwavering commitment to our mission. We invite you to visit us soon and JOIN us as a volunteer, as we continue to grow, serve and support our community.

Been in a Bike Crash? Witness One? These TIPS Can Help!

- **Get out of the road:** get yourself and your bike out of the roadway to a safe spot.
- **Call police:** ask a police officer to document your crash report. Be sure to report any injury or pain you are experiencing, no matter how small.
- **Take photos/video at crash scene:** use your cell phone to take photos or a video of the car that hit you, including license plates, intersection where crash occurred and photos of the car itself. If you are unable, ask a witness to help.
- **Get driver & witness info:** collect contact info from any witnesses and/or people who helped you at the scene. Take photos of driver's license, registration, insurance, and contact info.
- **Get immediate medical attention:** if you don't go to the hospital from the scene, be sure to go to your primary care doctor or clinic (as soon as possible) to document your injuries, even if they appear minor. Have someone take photos of your injuries.
- **Preserve evidence:** *Don't attempt to fix anything or have your bike repaired.* Don't send your bike, helmet, or any other equipment to anyone other than your attorney. Take photos of your equipment, bike, and clothing. Don't wash or repair your clothing.
- **Call a bike crash attorney:** don't communicate with any insurance company before consulting with an attorney. Anything you say to the company can be used against you later.
- **Meet an attorney at crash scene:** as soon as you are able, make plans to meet your attorney at the crash scene to review details. Alternatively, your attorney can investigate; take photos, videos, and review information with you.
- **Stay off social media:** it may come back to haunt you!
- **Do not speak with insurance companies:** Final reminder to not speak with any insurance companies, or the driver after the crash. Be sure to inform them that any inquiries should be directed to your bike crash attorney.



Stop by Recycle Bicycle and pick up a "Crash Card"
to carry in your wallet or bicycle bag.
We can also help you find a bike attorney.
Be an advocate, because most crash victims are dazed and could use another cyclist's help.

Your Head Deserves a Helmet

The weather has changed, inviting us to be outside riding, but before you ride there are a few safety issues to consider. Your bike should be safe, and we can help with that. Learn the ABC's of biking. Check the **AIR** in your tires, check your **BRAKES** and oil your **CHAIN** (the best chain oil is what your local bike shop recommends).

Don't leave the house without wearing a helmet to protect your head.

Recent studies have shown that in bicycle crashes, deaths and head trauma injuries have increased among adults not wearing helmets. One-third of non-fatal bicycle injuries impact the head. It is important to note that, head injuries in children have not increased, mostly because of parents' efforts to protect their children and laws that require children to wear helmets.

Pennsylvania's Bicycle Helmet Law states anyone under the age of 12 must wear a helmet when riding a bicycle. This applies to anyone operating the bicycle, riding as a passenger, or riding in an attached restraining seat or trailer. For more information, <https://www.pasenategop.com/wp-content/uploads/2018/12/bike-helmet.pdf>.

Bicycle helmets should fit low and level on the head, one or two finger-widths above the eyebrows. Adjust the straps so that the helmet cannot move from side to side or back and forth. The side straps should form a V below the ears and the chinstrap should be buckled snugly, allowing just one or two fingers to fit under the strap.

Other safety tips when riding:

- Wear bright and reflective clothing.
- Wear an approved helmet to protect your head.
- Ride on the right side of the road.
- Obey road signs, traffic lights and signal your intentions in advance.
- Use lights on your bicycle, red flashing on the back and a white light in the front.

Be Seen • Be Safe



VOLUNTEER SPOTLIGHT: JOHN REARDON

Like many Recycle Bicycle Harrisburg (RBH) volunteers, John Reardon's involvement began with a chance encounter with Ross Willard, RBH's CMO (Chief Mechanical Officer). At the time, Recycle Bicycle was still a nomadic organization and Ross was moving bikes out of one temporary location to the next temporary location.

John's dedication to keeping the wheels turning for riders began when he was volunteering at the Atlas Street location. In those days, bikes, parts, tires and tubes were scattered throughout the maze-like building. Fed up with the chaos, John followed the RBH creed—"If you see a need, address it." John began by building racks for the bike inner tubes with labels for the various sizes and sorting the inventory to make it easier for mechanics to find what they needed.

That was over ten years ago! Now, RBH has a permanent home and John Reardon is a long-time volunteer in charge of the most important aspect of bike repair. John is our inner tube inspection and repair specialist. Because every bike rider knows that if your tire is flat, you won't go very far.



At the new RBH shop, John has helped implement a complete process to keep our bike mechanics stocked with inner tubes in every size. John starts by sorting through and testing each one to see if it needs to be repaired. He patches any inner tube that needs to be repaired; determines the tube size and labels each one in easy-to-read white ink with his impeccable writing.

Keeping RBH stocked with inner tubes is an endless task. He even takes the time to wrap up and box up rejected tubes and deliver them to a facility for recycling. John's contribution is invaluable in helping bike mechanics to be able to have exactly what they need to make repairs. Thank you John!



Interested in Volunteering?
Sign-up through our website.

COMMUNITY RIDES

Check out our calendar for upcoming events and rides, <https://rbhburg.org/ride/calendar/> If you are organizing a ride, contact us so we can put it on our calendar.

- **Community Bike Ride** – Ray's Place and Recycle Bicycle are hosting free bike rides from Ray's once a month on Sunday afternoons. These family friendly rides are 3-5 miles long on various routes along the river or Greenbelt. Facebook - @raysplacehbg or <https://raysplacehbg.org/>
- **Catch a ride with: Harrisburg Bicycle Club** – this club has ongoing rides from beginner bikers to experienced bikers. <https://www.harrisburgbicycleclub.org/>

Three Easy Ways To Donate Now



Donate on our Facebook page

FACEBOOK



Donate on our website

WEBSITE



Donate by mailing a check

Please mail us a check payable to:
Recycle Bicycle Harrisburg
PO Box 5264, Harrisburg, PA 17110

Know your ABC's

Before you ride, take a few moments to do an **ABC BIKE CHECK** of some important bicycle parts.

A is for **Air**



B is for **Brakes**



C is for **Chain**



Nothing compares to the simple pleasure of a bike ride.



The Ride of Silence 2022

20th Anniversary Year

With only the sounds of traffic and their own wheels on the pavement, 62 bicyclists began a quiet, solemn slow ride from Camp Hill to the steps of the Capitol. Additional cyclists joined the ride from City Island when the group crossed the river. They arrived rolling up State Street embraced by the sound of Amazing Grace being played on a bagpipe. There, on the Capitol steps,



bravely stood 24 white “ghost bikes” that represented Pennsylvanians who lost their life while riding a bicycle in 2021, the highest number of recorded deaths since PennDOT computerized its records. Recycle Bicycle Harrisburg sponsored this annual ride for the International Ride of Silence, on May 18.



The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. The ride, which is held during National Bike Month, aims to raise the awareness of motorists, police and city officials that cyclists *have a legal right to the public roadways*. The ride is also an opportunity to show respect and honor the lives of those killed or injured while riding a bicycle.



Learn more about the Ride of Silence <https://www.rideofsilence.org/main.php>.



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WEB RBHburg.org Follow us on

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