



RIVIERA YOUTH BIKE TEAM





ABOUT THE RIVIERA YOUTH BIKE TEAM



The Riviera Youth Bike Team (RYBT) creates a positive impact on the health and fitness of 'at-risk' 10-13 year old children by developing and fostering a connection to cycling. We cater to kids struggling with issues such as obesity, low self-esteem, bullying, and learning differences. Our goal is to give children the tools they need to reach and maintain their health and fitness goals in a fun, organized, and supportive team environment, while learning about long-term resources in various cycling communities.

RYBT provides programs engaging participants to health professionals, cycling coaches, cycling clubs and

communities. RYBT Riders receive 3 cycling-based workouts per week, including indoor gym classes, indoor spin classes, and an outdoor cycling class with curriculum from the League of American Bicyclists. Staff includes certified Instructors from the League of American Bicyclists, Spin and Strength Coaches, sponsors from local bike shops and businesses, and an active volunteer board.

RYBT is one of the fastest-growing non-profit programs in Santa Barbara County, and has gained support from several key organizations. Starting in 2015 as a 4 month trial program sponsored by the Bialis Family Foundation and the Santa Barbara Bicycle Coalition, RYBT has now grown into a year-round cycling team program sponsored by Echelon Santa Barbara, The Santa Barbara 100, Easy Lift Transportation, and many others.

RYBT was recently recognized by the City of Santa Barbara Parks & Recreation and awarded sponsorship for future programs, as well. This support validates our goals of increased rider capacity, and RYBT Staff is actively fundraising to meet the demand.



RYBT GRADUATES

Emiliano, Ian, Jeremy, and Arnold (pictured left to right) are the first 4 RYBT Rider Graduates to complete both the Santa Barbara 100 Program & the Gibraltar Team Challenge. They are now riding with Echelon Cadet coaches & community, including coaches certified by USA Cycling.



RYBT ANNUAL PROGRAMS

We've created three cycling programs that operate sequentially so that future RYBT Riders may benefit from RYBT coaches and education for 5 to 16 months. Each program is "unique" in its scheduling and instruction, to serve riders at different phases of cycling education and fitness. As the time commitment to each program is high, rider duration in RYBT program depends on rider interest, resources, and RYBT's abilities to meet the demands of the community. Applications for each program are available to the public, with additional advisements and counsel from outside organizations, including CALM, CADA, and volunteer child psychologists.

RYBT PREPARATORY FITNESS PROGRAM

In February, several participants are selected to participate in Tuesday Gym Classes & Thursday Spin Classes with RYBT Sponsors & Coaches. The gym & spin classes help participants get familiar with the coaches & exercises, as well as get a headstart on pedal stroke & control. These participants are pre-accepted to & makeup half of the future August program. RYBT Prep participants train side-by-side with RYBT Gibraltar Team members on the Tuesday/Thursday activities.

TIMELINE: FEBRUARY TO MAY



RYBT EARN YOUR BIKE & SANTA BARBARA 100 PROGRAM

In August, participants from RYBT Prep Program and additional new participants begin a 4 month journey to train and complete the 34 mile ride at the Santa Barbara 100. Participants have Tuesday/Thursday/Saturday sessions with coaches and staff, and also attend various workshops to learn how to own/store/clean/maintain their bicycle. Participants who do not have an adequate bike for the program are given the chance to earn their own bike through the program. Previous guest presenters include members of the SBPD, bicycle shop owners, nutritionists, and event organizers.

TIMELINE: AUGUST TO NOVEMBER



RYBT GIBRALTAR TEAM PROGRAM & AMGEN TOUR

In February, qualified & interested participants who completed the Santa Barbara 100 program are invited to tackle the Gibraltar Team Challenge, a training program that ends with a community ride up Gibraltar Road, with encouragement from the Echelon Santa Barbara Cycling team, and the UC Santa Barbara Cycling Team. This year, RYBT Riders had an extra special experience by finishing their Gibraltar Ride days before the AMGEN Tour of California stage finish. It was the first time for RYBT Riders to witness a professional bike race.

At the conclusion of the ride/program, RYBT Riders "graduate" and are invited to join the Echelon Juniors Cadet Cycling Program. This is considered as the next step towards road cycling, should the riders be interested.

TIMELINE: FEBRUARY TO MAY



HUTTON
PARKER
FOUNDATION

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KIM REBERSON

HOW TO HELP

DONATIONS & SPONSORSHIPS

The Riviera Youth Bike Team is in need of donation and sponsor support. If you or your business is interested in supporting the next classes of RYBT Riders, you may do so at

RivieraYouthBikeTeam.com

ATTEND OUR EVENT AT PARADISE CAFÉ

The Riviera Youth Bike Team will host a Silent Auction & Fundraiser at **Paradise Café** on **Monday, August 1** from **5:30-7:30pm**. Your donations online or at this event will go towards bicycles, jerseys, helmets and other other gear necessary for the program to function.

THANK YOU TO OUR COMMUNITY SUPPORTERS!

SANTA BARBARA BICYCLE COALITION

ECHELON SANTA BARBARA

THE SANTA BARBARA 100

EASY LIFT TRANSPORTATION

MAD FITNESS SB

TITAN STRENGTH PERFORMANCE

HAZARD'S CYCLESPORT

PHYSIOPHYX

ISLA VISTA SCREEN PRINTING

CENTRAL COAST FITNESS TOURS



BIKE SAFELY

RULES OF THE ROAD & SAFETY TIPS

SBBIKE.ORG

- 1 OBEY THE RULES OF THE ROAD**
Obey traffic signals and stop signs; stay off sidewalks.
- 2 BE PREDICTABLE**
Ride on the right with traffic; check behind you and signal for turns.
- 3 BE VISIBLE**
Wear bright clothing, use a white headlight and a red rear light at night.
- 4 CHECK YOUR BIKE BEFORE YOU RIDE**
ABC quick check (Air, Brakes, Chain, Quick Release).
- 5 BE KIND TO DRIVERS/WALKERS**
Be courteous, give respect, get respect.

