

CICLOVÍA

PLANNING A RURAL OPEN STREETS EVENT



Acknowledgments



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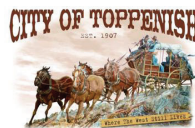


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Includes:

- ★ Appendices

It All Started with the Together We STRIDE Project



The Together We STRIDE (Strategizing Together Rural Interventions for Diet and Exercise) study is a community-academic partnership created to address childhood obesity in rural communities in Eastern Washington State. For six years, the community-academic partnership worked together to optimize ways to promote physical activity and healthy eating in rural communities.

- ★ One of the community activities was an event called a "ciclovía." For three years, a group of community members and the City worked together to organize the ciclovía to close streets and an adjacent park for walking, biking, jogging, and playing various sports and activities.
- ★ The partnership created this manual as a resource for other rural communities looking to implement open streets events to encourage their communities to walk, run, and bike more.
- ★ This manual describes a step-by-step planning process – from planning to implementation – including tools, resources, and recommendations for similar events planned in rural communities.



What is a Ciclovía?



Open streets initiatives temporarily close streets to motorized traffic so that they may be open to people for activity – biking, walking, jogging, to name a few.

- ★ Many open streets initiatives are modeled after those held in Bogotá, Columbia, where the term “ciclovía” was coined to describe this type of event.
- ★ The overall goal of a ciclovía is to enable people to reclaim their streets as places that not only serve as connections between people and place, but also as spaces in which to enjoy active transportation and physical activity.

Why We Need It

Open streets events:

- ★ Show how community spaces can double as physical activity spaces, where families and community members can be physically active together.
- ★ Help normalize biking, walking, and playing on the streets.
- ★ Bring physical activity opportunities to where the people already are.



Ciclovías or Open Streets Events are places to enjoy the physical, mental, and social benefits of being physically active as part of an everyday routine.





OVERVIEW

Planning a ciclovía takes a dedicated team. This team can be in the form of a steering committee, as described below. The overall goal of planning is to ensure that the event set-up is community-led and that the activities reflect the vision the team has for the event.

Planning the Event

The steps on how to plan a ciclovía in your community are: 1) form a steering committee, 2) set regular planning meetings, 3) promote the event, and 4) use evaluation tools. Tools and tip sheets for rural communities are included in the appendices to support your planning process. These tools can be adapted to fit the resources of your own community.



Create a Steering Committee



Step 1

The role of the steering committee is to guide the overall planning and the execution of the event. It's important that committee members have a strong knowledge base of the community where the event will take place. For example, a steering committee can be made up of members representing different sectors of the community, including healthcare, social services, faith-based organizations, city departments, and public school representatives.



Step 2

Planning Meetings



Meetings



Establishing a regular meeting schedule is necessary for fostering communication and collaboration among steering committee members. Meeting regularly (e.g., every two weeks) allows you to stay on top of planning logistics and facilitate communication to ensure the ball is always rolling.

Agenda



An agenda is needed for each meeting, including follow-up on action items to stay organized and focused. Each meeting should be scheduled for one hour. Topics of discussion can include:

- ★ Building partnerships with local and city organizations (e.g., City Parks and Recreation Department)
- ★ Securing donations (e.g., bikes and other wheels)
- ★ Marketing (i.e., flyer distribution and banner placement)

Task Distribution



Task distribution is best organized into a checklist of action items ([see Appendix A](#)). The checklist

is helpful for organizing who will do what, when, and who to talk to if questions come up. The checklist also helps establish individual accountability and keep track of who volunteered to do which tasks.

Collaboration



Building partnerships is key to increasing the potential that the event will be a recurring one. For instance, including the City Parks and Recreation Department in the planning of our *ciclovía* increases the possibility that the event will be sustained as part of their regular programming.



1. Create a timeline and plan frequent meetings.
2. Use checklists & action items.
3. Build partnerships and foster collaboration.



Promote the Event



Step 3



Thinking about how you will promote your event is a crucial part of the planning process. Because this is an event for the community, it is imperative that the community knows about the event and feels welcomed to attend. Here are some key points to keep in mind

- ★ Promoting a ciclovía should be an ongoing process
- ★ Have community leaders promote the ciclovía – this helps reflect the community-based values of the event.
- ★ Create colorful, eye-catching flyers to advertise the ciclovía (*see Appendix B*).
- ★ Post the flyers in places that get a lot of foot traffic (e.g., local business, school offices, etc.).
- ★ If possible, create a banner and post it in a highly visible area (e.g., the town center, cross streets) within days of the event.
- ★ Highlight the true meaning of a ciclovía – open streets to promote bicycling (and other wheels) and physical activity.
- ★ Show more girls on wheels on promotional materials (i.e., flyers and banners) to resonate with girls.



Promotional materials should highlight:

- ★ Event activities, so community members know what to expect
- ★ Giveaways (e.g., water bottles) to encourage attendance and participation
- ★ Time and date of the event



Strategizing the timing of the event is an essential part of the planning process. A ciclovía is usually an outdoor event, so the planning committee should consider what time of the year (e.g., season) would be most conducive to implementing the event.





Step 4

To measure attendance and how people were interacting with the event (i.e., which activities they participated in), we employed two evaluation tools:

- ★ **Participant count form** (see [Appendix C](#))
- ★ **Participant survey** (see [Appendix D](#))

These tools capture the level of activity and engagement at the event and can be adapted for your event. The information captured may be useful for reports and presentations to various audiences, including demonstrating the value of a *ciclovía* and increasing buy-in from the community.



Participant Count Form

The participant count form captures average counts of bicyclists (and other wheels) and pedestrians over a certain time period in a specific area. This information can be used to advocate for built environment improvements to increase physical activity access. This count form also provides a surrogate measure of event attendance. See [Appendix C](#) for detailed instructions on how to use this tool.



Participant Survey

The participant survey was designed to capture relevant participant information, including:

- ★ Whether they have attended a *ciclovía* before
- ★ How often they would like a *ciclovía* to occur in their community
- ★ Weekly physical activity levels
- ★ How they plan to spend their time at the event
- ★ Demographic information (e.g., age, gender)

See [Appendix D](#) for the full survey. Employing this type of survey at your event can highlight how the community views the event and their involvement in it.





Step 4



Ciclovía Passport

- ★ The Ciclovía Passport (*see Appendix E*) can estimate the number of children participating in the event, as well as which activities they were engaged in the most.
- ★ To encourage participation, place a stamp at the children's passport at each activity hub they visit. The planning committee can decide to raffle a prize for children who complete the passports with stamps.



The passport can encourage children to visit activity hubs and also assess children's attendance and involvement in the event by counting the passports dropped in the raffle box at the end of the event.



Passports have 3 purposes:

- ★ Count participants
- ★ Serve as a raffle ticket
- ★ Show which hubs were most popular



The Day of the Event

- Post signs at each activity hub to help participants navigate the event.
- Include activity hubs that are geared toward children (e.g., jump ropes, chalk, hula hoop contest).
- Place some vendors/activity hubs along the open street to attract people to the street and take advantage of the open street concept (*see Appendix F* for event map).
- Hold a volunteer orientation immediately before the event to make sure volunteers are clear on their roles and the organization of the event.
- Create volunteer buttons (*see Appendix G*) for identification purposes, and to create a sense of volunteer ownership over their roles.





Leverage a Community-based Approach



- ★ Identify and actively engage community leaders and key stakeholders in the *ciclovía* planning process by inviting them to participate in the planning committee. This could facilitate adoption and sustainability of the event.

Create Synergy by Promoting Nutrition

- ★ Secure fruit donations for the event.
- ★ Provide water and reusable water bottles for participants to use to stay hydrated at the event and take with them.



Collect Data

As *ciclovías* encourage active transportation (i.e., biking and walking to get around), this event is a perfect opportunity to capture a snapshot of how people use their streets. Collecting data at the event on actual street activity, as well as people's perceptions on how conducive their community is to active transportation, can help build momentum for changes to the built environment. For example, ask community members about:

- ★ Areas with insufficient sidewalks/crosswalks
- ★ Popular walking routes to school
- ★ Heavily-trafficked intersections
- ★ Streets that are popular for biking





A ciclovía is a great opportunity to promote the community as a space where anyone can be active by utilizing existing streets and infrastructure. It also reveals the need for built environment improvements to increase access and safety.

Given that rural communities face unique challenges around access to physical activity opportunities and healthy foods, we hope this planning manual will help rural communities feel prepared and empowered to take on this rewarding event in their own community.





Free Event - Evento Gratuito

Ciclovía Open Street Day



Asotin Avenue will be closed for cars, but open for people! | ¡La avenida Asotin se cerrará para los carros y se abrirá al público.

July 14th | 4-7pm



Appendix A

Planning Checklist



2018 Ciclovía Planning Checklist

| Activity | Equipment Needed | Main Contact | Status | To Finalize (Responsibility) |
|--|---|--------------|--------|------------------------------|
| Publicity | <input type="checkbox"/> Flyers to schools <input type="checkbox"/> Flyers for stores <input type="checkbox"/> Community advertisement <input type="checkbox"/> Banner | | | |
| Street Closure/Barricades | <input type="checkbox"/> Barricades <input type="checkbox"/> Signage | | | |
| Portable Restrooms/Wash Stations | <input type="checkbox"/> Portable restrooms & handwashing station <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> City trash bin | | | |
| Prize Station: Prize list – helmet for each set of wheels | <input type="checkbox"/> Prizes <input type="checkbox"/> Passports <input type="checkbox"/> Passport bin <input type="checkbox"/> Signage <input type="checkbox"/> Table/chairs | | | |
| Information Booth/Volunteer station/First Aid Station | <input type="checkbox"/> Table/chairs <input type="checkbox"/> First Aid supplies <input type="checkbox"/> Signage | | | |
| Volunteers | <input type="checkbox"/> Gear Up Kids <input type="checkbox"/> YAB members <input type="checkbox"/> SAD Program kids <input type="checkbox"/> Others? | | | |
| DJ/Announcer (Public Speaker) | <input type="checkbox"/> Music equipment <input type="checkbox"/> Speaker system <input type="checkbox"/> Microphone | | | |
| Water Station | <input type="checkbox"/> Table <input type="checkbox"/> Portable water jugs | | | |

2018 Ciclovía Planning Checklist

| | | | | |
|------------------------------------|--|--|--|--|
| | <input type="checkbox"/> Water dispensers/stands <input type="checkbox"/> Water pouches <input type="checkbox"/> Signage | | | |
| Fruit Stand | <input type="checkbox"/> Table/chair <input type="checkbox"/> Trash can <input type="checkbox"/> Fruit <input type="checkbox"/> Signage | | | |
| Face Painting | <input type="checkbox"/> Face paints <input type="checkbox"/> Cleaning supplies <input type="checkbox"/> Table/chairs <input type="checkbox"/> Trash can <input type="checkbox"/> Signage <input type="checkbox"/> Face painters (x2) | | | |
| Health Organizations booths | <input type="checkbox"/> Tables/chairs <input type="checkbox"/> Sun canopy | | | |
| <u>Lawn Activities</u> | | | | |
| Zumba | <input type="checkbox"/> Music <input type="checkbox"/> Specialized instructor <input type="checkbox"/> Signage | | | |
| Aerobics | <input type="checkbox"/> Music <input type="checkbox"/> Specialized instructor <input type="checkbox"/> Signage | | | |
| Walk the Plank | <input type="checkbox"/> Wood planks <input type="checkbox"/> Signage | | | |
| Jump Rope | <input type="checkbox"/> Jump ropes <input type="checkbox"/> Signage | | | |
| Hula Hoop | <input type="checkbox"/> Hula Hoops <input type="checkbox"/> Signage | | | |
| Volleyball | <input type="checkbox"/> Volleyball net & ball <input type="checkbox"/> Signage | | | |

2018 Ciclovía Planning Checklist

| | | | | |
|--------------------------------------|---|--|--|--|
| Soccer | <input type="checkbox"/> Table/chair | | | |
| Obstacle Course | <input type="checkbox"/> Cones, rope | | | |
| Corn Hole | <input type="checkbox"/> Corn hole target <input type="checkbox"/> Bean bags <input type="checkbox"/> Signage | | | |
| Slip n Slide | <input type="checkbox"/> Slip n Slides <input type="checkbox"/> Water | | | |
| <u>Street Activities</u> | | | | |
| Skateboard Tutorial | <input type="checkbox"/> Local skateboard volunteers | | | |
| Bike Check/Maintenance | <input type="checkbox"/> Table/chair <input type="checkbox"/> Bike repair supplies | | | |
| Bike Riding Course | <input type="checkbox"/> Chalk <input type="checkbox"/> Cones | | | |
| Four Square/Hop Scotch | <input type="checkbox"/> Chalk <input type="checkbox"/> Bouncy ball | | | |
| Fire Station water play | <input type="checkbox"/> Fire truck | | | |
| <u>Study Activities</u> | | | | |
| Community Champion Nomination | <input type="checkbox"/> Nominee list to selected voting panel | | | |
| Ciclovía Survey | <input type="checkbox"/> Hard copies of Survey <input type="checkbox"/> Hard copies of tally sheets & protocol | | | |

Appendix B

Banner & Flyer Example



0ft 1ft 2ft 3ft 4ft 5ft 6ft 7ft 8ft 9ft 10ft

Free Event - Evento Gratuito

Ciclovia Open Street Day



Asotin Avenue will be closed for cars, but open for people! | ¡La avenida Asotin se cerrará para los carros y se abrirá al público!



July 14th | 4-7pm

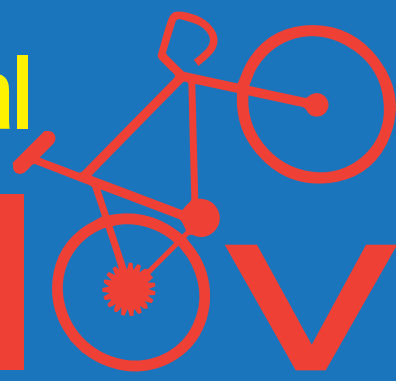
Contacto para Promoción de Salud Comunitaria
Centro for Community Health Promotion
More information / Para más información
(866) 809-6846

0ft
1ft
2ft
3ft
4ft

City of Toppenish 3rd Annual

Ciclovia

Open Street Day



FREE Community Event - Railroad Park



SAT MAY 19TH | 1 - 4PM



Asotin Avenue will be closed to cars, but open for people!

Bring your own wheels and wear comfortable clothes!

Ride

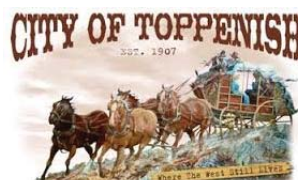


Walk/Run



Have Fun

- ★ Zumba & Fitness Sessions
- ★ Hula Hoops
- ★ Healthy Eating Tips
- ★ Recipes
- ★ Face Painting
- ★ Bike Demonstrations
- ★ Games & Prizes
- ★ Healthy Snacks



Centro para Promover la Salud Comunitaria
Center for Community Health Promotion



FRED HUTCH
CURES START HERE®

For more information contact Eligio Jimenez at (509) 949-0839 or Oralia Cisneros at (509) 831-6982

Ciudad de Toppenish 3er anual



CicloVía

Día de calle abierta

Evento comunitario **GRATUITO**
en Railroad Park

¡Premios!
Bicicletas, scooters, patinetas y más

Sábado, 19 de mayo | 1 a 4PM

¡El camión de bomberos de Toppenish!

¡La avenida Asotin se cerrará para los carros y se abrirá al público!

¡Traigan sus bicicletas, patinetas

(o lo que tengan con ruedas) y ropa cómoda!

Andar en ruedas

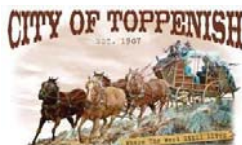


Caminar/Correr



¡Diviértase!

- ★ Zumba y otras clases de actividad
- ★ Aros de hula
- ★ Consejos para comer saludable
- ★ Recetas
- ★ Pintura de cara
- ★ Demostraciones en bicicleta
- ★ Juegos y premios
- ★ Snacks saludables



Centro para Promover la Salud Comunitaria
Center for Community Health Promotion



Together we STRIDE
Juntos, pasos adelante

Para más información, comuníquese con Eligio Jimenez al (509) 949-0839 o Oralia Cisneros al (509) 831-6982

TOPPENISH

Ciclovia



Saturday, June 22 | 3-6pm

Free Community Event



W 2nd Avenue will be closed to cars, but open for people!

Walk/Run

★

Grab your sneakers and check out the Pioneer Park Path!

Ride

★

Bring your wheels and ride W 2nd Ave! Don't forget your helmet!

Have Fun!

★

- Zumba
- Hula Hoops
- Healthy Eating Tips
- Recipes
- Face Painting
- Games & Prizes
- Healthy Snacks
- Fire Truck Water Play
- Health Information Booths



For more information contact Eligio Jimenez at (509) 949-0839 or Oralia Cisneros at (509) 831-6982

TOPPENISH

Ciclovía

SALUD EJERCICIO DIVERSIÓN



Sábado, 22 de junio de las 3 a 6pm

¡Premios! *Evento gratuito para la comunidad*

¡La Avenida W 2nd estará cerrada para los carros y se abrirá al público!

Caminar/Correr



Pongase sus tenis y venganse al parque Pioneer

Andar en ruedas



¡Traiga sus ruedas y pasee por la avenida W. 2nd!
¡No olvide su casco!

¡Diviértase!



- Zumba
- Aros de hula
- Consejos para comer saludable
- Recetas
- Pintura de cara para niños
- Juegos y premios
- Meriendas saludables
- Juego de agua del camion de bomberos
- Mesas de información de salud



Para más información, comuníquese con Eligio Jimenez al (509) 949-0839 o Oralia Cisneros al (509) 831-6982



Appendix C

Participant Count Flyer



OBSERVATION OF TOPPENISH CICLOVÍA

Standard Operating Procedure

Observations will take place at **4 points** along the route. There will be **one observer** at each location.

Location 1: By the railroad station and bleachers

Location 2: Just inside park by Toppenish Ave and Asotin

Location 3: End of gravel drive by the volunteer/first aid station

Location 4: End of gravel drive by the bike information station

There will be **4 observation periods** of 15 minutes each, beginning at 1:30pm:

1) 1:30-1:45, 2) 2:00-2:15, 3) 2:30-2:45, 4) 3:00-3:15, 5) 3:30-3:45

The four observers at each observation point will count and record quantitative observations of different types of participants.

- Check that there are 3 pages (front and back; 1 for each 15-minute period you observe).
- Complete the top box (Location #, Location Description, Start-Time, End Time).
- Draw an imaginary line in your visual site
- Count all the children and adults that move across the imaginary line.
- Age and gender are based on the observers' best approximation.
- Conduct the count for 15 minutes.
- Once count period is finished, enter totals for each period into "total boxes."
- Return the forms to Leader at the end of each data collection period.

One observer per location will record:

- The # of adult ($18 \leq$) participants by gender, who are walking, bicycling, and wheels.
- The # of child (<18) participants by gender, who are walking, bicycling, and wheels.

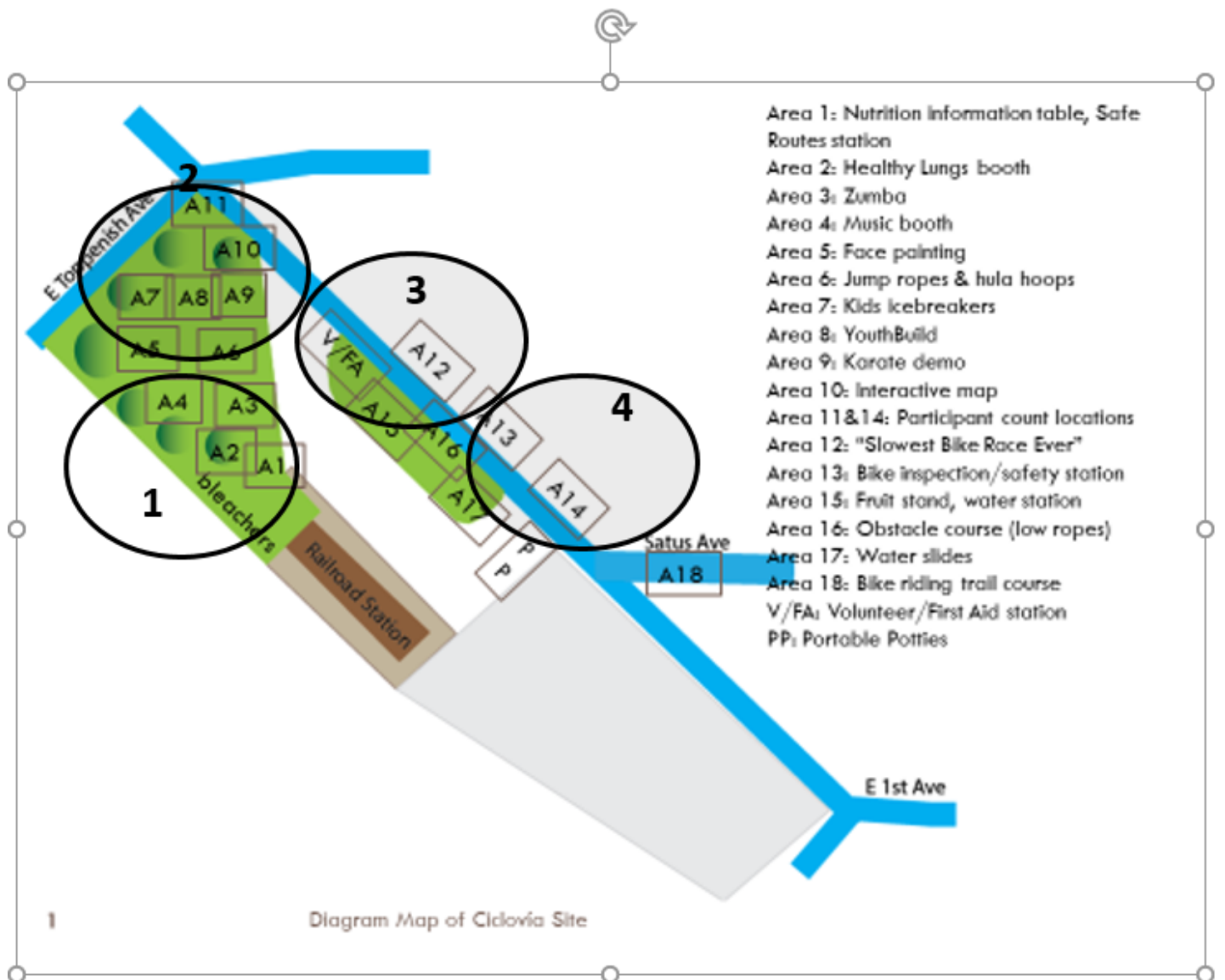
Age (whether over/under 18) and gender are your best approximation.

Be sure to write exact location on the tally sheet.

NOTE:

- Pretend there is an imaginary line and count each bicyclist or pedestrian who crosses it.
 - It does not matter where on the street or sidewalk a bicyclist or pedestrian crosses the line.
- Count anyone on a wheelchair or electric scooter as "Other Wheels."
- Count the number of people on bikes (if two people riding a tandem bike, count as 2 bicyclists).
- Special circumstances:
 - Two people on a bike – count as 2 bicyclists
 - Person walking while carrying an infant – count as 2 walking (1 adult and 1 child)
 - Person walking with two infants in a stroller – count as 3 pedestrians (1 adult and 2 children)
- Multiple pass situation: A multiple pass is when someone walks (or rides) through your intersection, then time goes by (say 5-10 minutes) and then they come through again.
 - In this case, you count them again.
 - If time goes by and they walk (or ride) by a third time, count them again.
 - If you see the same person more than 3 times, please notate that (but do not count).
 - Please be accurate
 - Remember that the goal is to be accurate, not to turn in high numbers.
 - Your numbers may be low at your location. That's okay.

Observation and Count



| Time | Location 1 | Location 2 | Location 3 | Location 4 |
|-----------------|------------|------------|------------|------------|
| 1:30pm – 1:45pm | | | | |
| 2:00pm – 2:15pm | | | | |
| 2:30pm – 2:45pm | | | | |
| 3:00pm – 3:15pm | | | | |
| 3:30pm – 3:45pm | | | | |

Appendix D

Participant Survey



By answering this survey you are agreeing to participate in a research study that will help us understand how the community perceives today's event called Ciclovía. Completing this survey is optional and NOT required to participate in this Ciclovía event. You can also skip any questions you are not comfortable answering.

1. What is the main reason you came to the Ciclovía today? _____
2. Have you attended Ciclovía events in the past? ¹ Yes ⁰ No
3. How often (times per year) should Ciclovía events occur? _____ Times
4. What would you be doing if you were not here?
¹ At home indoors (e.g. T.V., on computer, reading, etc.) ³ Other recreational activities (outdoors)
² Other recreational activities (indoors) ⁴ Other (specify): _____
5. How long do you plan to spend at Ciclovía? _____ Hours _____ Minutes
6. How much time have you spent or do you plan to spend doing the following activities at the Ciclovía?

| Hours or Minutes | Hours or Minutes |
|---|---|
| <input type="checkbox"/> ¹ Walking: | <input type="checkbox"/> ⁴ Other wheeled device: _____ |
| <input type="checkbox"/> ² Bicycling: | <input type="checkbox"/> ⁵ Running: |
| <input type="checkbox"/> ³ Activity Station: | <input type="checkbox"/> ⁶ Other: _____ |
7. Not including today's activities, on how many of the last 7 days did you walk or do other moderate/vigorous physical activities (i.e., brisk walking, gardening, or anything that increases your breathing or heart rate)? _____ Days
8. On average, how much time per day do you spend doing moderate/vigorous physical activity, during the past 7 days? _____ Hours _____ Minutes
9. What is your home zip code? |_|_|_|_|_|_|_|_|
10. Do you have any of the following in your neighborhood?
¹ Small park ³ Playground ⁵ Swimming pool
² Large Park ⁴ Basketball Court ⁶ Other: _____
11. What is your sex? ⁰ Male ¹ Female ² Other
12. What is your age? _____
13. Including yourself, how many people live in your household? _____ Persons
14. How many are under the age of 18? _____ Persons
15. Which one or more of the following describes you?
¹ White ⁴ Pacific Islander ⁷ Other: _____
² Black or African American ⁵ Asian ⁸ Decline to state
³ American Indian or Alaska Native ⁶ Hispanic/Latino
16. What is the highest level of education you have received?
¹ Less than high school diploma ³ Some college or associate's degree
² High school diploma or GED ⁴ Other (specify): _____

Al contestar estas preguntas usted está accediendo a participar en un estudio investigativo que nos ayudará a entender cómo la comunidad se siente acerca del evento de hoy llamado Ciclovía. Completar esta encuesta es opcional y NO es requerido para participar en esta Ciclovía. Puede saltar cualquier pregunta que no se sienta a gusto contestando.

1. ¿Cuál es la razón principal por la que vino hoy a la Ciclovía? _____
2. ¿Ha ido usted a alguna Ciclovía antes? ¹ Sí ⁰ No
3. ¿Cuántas veces (al año) deben ocurrir los eventos de Ciclovía? _____ Veces
4. ¿Qué estaría haciendo si no estuviera aquí?
¹ En casa, adentro (ej. T.V., en la computadora, leyendo, etc.) ³ Otras actividades recreacionales (afuera)
² Otras actividades recreacionales (adentro) ⁴ Otro (especifique): _____
5. ¿Cuánto tiempo planea estar en la Ciclovía? _____ Horas _____ Minutos
6. ¿Cuánto tiempo ha pasado o piensa pasar haciendo las siguientes actividades en la Ciclovía?

| Horas o Minutos | Horas o minutos |
|---|--|
| <input type="checkbox"/> ¹ Caminando: | <input type="checkbox"/> ⁴ Otro aparato con ruedas: _____ |
| <input type="checkbox"/> ² Andando en bicicleta: | <input type="checkbox"/> ⁵ Corriendo: |
| <input type="checkbox"/> ³ En una estación de actividad: | <input type="checkbox"/> ⁶ Otro: _____ |
7. Sin incluir las actividades de hoy día, ¿en cuántos de los pasados 7 días caminó o hizo otras actividades físicas moderadas/vigorosas (ej. Caminar a paso rápido, hacer jardinería, o cualquier cosa que aumente su ritmo cardiaco)? _____ días
8. Por lo general, ¿cuánto tiempo por día pasó haciendo actividades físicas moderadas/vigorosas durante los pasados 7 días? _____ Horas _____ Minutos
9. ¿Cuál es el código postal de su casa? |__|_|_|_|_|_|_|_|
10. ¿Tiene algunas de las siguientes lugares en su comunidad?

| | | |
|--|--|---|
| <input type="checkbox"/> ¹ Parque pequeño | <input type="checkbox"/> ³ Patio de juegos | <input type="checkbox"/> ⁵ Piscina |
| <input type="checkbox"/> ² Parque grande | <input type="checkbox"/> ⁴ Cancha de baloncesto | <input type="checkbox"/> ⁶ Otro: _____ |
11. ¿Cuál es su género? ⁰ Hombre ¹ Mujer ² Otro
12. ¿Cuál es su edad? _____
13. Incluyéndose a sí mismo(a), ¿cuántas personas viven en su hogar? _____ personas
14. ¿Cuántas de esas personas son menores de 18 años de edad? _____ personas
15. ¿Cuál de los siguientes mejor describe a usted?

| | | |
|---|---|---|
| <input type="checkbox"/> ¹ Blanco | <input type="checkbox"/> ⁴ De las Islas del Pacífico | <input type="checkbox"/> ⁷ Otro: _____ |
| <input type="checkbox"/> ² Negro o Africano Americano | <input type="checkbox"/> ⁵ Asiático | <input type="checkbox"/> ⁸ Se negó a decir |
| <input type="checkbox"/> ³ Nativo Americano o Nativo de Alaska | <input type="checkbox"/> ⁶ Hispano/Latino | |
16. ¿Cuál es el nivel más alto de educación que usted obtuvo?

| | |
|---|--|
| <input type="checkbox"/> ¹ Menos que un diploma de high school | <input type="checkbox"/> ³ Algo de colegio o título técnico |
| <input type="checkbox"/> ² Diploma de high school o GED | <input type="checkbox"/> ⁴ Otro (especifique): _____ |

Appendix E

Passport Example



Thank You Sponsors!



CHILD NAME/NOMBRE DE NIÑO:




4th Annual

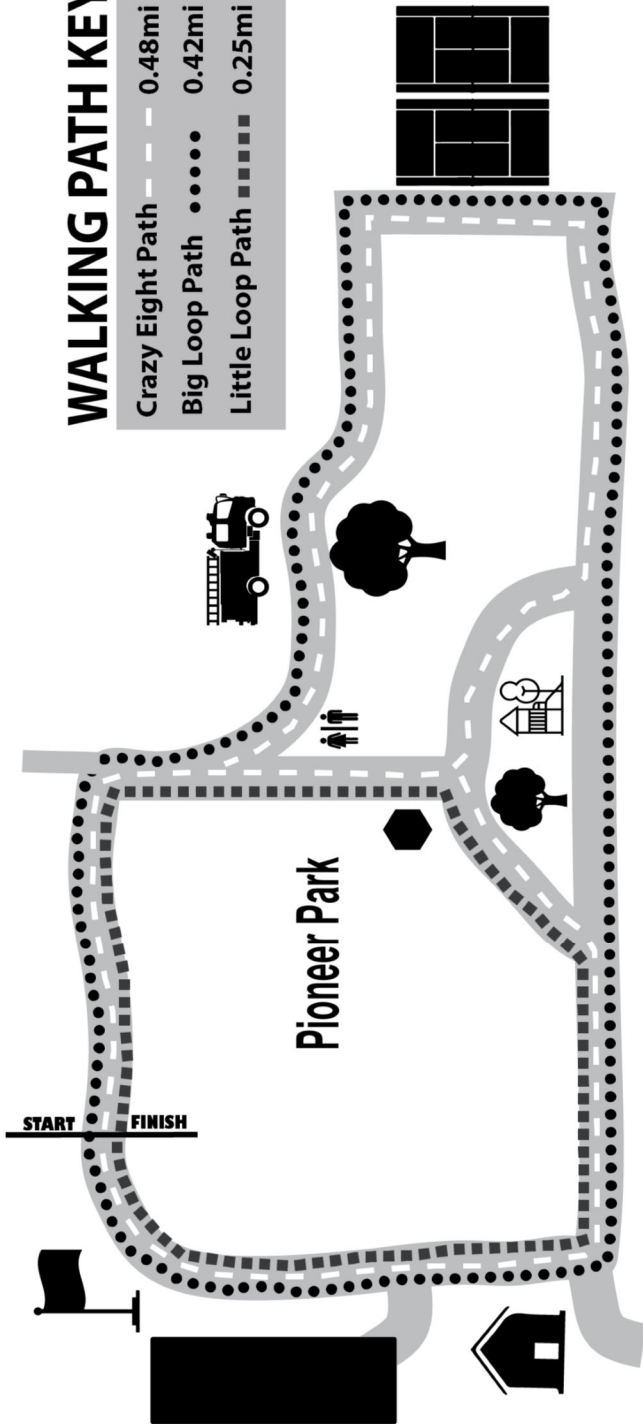


Open Street Day

June 22, 2019

WALKING PATH KEY

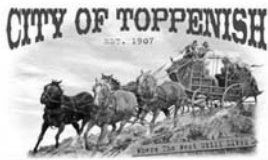
- Crazy Eight Path  0.48mi
- Big Loop Path  0.42mi
- Little Loop Path  0.25mi



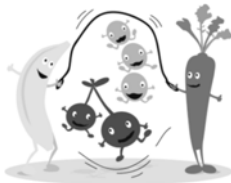
COMPLETE AT LEAST 8 ACTIVITIES TO BE ENTERED INTO THE DRAWING!
*¡COMPLETA POR LO MENOS 8 ACTIVIDADES PARA SER INCLUIDO
 A EN EL SORTEO!*

| | | |
|--|--|---|
| JUMP ROPE  | CHECK OUT THE HEALTH BOOTHS  | CORN HOLE  |
| WALK THE PATH  | HULA HOOPS  | VOLLEYBALL  |
| SLIP N SLIDE  | WATER BALLOON TOSS  | SOCCER  |
| FACE PAINTING  | HOPSCOTCH 4-SQUARE  | WALK THE PLANK  |
| WHEELS COURSE  | ZUMBA  | AEROBICS  |

Sponsors



Centro para Promover la Salud Comunitaria
Center for Community Health Promotion



Together we STRIDE
Juntos, pasos adelante

CHILD NAME/NOMBRE DE NIÑO:

3rd Annual



Open Street Day

May 19, 2018

CHILD NAME/NOMBRE DE NIÑO:

Sponsors



Centro para Promover la Salud Comunitaria
Center for Community Health Promotion



Together we STRIDE
Juntos, pasos adelante

3rd Annual


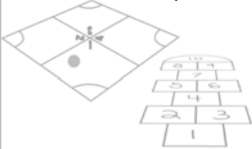



Open Street Day

May 19, 2018

COMPLETE **AT LEAST 8 ACTIVITIES** TO BE ENTERED INTO THE DRAWING!




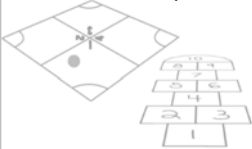
¡COMPLETA POR **LO MENOS 8 ACTIVIDADES** PARA SER INCLUIDO/A EN EL

| | |
|--|--|
| CHECK OUT  | VOLLEYBALL  |
| ZUMBA/AEROBICS  | OBSTACLE COURSE  |
| WALK THE PLANK  | SOCCER  |
| HOPSCOTCH 4-SQUARE  | WHEELS COURSE  |

| | |
|---|--|
| JUMP ROPE  | CHECK OUT  Yakima Valley Farm Workers Clinic ACT PROGRAM! |
| GET MOVING! Find an Adult and... WALK  | SLIP N SLIDE  |
| CHECK OUT  ASTRIA TOPPENISH HOSPITAL | CORN HOLE  |
| FACE PAINTING  | HULA HOOPS  |

COMPLETE **AT LEAST 8 ACTIVITIES** TO BE ENTERED INTO THE DRAWING!

¡COMPLETA POR **LO MENOS 8 ACTIVIDADES** PARA SER INCLUIDO/A EN EL

| | |
|--|--|
| CHECK OUT  | VOLLEYBALL  |
| ZUMBA/AEROBICS  | OBSTACLE COURSE  |
| WALK THE PLANK  | SOCCER  |
| HOPSCOTCH 4-SQUARE  | WHEELS COURSE  |

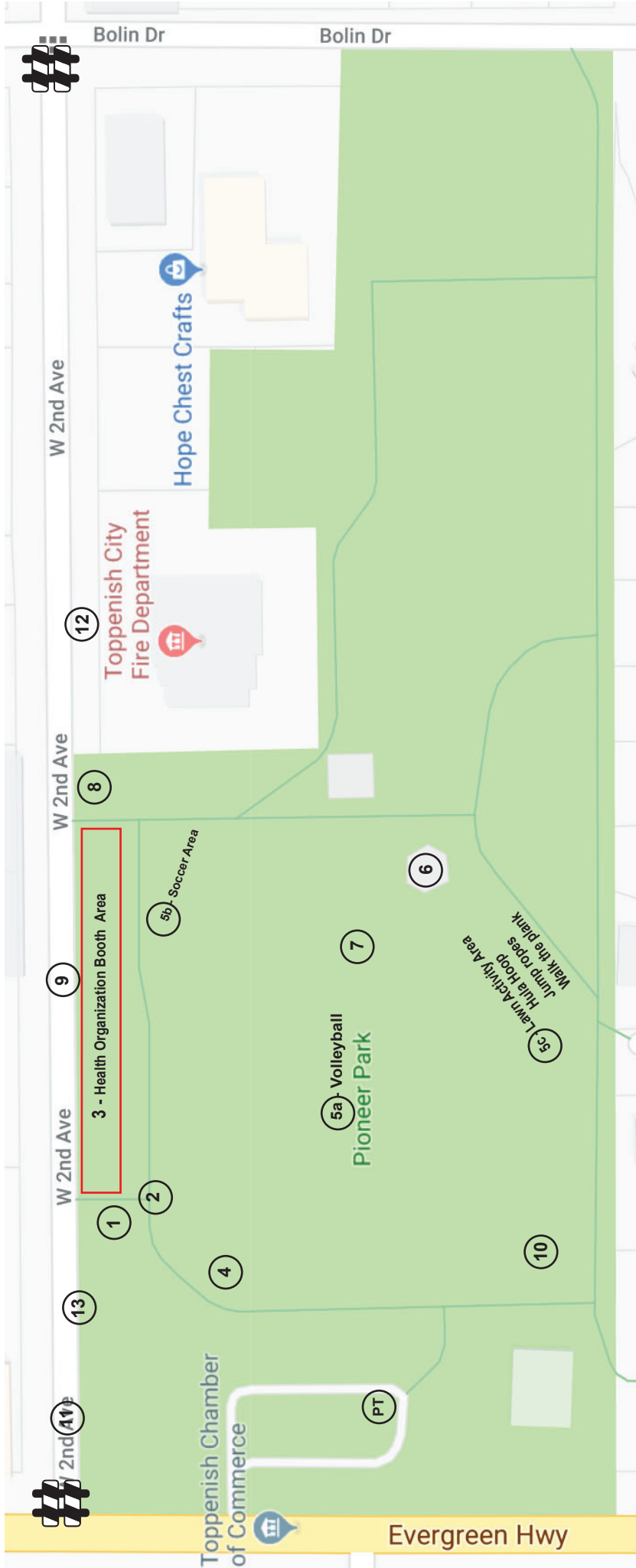
| | |
|---|--|
| JUMP ROPE  | CHECK OUT  Yakima Valley Farm Workers Clinic ACT PROGRAM! |
| GET MOVING! Find an Adult and... WALK  | SLIP N SLIDE  |
| CHECK OUT  ASTRIA TOPPENISH HOSPITAL | CORN HOLE  |
| FACE PAINTING  | HULA HOOPS  |

Appendix F

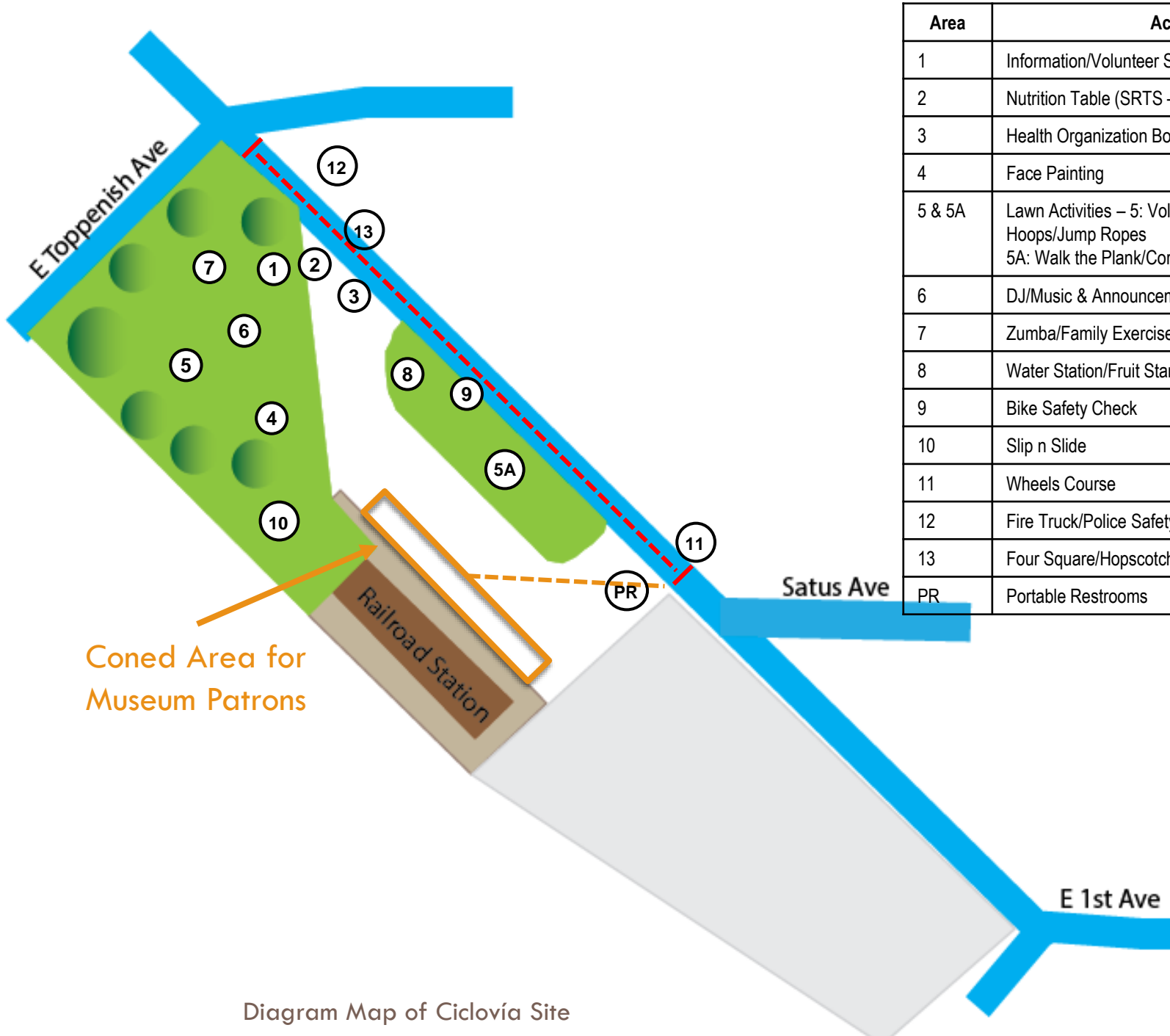
Event Map Example



Toppenish Ciclovía - 2019 Park Diagram - Draft



- 1 = Information/Volunteer Station/First Aid
- 2 = Start/Finish Walking Path
- 3 = Health Organization Booths
- 4 = Face Painting
- 5 = Lawn Activities
 - 5a - Volleyball
 - 5b - Soccer
 - 5c - Hula hoop, jump ropes, walk the plank
- 6 = DJ/Sound System
- 7 = Zumba/Family Exercise
- 8 = Water Station/Fruit Stand
- 9 = Bike Safety Check
- 10 = Slip-n-Slide
- 11 = Wheels Course
- 12 = Fire truck
- 13 = Four Square/Hopscotch
- PT = Portable Toilet



| Area | Activity |
|--------|---|
| 1 | Information/Volunteer Station/First Aid |
| 2 | Nutrition Table (SRTS – SnapEd) |
| 3 | Health Organization Booths |
| 4 | Face Painting |
| 5 & 5A | Lawn Activities – 5: Volleyball/Soccer, Hula Hoops/Jump Ropes 5A: Walk the Plank/Corn Hole/Obstacle Course |
| 6 | DJ/Music & Announcements |
| 7 | Zumba/Family Exercise |
| 8 | Water Station/Fruit Stand |
| 9 | Bike Safety Check |
| 10 | Slip n Slide |
| 11 | Wheels Course |
| 12 | Fire Truck/Police Safety Station |
| 13 | Four Square/Hopscotch |
| PR | Portable Restrooms |

Diagram Map of Ciclovía Site

Appendix G

Volunteer Button Example



TOPPENISH

Ciclovia

A red line-art icon of a bicycle is positioned behind the word "Ciclovia". The bicycle is oriented vertically, with the front wheel at the top and the rear wheel at the bottom. It has a simple frame, handlebars, and a seat.

VOLUNTEER

OPEN STREETS

Perimeter Text