Acknowledgments

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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.
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.
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.
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.
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.
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.
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.
Ciclovía Open Street Day

Free Event - Evento Gratuito

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

July 14th | 4-7pm
Planning Checklist
<table>
<thead>
<tr>
<th>Activity</th>
<th>Equipment Needed</th>
<th>Main Contact</th>
<th>Status</th>
<th>To Finalize (Responsibility)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Publicity</td>
<td>□ Flyers to schools&lt;br&gt;□ Flyers for stores&lt;br&gt;□ Community advertisement&lt;br&gt;□ Banner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Street Closure/Barricades</td>
<td>□ Barricades&lt;br&gt;□ Signage</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Portable Restrooms/Wash Stations</td>
<td>□ Portable restrooms &amp; handwashing station&lt;br&gt;□ Hand sanitizer&lt;br&gt;□ City trash bin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prize Station: Prize list – helmet for each set of wheels</td>
<td>□ Prizes&lt;br&gt;□ Passports&lt;br&gt;□ Passport bin&lt;br&gt;□ Signage&lt;br&gt;□ Table/chairs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information Booth/Volunteer station/First Aid Station</td>
<td>□ Table/chairs&lt;br&gt;□ First Aid supplies&lt;br&gt;□ Signage</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteers</td>
<td>□ Gear Up Kids&lt;br&gt;□ YAB members&lt;br&gt;□ SAD Program kids&lt;br&gt;□ Others?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DJ/Announcer (Public Speaker)</td>
<td>□ Music equipment&lt;br&gt;□ Speaker system&lt;br&gt;□ Microphone</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Water Station</td>
<td>□ Table&lt;br&gt;□ Portable water jugs</td>
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<tr>
<td>2018 Ciclovía Planning Checklist</td>
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<td>----------------------------------</td>
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<tr>
<td>□ Water dispensers/stands</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Water pouches</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>□ Signage</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Fruit Stand</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>□ Table/chair</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>□ Trash can</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>□ Signage</td>
<td></td>
<td></td>
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<tr>
<td>Face Painting</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>□ Face paints</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>□ Cleaning supplies</td>
<td></td>
<td></td>
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<tr>
<td>□ Table/chairs</td>
<td></td>
<td></td>
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<tr>
<td>□ Trash can</td>
<td></td>
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<tr>
<td>□ Signage</td>
<td></td>
<td></td>
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<tr>
<td>□ Face painters (x2)</td>
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<tr>
<td>Health Organizations booths</td>
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<tr>
<td>□ Tables/chairs</td>
<td></td>
<td></td>
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<tr>
<td>□ Sun canopy</td>
<td></td>
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<tr>
<td>Lawn Activities</td>
<td></td>
<td></td>
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<tr>
<td>Zumba</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>□ Music</td>
<td></td>
<td></td>
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<tr>
<td>□ Specialized instructor</td>
<td></td>
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<tr>
<td>□ Signage</td>
<td></td>
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<tr>
<td>Aerobics</td>
<td></td>
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</tr>
<tr>
<td>□ Music</td>
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<td></td>
<td></td>
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<tr>
<td>□ Specialized instructor</td>
<td></td>
<td></td>
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<tr>
<td>□ Signage</td>
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<td>Walk the Plank</td>
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<tr>
<td>□ Wood planks</td>
<td></td>
<td></td>
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<tr>
<td>□ Signage</td>
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<td>Jump Rope</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>□ Jump ropes</td>
<td></td>
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</tr>
<tr>
<td>□ Signage</td>
<td></td>
<td></td>
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<tr>
<td>Hula Hoop</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>□ Hula Hoops</td>
<td></td>
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<tr>
<td>□ Signage</td>
<td></td>
<td></td>
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<tr>
<td>Volleyball</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Volleyball net &amp; ball</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>□ Signage</td>
<td></td>
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</table>
### 2018 Ciclovía Planning Checklist

<table>
<thead>
<tr>
<th>Activity</th>
<th>Items Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>Table/chair</td>
</tr>
<tr>
<td>Obstacle Course</td>
<td>Cones, rope</td>
</tr>
<tr>
<td>Corn Hole</td>
<td>Corn hole target, Bean bags, Signage</td>
</tr>
<tr>
<td>Slip n Slide</td>
<td>Slip n Slides, Water</td>
</tr>
<tr>
<td><strong>Street Activities</strong></td>
<td></td>
</tr>
<tr>
<td>Skateboard Tutorial</td>
<td>Local skateboard volunteers</td>
</tr>
<tr>
<td>Bike Check/Maintenance</td>
<td>Table/chair, Bike repair supplies</td>
</tr>
<tr>
<td>Bike Riding Course</td>
<td>Chalk, Cones</td>
</tr>
<tr>
<td>Four Square/Hop Scotch</td>
<td>Chalk, Bouncy ball</td>
</tr>
<tr>
<td>Fire Station water play</td>
<td>Fire truck</td>
</tr>
<tr>
<td><strong>Study Activities</strong></td>
<td></td>
</tr>
<tr>
<td>Community Champion Nomination</td>
<td>Nominee list to selected voting panel</td>
</tr>
<tr>
<td>Ciclovía Survey</td>
<td>Hard copies of Survey, Hard copies of tally sheets &amp; protocol</td>
</tr>
</tbody>
</table>
Banner & Flyer Example
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
City of Toppenish 3rd Annual

Ciclovía

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

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

Sábado, 19 de mayo | 1 a 4PM

¡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

¡Premios!
¡El camión de bomberos de Toppenish!

Para más información, comuníquese con Eligio Jimenez al (509) 949-0839 o Oralia Cisneros al (509) 831-6982
Free Community Event
Walk/Run | Ride | Have Fun!

Grab your sneakers and check out the Pioneer Park Path!

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

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

Saturday, June 22 | 3-6pm
W 2nd Avenue will be closed to cars, but open for people!

For more information contact Eligio Jimenez at (509) 949-0839 or Oralia Cisneros at (509) 831-6982
Sabado, 22 de junio de las 3 a 6pm

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

- Póngase sus tenis y venganse al parque Pioneer
- ¡Traiga sus ruedas y pasee por la avenida W. 2nd!
- ¡No olvide su casco!

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

### Diagram Map of Ciclovía Site

**Area 1:** Nutrition information table, Safe Routes station  
**Area 2:** Healthy Lungs booth  
**Area 3:** Zumba  
**Area 4:** Music booth  
**Area 5:** Face painting  
**Area 6:** Jump rope & hula hoops  
**Area 7:** Kids icebreakers  
**Area 8:** YouthBuild  
**Area 9:** Karate demo  
**Area 10:** Interactive map  
**Area 11 & 14:** Participant count locations  
**Area 12:** “Slowest Bike Race Ever”  
**Area 13:** Bike inspection/safety station  
**Area 15:** Fruit stand, water station  
**Area 16:** Obstacle course (low ropes)  
**Area 17:** Water slides  
**Area 18:** Bike riding trail course  
**V/FA:** Volunteer/First Aid station  
**PP:** Portable Potties

<table>
<thead>
<tr>
<th>Time</th>
<th>Location 1</th>
<th>Location 2</th>
<th>Location 3</th>
<th>Location 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30pm – 1:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00pm – 2:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30pm – 2:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00pm – 3:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30pm – 3:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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? ☐ Yes ☐ 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
   ☐ 1 Walking:
   ☐ 2 Bicycling:
   ☐ 3 Activity Station:
   ☐ 4 Other wheeled device: _____________
   ☐ 5 Running:
   ☐ 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?  
   - [ ] Sí  
   - [ ] 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.)
   - [ ] 2 Otras actividades recreacionales (adentro)
   - [ ] 3 Otras actividades recreacionales (afuera)
   - [ ] 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?

<table>
<thead>
<tr>
<th>Horas o Minutos</th>
<th>Horas o minutos</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caminando:</td>
<td>Otro aparato con ruedas: ________________</td>
</tr>
<tr>
<td>Andando en bicicleta:</td>
<td>Corriendo:</td>
</tr>
<tr>
<td>En una estación de actividad:</td>
<td>Otro: ________________</td>
</tr>
</tbody>
</table>

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 cardíaco)? _______ 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?

<table>
<thead>
<tr>
<th>Parque pequeño</th>
<th>Parque grande</th>
<th>Patio de juegos</th>
<th>Cancha de baloncesto</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>Blanco</th>
<th>De las Islas del Pacífico</th>
<th>Otro: ________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4</td>
<td>7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Negro o Africano Americano</th>
<th>Asiático</th>
<th>Se negó a decir</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>5</td>
<td>8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nativo Americano o Nativo de Alaska</th>
<th>Hispano/Latino</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>6</td>
</tr>
</tbody>
</table>

16. ¿Cuál es el nivel más alto de educación que usted obtuvo?

<table>
<thead>
<tr>
<th>Menos que un diploma de high school</th>
<th>Algo de colegio o título técnico</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diploma de high school o GED</th>
<th>Otro (especifique): ________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

2017 Toppenish Ciclovía Participant Survey  
Survey #: «Survey_ID_»
Passport Example
Thank You Sponsors!

CHILD NAME/NOMBRE DE NIÑO:
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 TOSSES
- SOCCER
- FACE PAINTING
- HOPSCOTCH 4-SQUARE
- WALK THE PLANK
- WHEELS COURSE
- ZUMBA
- AEROBICS
Sponsors

CITY OF TOPPENISH

TOPPENISH WILDCATS

FRED HUTCH
CURES START HERE™

Yakima Valley Farm Workers Clinic

Northwest Community Action Center

OPEN STREET DAY
May 19, 2018

Sponsors

CITY OF TOPPENISH

TOPPENISH WILDCATS

FRED HUTCH
CURES START HERE™

Yakima Valley Farm Workers Clinic

Northwest Community Action Center

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

JUMP ROPE
CHECK OUT

ZUMBA/AEROBICS
OBSTACLE COURSE

GET MOVING!
Find an Adult and... WALK

WALK THE PLANK
SOCCER

SLIP N SLIDE

HOPSCOTCH
4-SQUARE
WHEELS COURSE

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

JUMP ROPE
CHECK OUT

ZUMBA/AEROBICS
OBSTACLE COURSE

GET MOVING!
Find an Adult and... WALK

WALK THE PLANK
SOCCER

SLIP N SLIDE

HOPSCOTCH
4-SQUARE
WHEELS COURSE

FACE PAINTING
HULA HOOPS

Find an Adult and... WALK

Safe Routes To School

ASTRIA TOPPENISH HOSPITAL

Yakima Valley Farm Workers Clinic

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

Diagram Map of Ciclovía Site

Coned Area for Museum Patrons

Portable Restrooms
Appendix G

Volunteer Button Example
Toppenish

Ciclovía

Volunteer

Open Streets