

SPRING 2006

# INGEAR

THE NEWSLETTER OF PEDALS FOR PROGRESS



pedals for progress™  
Putting used bikes to good use

## 15th Anniversary Issue

### Nicaragua

# 24,361 bikes shipped



Joel Peña purchased his mountain bike last January from EcoTec in Jinotepe, Carazo. Joel is a truck driver and must travel five kilometers each way to get to the garage each morning.

With no public transportation options Joel had to pay for a taxi to get from his home to the garage twice a day. He now saves over \$300 Cordobas a month from using his bike and says he is in much better shape. He recently purchased a bike for his daughter and wife, and has found a lucrative side business running errands for his neighbors.



Lorena sells ice cream from her tricycle all over Nandiamé. A medium sized city

in Nicaragua with a very large student population, Lorena is able to make a decent living with her tricycle. She has the ability to visit all of the schools in Nandiamé because of her tricycle business. This gives her an advantage over the other ice cream vendors in town. A small business as simple as selling ice cream from her tricycle has allowed her to provide for her family while giving her a great sense of pride.



Location: Central America  
Population : 5,465,100  
Average Yearly income: \$710  
Major Export(s): Coffee, Bananas and Sugar Cane



A common site in Nicaragua is the use of a bicycle as the family vehicle. It is unheard of in the US to use a bike for more than one person but for the majority of the developing world, the bicycle is the most efficient way to transport a family to and from work and school everyday.



Above: A young child looking at bikes in the EcoBici shop. The sale of the high end mountain bikes allows EcoBici to sell the children's bikes at a very low cost of about \$2 US.

### A SPECIAL THANKS TO OUR SPONSORS AND MAJOR CONTRIBUTORS:

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# El Salvador

16,880 bikes shipped



Location: Central America  
Population 6,704,932  
Avg. Income: \$500  
Major Export(s): Coffee, Sugar, and Corn

In El Salvador a huge scar has been left by the civil war of the 1980's, it is estimated that over 300,000 children and adolescents were land mine victims thus left disabled for life. At the CESTA training center in San Salvador many of the students that come to learn bicycle mechanics and repair are these children and adolescents. For a disabled person in a developing country there are not many options for them as the view of disabled people is that they are physically not well. To give them the ability to learn a skilled trade through a bicycle is something that will serve them the rest of their adult life. At the same time they are able to feel independent and that they are making a contribution to their family and community.



Pictured on the left are residents of Bajo Lempa, a rural community in the south of El Salvador. CESTA works with the residents of Bajo Lempa to teach them environmental conservation techniques as well as disaster mitigation. This group received bicycles from CESTA as part of their participation in the community development program. This is the first time many of the women have used a bike and found them very useful in their daily lives.

At the EcoBici training center in San Salvador the students come to CESTA for a 12 month training program in which they learn every aspect of bicycle repair and how to run their own business. After they complete the 12 month program the majority of the students go on to open a bicycle repair shop in their own community around the country. The sale of the P4P bikes enables CESTA to run the EcoBici mechanic training program year after year.



In Puerto el Triunfo on the Pacific Coast of El Salvador, much of the town's commerce moves by these tricycles. The vendors transport fish from the coastline to the markets in town, as well as people in their tricycles. This driver has his tricycle outfitted with a radio, clock and side view mirrors. The town is so flat that it is ideal for bicycle use. The tricycles are manufactured in Puerto el Triunfo from regular bicycles, creating another revenue stream for the local economy.

# Barbados

## 7,876 bikes shipped



**Location:** Caribbean  
**Population** 279,254  
**Avg. Income:** \$11,100  
**Major Industry:** Tourism  
**3% of Country on P4P bikes**



31 year old Frankie Hinds, the Pinelands Creative Workshop's lead bike mechanic was a late comer to the Pinelands bike project, but it would appear that he was destined for it from early childhood. Frankie has been a resident of the Pinelands, a low-income area in Barbados, since age 6. In early 2001, with the growth of the Pinelands bike project, an opportunity came for him to work in the shop. Frankie began truing wheels on a part-time basis, but when the regular mechanic resigned to take a job outside the cycling profession, Frankie stepped up and took his place. The bicycle project of Barbados' Pinelands Creative Workshop has received more than 7,500 Pedals for Progress bicycles, distributing them throughout this Caribbean island of fewer than 300,000 people. Besides providing affordable transport for recreational, educational, and employment use, Pinelands manages multiple programs benefiting the Pinelands and greater Bridgetown communities, including micro-credit, Meals on Wheels, and youth development through the Performing Arts.

## 7,376 bikes shipped

# Honduras



The police force of El Progreso was faced with the same problem many police forces face all over the developing world, lack of funds to purchase vehicles for their officers. Without a way to move quickly the El Progreso Police were essentially ineffective unless they happened to be in the right place at the right time. Pedals for Progress was able to provide the 10 member police force with bicycles so that could better serve the population of El Progreso. With the ability to respond to problems quickly they are a much more effective in protecting their community.



**Location:** Central America  
**Population** 6,975,204  
**Avg. Income:** \$850  
**Major Industry:** Coffee and Sugar Cane farming

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## 6,520 bikes shipped

Jose, the youngest of four children in a family of limited economic means, was struggling to balance his studies with time for a job to help his family. Jose received a scholarship to attend high school but that left him no time for working because of the long commute to school. Jose decided to buy a bike to beat the city traffic and return home early enough to work everyday. His idea paid off and now Jose has time for both school and work since his commute has been cut in half. Now he even has time to tease his friends about the traffic they have to deal with everyday.

## Panama



**Location:** Central America  
**Population** 6,975,204  
**Avg. Income:** \$4,250  
**Major Industry:** Coffee and Sugar Cane farming

## Ghana



**Location:** Western Africa  
**Population** 21,029,853  
**Avg. Income:** \$340  
**Major Exports:** Gold, Cocoa and Timber

## 5,339 bikes shipped

Akrofi, of Ada, Ghana received a custom fitted bicycle-wheelchair in 2002 that had the ability to change his life. Due to Polio as a young boy Akrofi lost the use of his legs when he was only 2 years old. With no other option Akrofi had to crawl if he needed to leave the house, for something as simple as going to school. He was forced to drop out of school when his family moved more than a mile from the school. Akrofi stayed close to home and picked up a trade as a barber, but was longing to be able to move around with freedom like his peers. Finally the answer came when he was in his late twenties, a custom fitted bicycle-wheelchair was fabricated at a local clinic just for him. With his "bike" Akrofi had the ability to train in electronic repair allowing him to set up his own shop where he can work freely with his hands. Though his daily trip is 10 kilometers Akrofi happily cruises along the road knowing that he can be independent because of his bicycle-wheelchair.



## 3,562 bikes shipped



The indigenous community of San Andrés Itzapa, Chimaltenango is situated in the highlands of Guatemala. As San Andrés is a very isolated community because of the mountainous region, they are faced with many tough challenges such as lack of electricity and access to schools. One of the inventions which has been created with the bicycles is the pedal operated corn grinder. Corn tortillas are the main staple of the Guatemalan diet and it is very time consuming for the women to grind their corn by hand everyday for the family's meals. Now the women can have their corn ground quickly with the bicycle grinder. The community of San Andrés has shown us it does not take complicated engineering and expensive materials to create something that can benefit a whole community, just a little ingenuity.

## Guatemala



**Location:** Central America  
**Population** 14,655,189  
**Avg. Income:** \$930  
**Major Exports:** Coffee, Sugar and Petroleum

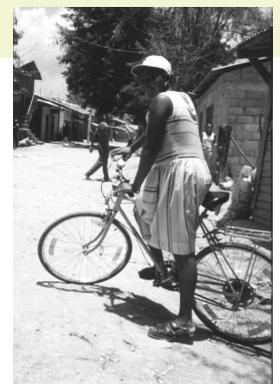
## Dominican Republic

## 3,560 bikes shipped



**Location:** Caribbean  
**Population** 8,950,034  
**Avg. Income:** \$2,080  
**Major Exports:** Ferronickel, Sugar and Gold

Rosa Pye is a Haitian immigrant to the Dominican Republic who works washing clothes by hand and as a field laborer on the local rice and tobacco farms. Her husband also works as a day laborer on the rice and tobacco farms. Rosa uses her bicycle to get to and from work as well as bring lunch to her husband in the fields. The trip to the rice field on foot can take anywhere from 30 minutes to an hour. Riding her bike the trip only takes 20 minutes. Before purchasing her bicycle Rosa would have to pay 20 pesos for car fare, eventhough she only earned 80 pesos per day. Rosa comes from a small town on the Haitian-Dominican border and she has been traveling to and from the Dominican Republic to work for the past five years. She has the ability to earn a living in the Dominican Republic whereas these types of jobs do not exist in Haiti.



# Eritrea

## 2,761 bikes shipped



**Location:** Eastern Africa  
**Population** 4,561,499  
**Avg. Income:** \$160  
**Major Exports:** Livestock, Sorghum and Textiles

Eritrea is a country that few people know of, but has a very interesting history. First colonized by the Italians, then England and later Ethiopia. Finally declaring its independence in 1993 the Eritreans inherited a



country with little infrastructure. The Pedalising Eritrea project began to solve the problem of a costly mass transit system. The goal of the project is to put 100,000 Eritreans on a bicycle. Run by the Eritrean Environmental Agency, the initial recipients of the P4P bikes were people who are active in their communities, such as farmers, postal workers, policemen and demobilized fighters.

### MISSION STATEMENT

Pedals for Progress envisions a day when:

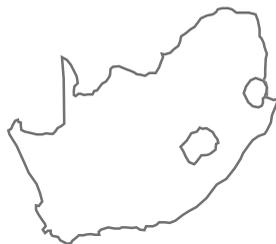
1. North America recycles over half of the 15 million used bicycles discarded every year, as well as unused parts and accessories for reuse overseas.
2. Poor people in developing countries have bicycles to get to work, obtain services, and meet other needs.
3. The bicycle is an effective tool for self-help in all developing countries.
4. Trade regulations enhance international commerce in bicycles and parts.

## 2,180 bikes shipped

# South Africa



These young students were participants in the "Learners-on Bikes" initiative in Rural South Africa. This program was created by AfriBike and the National Department of Transportation to



**Location:** Southern Africa  
**Population** 44,344,136  
**Avg. Income:** \$1900  
**Major Exports:** Gold, Diamonds and Platinum

enable school aged children who live far away from their school the ability to buy a used bicycle to ease their commute. Each student had to contribute a few dollars and sweat equity towards the purchase of their bicycle and were required to participate in a maintenance and repair course. Through Pedals for Progress over 2,000 students were able to participate in "Learners-on-Bikes".

### OUR OBJECTIVES ARE:

1. To enhance the productivity of low income workers overseas where reliable, environmentally sound transportation is scarce, by supplying reconditioned bikes at low cost.
2. To promote in recipient communities the establishment of self-sustaining bicycle repair facilities, employing local people.
3. To provide leadership and innovation throughout North America for the recycling of bicycles, parts, and accessories.
4. To reduce dramatically the volume of bicycles, parts, and accessories flowing to landfills.
5. To foster environmentally sound transportation policies that encourage widespread use of bicycles worldwide.
6. To foster in the North American public an understanding of and a channel for responding to the transportation needs of the poor in developing countries.

# Colombia

## 1,699 bikes shipped



**Location:** Northern South America  
**Population** 42,954,279  
**Avg. Income:** \$2,436  
**Major Exports:** Petroleum, Coffee and Coal

For six years, Reinel Oviedo sat in a Colombian prison at the foot of the Andean Mountains, about 90 miles west of the capital of Bogota, losing hope and gaining weight. Thanks to Pedals for Progress, however, Reinel is increasingly free to spend part of his day on two wheels, away from the jail's intensely close confines, earning money for the day when he will regain his liberty. Reinel was participating in the Colombia's Picalea Prison earned work-release privileges program. This program allows him to work for Horizons of Freedom Foundation (FHL) 'Comp&Mail Messenger Service'. With bicycles provided by Pedals for Progress, inmates travel from the penitentiary to the service's headquarters and from there to the service's clients in the city of Ibagu e. Reinel, who had nearly forgotten the freedom afforded by a bicycle, regained his sense of autonomy and self worth while earning an income.

Approved 12/08/96

# Ecuador

## 1,505 bikes shipped



Location: South America  
Population 13,363,593  
Avg. Income: \$2,429  
Major Exports: Petroleum,  
Bananas and Cut flowers

Cesar Peña was the true inspiration behind Pedals for Progress. He is a 70 year old carpenter in Ecuador who has been using the same bicycle for the last 30 years. While founder Dave Schweidenback served as a Peace Corps Volunteer in Ecuador he saw how his landlord Peña was always able to create employment for himself with his bicycle. Due to the fact that he had the only bike for 500 miles, he was able to work farther away than most of the townspeople and the people that hired him knew he would show up for work when he was needed. Pedals for Progress began because Dave saw the positive effects of a bicycle for the world's working poor first hand through Peña.



## 1,363 bikes shipped

The plantain is the staple of the Ugandan diet, this weekly chore of cutting and transporting the family's weekly supply is dependant on the use of a bicycle. Without a bicycle this essential task would be impossible to accomplish. Just imagine trying to transport your weekly groceries on the back of a bicycle, your legs hurt just thinking about it. The majority of the bikes that are available in Uganda are heavy 1-speeds that are manufactured in India. This makes the demand for high quality bikes so much greater. P4P's new program in Uganda is providing a low cost alternative with lighter and more efficient bicycles that makes this weekly chore much easier.

# Uganda



Location: Eastern Africa  
Population 27,269,482  
Avg. Income: \$300  
Major Exports: Coffee,  
Fish and Tea

# Moldova

## 1,336 bikes shipped



Location: Eastern Europe  
Population 4,455,421  
Avg. Income: \$400  
Major Exports: Foodstuffs, Textiles  
and Machinery

Valeriu runs the bike shop in Stefan Voda, Moldova. He is very energetic and enthusiastic about bikes. It is said that he can make a bike from nothing! Valeriu started repairing bikes in his small one-bedroom while studying automobile mechanics in they city of Chisinau. The workshop where Valeriu works was once a messy and unorganized place to work, now it is a bike store, repair shop and warehouse that can hold up to 400 bicycles at once. Owning a bicycle in Stefan Voda is very important since there has never been a public transportation system and the roads and public services of Moldova have been in disrepair since the fall of the Soviet Union in 1991. In Stefan Voda is it a well known fact that if you want the best bike for your money go see Valeriu.





## 1,012 bikes shipped

Bikes have become crucial as basic transport throughout Fiji as prices for public transit and basic necessities have increased substantially. Bikes have been provided to people in the greatest need of clean, reliable and inexpensive transportation. In Nadi the sales of the bikes provided some of the crucial funding for subsequent shipments to keep the project rolling as long as it is required to help the friendly, generous and most vulnerable people of Fiji move from poverty to progress.

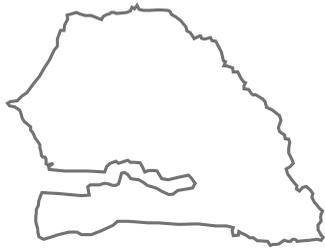
## Fiji



Location: South Pacific  
Population 893,354  
Avg. Income: \$6,000  
Major Industry: Tourism, sugar cane and clothing

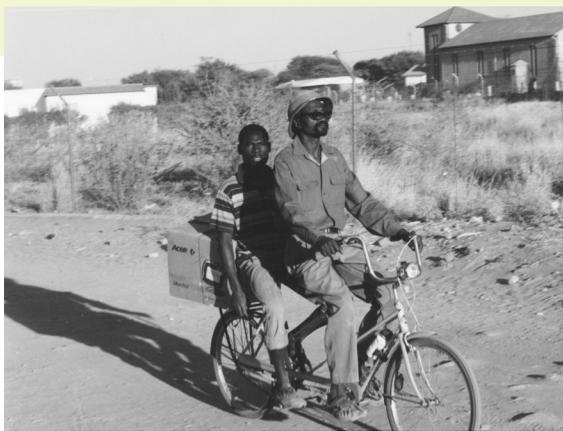
## Senegal

## 890 bikes shipped



Our partner in Senegal was ABACED a non-governmental organization involved in community development work. ABACED was created in 1985 by a group of unemployed professionals in an effort to take charge of their employment opportunities while making a positive contribution to the social, economic and cultural life of Senegal.

Location: Western Africa  
Population 11,126,832  
Avg. Income: \$1700  
Major Exports: Fish, Ground nuts, and Petroleum Products



## 824 bikes shipped

Amutenya knew which bike he wanted to purchase right away. This tandem is very special since only 1 in 2,500 bikes P4P gets are tandems. What did Amutenya do with his special bike? He started his own taxi business "TransNamib" in 1998. Stationed at the local train station Amutenya ferries people to their homes with their packages. Saturdays are his best day when he is able to earn about \$8 US in 6 hours. With his extra income from "TransNamib" Amutenya has been able to purchase two more bikes for his children as well as making a substantial contribution to the household expenses.

## Namibia



Location: Southern Africa  
Population 2,030,692  
Avg. Income: \$300  
Major Exports: Diamonds, Copper and Gold

## Smaller Programs

Below is a list of the smaller shipments that we have made since 1991.

Mozambique	800	Pakistan	400
Solomon Islands	623	Domestic US	220
Mexico	553	Peru	143
Haiti	523	Madagascar	60
Sri Lanka	487	Sierra Leone	21
Venezuela	411	India	18
Kenya	403		

## Honors & Awards Won Over the Past 15 Years

2002 World Aware Award

2001 Discovery Award

Presented by the Royal Geographical Society

2000 The Rolex Award for Enterprise

Pedals for Progress

President David Schweidenback

Awarded the Rolex Foundation Prize for Entrepreneurship

1999 New Jersey Senate Resolution Commending

David Schweidenback, as the founder of a

*"praiseworthy nonprofit commended for his selfless and tireless efforts in behalf of world humanity who by his deeds and example has provided a model of excellence in achievements and dedication and has set a standard toward which others might stride."*

1999 Federal Express Spotlight Program

*"Celebrating American Business"*

1998 Bicycle Industry Environmental Award

Recycling Category, Bicycling Magazine

1997 Sergeant Shriver Award for Humanitarian

Service National Peace Corps Association

1997 Pedals for Progress cited as

*"Among the most responsible with donors' money" in an analysis of Central New Jersey charities by the Courier News/Asbury Park Press*

1996 E-Town and Tom's of Maine E-chievement Award

*"Celebrating those who are making a positive difference in their communities and beyond"*

If you would like to read more about these honors & awards please go to:

[www.p4p.org/honor.html](http://www.p4p.org/honor.html)

## Pedals for Progress CAPITAL CAMPAIGN - Help P4P become a more permanent organization!

From a one-man operation that managed to ship 186 bikes the first year to an international organization that shipped over 10,000 bikes this year, Pedals for Progress is entering a new phase. To keep growing like we have, our physical operation has to get bigger. A challenge we intend to meet head on with the Pedals for Progress Capital Campaign. The stated goal of which is to raise funding for a permanent facility that will allow us to continue to grow and be an even more efficient organization. Please make a donation today to insure our continued success for the next 15 years.

[www.p4p.org](http://www.p4p.org)

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