

# **RUNNING AS A MODE OF TRANSPORTATION**



## **GENERAL GUIDELINES**



corrida**sa**miga



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Bringing the experience of both *Corridaamiga* and *The Run Commuter*, along with the theoretical and practical expertise of *Lobo Sports Advisory* and *Serena Del Favero Sports Nutrition*, this manual aims to provide information and guidance on how to use running as a healthy, practical and sustainable means of commuting.

## WHO WE ARE?

**CORRIDAAMIGA (friendly running)** *Corridaamiga* - or “running friends” - is a voluntary initiative that emerged in early 2014, as a result of the idea of “Brazilian run commuters” that aims to assist and inspire individuals to use running for urban mobility. Through the *Corridaamiga* initiative we wish more people would try other transportation alternatives, to see for themselves that it is possible to change their lives. We do not need to suffer while stuck in the traffic; lack time to exercise; or lack of time to be with our friends and family. Since we started the network, we have had 80 volunteer runners (run commuters) spread in 15 different Brazilian cities, and around 85 people that requested *Corridaamiga* to help in their first routes, by designing the best commute and sharing instructions and information about how to run in the streets.

**THE RUN COMMUTER** Mission: To educate and encourage people to replace, modify, or supplement their car, public transit, or bike commutes with running.

Goals and Values:

- Inspire more people around the world to run commute;
- Increase the number and variety of active transportation trips people take;
- Provide a public voice for run commuters in the media;
- Encourage local, state, and national pro-runner and -pedestrian advocacy.

**LOBO SPORTS ADVISORY** *Lobo Sports Advisory* was founded in 2009, aiming to encourage people and provide them the adoption of good life habits in a sustainable and enjoyable way, as well as spreading a new model of health promotion and wellness, making it the benchmark in the sector as a result of high quality and effectiveness of their service. They have trained and skilled professionals, maintains a structure prepared to serve their customers, who actively participate to the continuing evolution of the quality of services..

**SERENA DEL FAVERO SPORTS NUTRITION** Utilizing her bachelor’s degree in Nutrition from University of São Paulo (USP), nutri-tionist *Serena Del Favero* has taken care of athletes and practitioners of physical activi-ty since 2007. With specialization in Exercise Physiology, UNIFESP and a master’s de-gree in biodynamic of Human Movement by the School of Physical Education of USP, is a membership of the Cardiology Center of Israelita Albert Einstein Hospital and has her own consultation room aiming at improve sports performance and the quality of life of its patients.



# RUNNING AS A MODE OF TRANSPORTATION: GENERAL GUIDELINES

The following general guidelines are divided into three sections: I) recommendations from the day-to-day experiences of the *Corridaamiga* Network and The Run Commuter; II) recommendations from the theoretical and practical expertise of Lobo Sports Advisory (Lobo Assessoria Esportiva), and III) nutritional advice from Serena Del Favero Sports Nutrition (Serena del Favero Nutrição Esportiva) to properly fuel and prepare your body for running as a mode of transportation.

## I) RECOMMENDATIONS FROM THE CORRIDAAMIGA NETWORK AND THE RUN COMMUTER

### a) ACCESSORIES

- Running-appropriate clothing and sneakers: this is a fundamental aspect to be prepared for your new running routine. Your clothing should be light and breathable to keep your body at a comfortable temperature. Avoid wearing sweatshirts, jeans or other clothing and fabrics that overheat your body or limit your range of motion. Make sure your shoes are familiar, comfortable, and serviceable.
- Small backpack (only carry what is necessary).
- The ideal backpack for running to work should be waterproof (to protect the contents of your backpack from sweat, as well as an occasional rainstorm) and should have chest and waist straps. The straps will keep the backpack in place while you run. The backpack's shoulder straps alone are not sufficient to keep it from bouncing.
- Always bring a water bottle in your backpack and hydrate during your run. On hot, dry days, you can also use it to splash water on your face.
- While running at night or in low-light conditions, use reflective gear/clothing and make sure your route is safe. Reflective vests and headlamps are available in a range of different prices and models. Another option is to use a blinking bike light; just attach it to your backpack or to a running bracelet/armband if you use one.
- Running armband: All packed and ready to go when your cellphone rings from the bottom of your bag? Need money to buy water en route? Can't find your house key? To avoid having to unpack everything, use an armband in addition to your backpack for small items.
- A running armband can also be substituted by a waist pack/running belt.
- Backpack zippers: Be extra careful with zippers, as they are among the first items to break on backpacks. Don't over pack your backpack; this will put pressure on the zipper and could break it. Keep the seams of the backpack in place, with the stitching intact, so the zipper doesn't get stuck. With the impact of running, zippers will open more easily if they're closed at the top of the backpack. We recommend closing zippers on the sides to keep the backpack from opening and losing items along the way.
- There are zipper-less backpacks, tied with cords, that won't open with the impact of running and also avoid catching on clothing.



## b) HYGIENE

- Leave yourself enough time to drink water when you arrive, let your body to cool down and do what you need to do to get ready for work.
- Use a small towel to dry off after showering (can also be used as a sweat towel), or a full-sized one if you don't have to carry it running and can keep it in the locker room or another suitable place at the office.
- Sarongs and thin cloths weigh less than towels. There are also a variety of travel or camping towels that are thin and fast drying.
- To the extent possible, follow your normal routine for getting ready for work, looking for timesaving tricks.
- If your workplace does not have basic amenities (showers, locker room, etc.) we recommend using baby wipes and/or the sink and damp paper towels to wash your face and body. Use leave-in shampoo/conditioner or other products to clean/style your hair, if necessary.
- If using the sink to bathe does not work for you, consider running just the leg from work to home.
- Another possibility is to join a gym close to where you work in which you can use the locker room and showers (ask if they offer a discounted rate for just the use of the locker room). If many of your company's employees are members of a certain gym, the company itself may be able to negotiate a discount.
- Finally, why not investigate to make sure there isn't a "forgotten" shower somewhere in your workplace...

## c) LOGISTICS

- Carefully plan the best way to transport and manage your clothes and shoes, considering your running schedule and amenities available in/near your workplace. Carry as LITTLE as you possibly can. If possible, leave some clothing/shoes/toiletries at work.
- For women, we recommend single pieces of clothing made of light fabric, such as a satin dress, for example.
- For men who need to carry slacks and a dress shirt, lay them on top of each other on your bed with the pant legs folded together and the shirtsleeves folded in back and roll them both together. Place the rolled clothes in a plastic bag in the backpack – this will prevent wrinkles. If you iron your clothes before leaving in the morning, allow them time to cool before folding (also prevents wrinkles).
- Plastic bags: Always carry 2-3 in your backpack. They don't weigh anything or take up space and they are key in keeping items separate, such as shoes, clothing, toiletries, food, etc. You will also need a plastic bag for your dirty clothes.
- When running in the rain, protect items in your backpack with plastic bags, particularly electronics (cellphone, tablet, etc.). Some backpacks are equipped with built-in rain covers which can eliminate the need for additional plastic bags.
- Running with a laptop? Some runners do; however, according to the vibration test, as indicated by The Run Commuter, it is not recommended. However, if it can't be avoided, look for a running backpack specially designed to carry a laptop.
- When running in the rain, also be careful not to slip on wet surfaces. In the street, take extra care on crosswalks, manholes and tiling, which become slippery when wet.



Be careful when stepping in puddles, as they may be covering deeper holes than you expect, or rocks that can cause injuries (twisted ankles, etc.).

#### D) ROUTE

- Plan and carefully think through possible routes before leaving home (try using sites such as MapMyRun, Webrun, Google maps, etc.). It won't necessarily be the same route you use to go by car. To run, you should choose the safest route (e.g. well-lit, if running in dark conditions) with the best, even running surfaces. Areas with less traffic and sidewalks without potholes and uneven terrain can make your run safer.
- You may have more than one route for the same destination, so you can change it up a few times a week and explore new aspects of the city. Smartphone applications are useful in monitoring your runs and keeping track of your routes.
- New runners should start with low-difficulty routes in which they feel comfortable throughout the run. When just starting out, we recommend mapping a route with few hills, which demand a higher level of effort and strength.
- Identify points of reference along your route (shops, gas stations, hospitals, and subway and bus stations). These locations will be useful in case you need to stop for any reason, in case of emergencies, or if you need to communicate with others.
- If the distance is too long to run the whole way, take a bus/subway part of the way (maybe halfway) and start your run from that point.
- If you drive to work, park your car somewhere farther from your workplace and run to and from work from that point.

#### E) BEHAVIOR

- **Personal Identification:** In case of an accident, it is very important to carry identification and some basic information, including your name, contact information, health insurance and blood type. There are ID bracelets for runners that can be printed with your information on them – a practical solution to having this information on you while running.
- **Always SIGNAL:** It is very important that other pedestrians and vehicles can predict your movements. Use your arms to signal what you are going to do.
- **Beware of dogs:** If you are chased or threatened by a dog, stop running, don't yell and keep your arms crossed. If you run or yell, you may look like prey, further triggering its instincts to attack. You may have something in your backpack that could be used to distract the dog. Try not to make eye contact with the dog as this may be interpreted as a challenge.
- **Pedestrians always have the right of way** (those who are walking). While running, you should stay out of pedestrians' way, respect their space and wait if there isn't space to pass.
- **Respect traffic laws:** Obey walk signs at intersections and be cautious. Don't cross on a red light and pay



close attention even when the light is green (especially at night).

- **Beware of parking garage exits**, parked cars and cars with tinted windows through which you can't see the driver. When in doubt at an intersection, always cross behind the car, even if it appears that it stopped for you to cross.

- **Listen to music while running?** Some people can't run without it! However, music distracts your attention and can prevent you from hearing other sounds on the street (cars, pedestrians, etc.), which can be very DANGEROUS.

- **Cellphone use:** Some people insist on using their cellphones even while running! With so many potholes in the streets and sidewalks, it's better not to risk it. Stop if you have to answer your cellphone or continue running and talk later.

- **Try to convince others (coworkers) to join the corridaamiga Network and run with you.** Running with a group, besides making your run safer, can have a positive psychological affect from the camaraderie felt among runners.

- **Problems with the bus?** Call the company and file a complaint including the bus line, bus number, time and location.

- **Problems with taxis?** Call the company and file a complaint including the license plate number, time and location.

- **Problems with company vehicles?** Look for the "How's my driving" contact information and file a complaint including the vehicle's information over the phone or online.

- **Many sidewalks are found in a state of disrepair and disorder!** Broken streetlights, traffic lights, cars parked on the sidewalk, etc. Have you seen these irregularities during your runs? Let local public authorities know. You can register your complaint on the Cidadera site (in Brazil) or other sites available to collect citizen feedback in your city.

- The corridaamiga Network is a program that seeks to stimulate the use of running as a mode of transportation. A suggestion for runners in cities with road space rationing policies that restrict the use of cars during the week (such as São Paulo, Mexico City and Santiago, Chile) is to take advantage of these days to run to work.

- Be friendly (smile!) and be a good example of respect and citizenship.

## II) RECOMMENDATIONS FROM LOBO SPORTS ADVISORY (LOBO AS-SESSORIA ESPORTIVA)

- **Physical Exam (clinical and orthopedic):** When taking up regular physical activity, it's important to have a check-up to evaluate your current condition and possible limitations that could restrict some types of exercise. Remember that physical activity and health are closely tied.



- **Nutritional Evaluation:** Another important consideration for new runners is a visit with a nutritionist, who will evaluate your diet and recommend possible changes to ensure adequate nutrition to support your level of activity and to meet your goals.

- **The best footwear?** It's not always the most popular or attractive model on the shelf. When choosing running shoes, make sure you know how much your foot rolls inward or outward when you step (pronation, neutral, or supination).

**Pronation:** Characterized by excessive inward rotation when the heel strikes the ground, resulting in excessive burden on the inside part of the foot and ankle and affecting the knee, hip and back, and also wastes energy.

**Neutral:** Favors even weight distribution throughout the sole of the foot, avoiding sideways motion in the ankle and, consequently, injury and discomfort. The heel strikes first and the foot pushes off the ground with the inside part of the ball of the foot.

**Supination:** The opposite of pronation. In this case, the heel strikes the ground with the outside part of the heel. Excessive burden is placed on the outside of the foot, which may cause injury and reduced efficiency.

If you're not sure about how you distribute your weight when you step, ask an orthopedist or a physical training professional. Many shoe stores also have employees trained to help you find the best fit.

- **How to get around (backpacks and personal items):** To use running as a mode of transportation, you will need an efficient way to carry your belongings without compromising your goals. Backpacks that can be strapped down to fit close to the body and only carry the essentials (clothing, personal documents, etc.) are ideal. Try to carry the bare minimum to avoid excess weight that can cause bad posture during your run. If possible, leave your shoes, electronics and other objects that take up space at your workplace. An item you should never forget, though, is a water bottle.

- **Complementary strength training:** Over time, to improve performance and reduce the risk of injury, strength training is also recommended. It is important to perform strength training activities under the supervision of a trained professional.

- **How to start?** To start your running program, we have prepared a 12-week plan for new runners. After 12 weeks of following the plan and the above recommendations, you will be prepared to run distances of up to 10 kilometers (go and back). After this period, you will likely feel motivated to take on new challenges and, with the help of trained professionals, set new goals or maintain your regular physical activity routine. Lobo Sports Advisory is available to support your continual progress, performance and improvement in your quality of life. Count on us.

## TRAINING PLAN

**Weeks 1 and 2:** 2x/week (alternate days); Distance: walk 4 km/day (suggestion of 2 km in one direction and 2 km back).

**Weeks 3 through 6:** 3x/week (alternate days); Intersperse short intervals of running. Ex: Walk for 2 minutes and run for 30 seconds (preferably on flat surfaces). Distance: 4 km/day.



**Weeks 7 and 8:** 3x/week; same with slightly increased running interval time; Ex: Walk 2 minutes and run 1 minute. Distance: 5 km/day.

**Weeks 9 and 10:** 3x/week; 1st day: 1' walking and 1' running; 2nd day: 1'30" walking and 1'30" running; 3rd day: 2' walking and 2' running; Distance: 7 km/day.

**Week 11:** 5x/week; 1st day: 1' walking and 1' running; 2nd day: walking; 3rd day: 1'30" walking and 1'30" running; 4th day: walking; 5th day: 2' walking and 2' running; Distance: 8 km/day.

**Week 12:** Run at a slow pace and walk the most difficult parts if necessary. The objective is to run the entire time. Maximum distance: 10 km/dia.

**IMPORTANT:** If necessary, don't hesitate to walk. In general, new runners have lower cardiorespiratory capacity. However, with regular training, this will improve significantly over the short and long term and will reflect, among other things, the runner's improved overall health.



### III) GUIDELINES FROM SERENA DEL FAVERO SPORTS NUTRITION

This section aims to provide tips and information focusing on nutrition for active commuting.

- Consume foods that are sources of carbohydrates (fruit, bread, cereal, etc.) before the run and when arriving at work to restore the energy spent during your commute! Remember, besides providing energy to the muscles, glucose provides energy for the brain!
- On the day you run to work, it is common to feel hungry well before lunchtime. To avoid that, make a good pre-run meal and once you get to work to have a snack! You can also have a light meal three hours after this post-workout meal in case lunch takes longer than three hours to take place.
- If you are one of those people who cannot eat breakfast, try to at least have some fruit juice or coconut water with oat bran or oat flakes before running. Liquids will be more easily digested avoiding possible discomfort during the run.
- Does the route from your home to work last longer than one hour? Stop for a snack during the run, so that you'll have enough energy to make it to work. What to bring? Banana, coconut water, or sugarless candy work well, and if the day is very hot, an isotonic drink is a good option too!
- Dried fruits are practical energy options to take in the backpack in the days of running to work. And they will stay good during the entire commute.
- Nuts are also practical to carry the backpack in the days of running to work. The calories of nuts come from healthy fats. Just remember to choose options without salt.
- Bringing cut-up fruit is also practical and healthy.
- Cereal bars are practical to carry in a backpack, but ideally your focus should be on fresh food. Bars can be used sporadically due to practicality, however, avoid the cereal containing glucose syrup ingredients in.
- Hydration is very important during any physical activity. However, some are uncomfortable running with a water bottle in hand. So the key is to hydrate well before and after the run. Start the water intake when you wake up and continue until the start of the run and continue hydrating as soon as you get to work!
- Isotonic drinks are for intense workouts lasting longer than 60 minutes. It's important to remember that sports drinks contain artificial food coloring and preservatives, therefore choose a healthier, natural option, such as coconut water.
- If you think that after your commute you do not need to eat, you are wrong! Eating after you run is very important for muscle recovery. Only then will you be well prepared to run again the next day!



## MANUAL SUPPORTERS

### ASSOCIAÇÃO NACIONAL DE TRANSPORTES PÚBLICOS – ANTP (THE NATIONAL PUBLIC TRANSPORT ASSOCIATION)

Founded in 1977 with headquarters in the city of São Paulo, ANTP also has an office in Brasilia and 6 regional coordination boards. Its objective is to create and disseminate information on public transport and participate in projects contributing to improved urban mobility. The organization participates in 12 technical commissions (including the Pedestrian and Accessibility Commission), as well as several working groups comprised of almost 300 specialists who participate on a voluntary basis.

### BIKE ANJO (BIKE ANGEL)

Bike Anjos are experienced cyclists who are passionate about biking as a mode of transportation and help others who want to learn to bike safely around the city. Bike Angel uses an online platform to match experienced cyclists with beginners based on their geographic location and the beginner cyclist's needs – learning how to ride, mapping a route to commute to work, etc.

### CATRACA LIVRE (FREE TURNSTILE)

Catraca Livre's mission is to empower citizens through online publications covering such topics as education, sports, consumerism, work, health and entrepreneurship. The website highlights people, trends and projects from all over the world that inspire inclusive, innovative and community-based solutions.

### CIDADE ATIVA (ACTIVE CITY)

Cidade Ativa is an organization comprised of collaborators from diverse backgrounds who believe in healthier cities and lifestyles. Cidade Ativa proposes that every building, square, stairway and sidewalk offers an opportunity to rediscover the city and promote more active habits. The organization conducts studies related to health, behavior and the structure of urban centers and develops projects to incentivize people to get outside and actively participate in their communities' transformation.

### DESBRAVADORES DE SAMPA

group of people who love running and appreciate the city of São Paulo. Their goals, besides running around the city are: Approaching people, knowing better the city, pose problems, break down prejudices and the foremost of all, occupy the public space. For this, the group uses thematic routes (itinerary related to the subject is traced) or free routes (the only place defined is the meeting point between the explorers).

### DESENHE SUA FAIXA

The goal of Desenhe sua Faixa (Design your crosswalk) is to provide a tool to pedestrian communication with the government, in a collaborative map that functions as a data base with information about issues that people face to get around the city of Sao Paulo, regarding sidewalks and crosswalks. To improve the walkability



of a city is indispensable that the path has good quality as well as safety. The intention is to facilitate and expedite the process of maintenance of public areas and enhance the vertical and horizontal signaling that prioritizes pedestrian route, avoiding the permanence of unsafe places, indicated by pedestrians who constantly use these spaces, and know the deficiencies of walking mobility system and accessibility.

### **EDITORAMOL (I LOVE RO RUN BOOK)**

I Love to Run (Eu Amo Correr) is the book for those passionate about running, published by EditoraMol. It is comprised of 50 stories about Brazilians from all over Brazil who run, either to stay healthy, for fun or professionally. Part of the book's proceeds goes toward the promotion of sports in Brazil, supporting the Projeto Ginga Social, Fundação Gol de Letra and Instituto Mara Gabrilli.

### **GUIA VOLUNTÁRIOS CORPORE (CORPORE VOLUNTEER GUIDE)**

This project began in 2004 as an initiative to make Corpore running club events more inclusive for athletes with disabilities. The volunteer guide plays an important role in organizing activities by ensuring support for and inclusion of athletes with disabilities in Corpore events.

### **MARA GABRILLI INSTITUTE**

Founded in 1997, the Mara Gabrilli institute operates in supporting athletes of Paralympic sport and guidance for social development of persons with disabilities in situations of social vulnerability. It also produces and offers contents and various materials about accessibility, disability and social inclusion in order to generate impact on society, making it more equitable and accessible for everyone

### **MOBILIZE**

Mobilize is the first Brazilian online portal exclusively dedicated to sustainable urban mobility. Its main objective is to contribute to improved urban mobility and quality of life in Brazilian cities.

### **MOVEBRASIL**

MOVEBrasil is a campaign to increase the number of physically active Brazilians through 2016, increase and facilitate participation in sports throughout Brazil and present sports and physical activity as an enjoyable activity that can improve quality of life and promote social development.

### **OGANGORRA**

oGangorra is a network of interesting people who are interested in changing their cities. The network operates in an organic, experimental environment that creates opportunities to make connections capable of transforming realities and inspiring new relationships. At oGangorra, projects related to improving quality of life find physical and virtual space to develop and thrive.



### **PÉDEIGUALDADE (EQUAL FOOTING)**

Pé de Igualdade is a blog published on Mobilize and Facebook and a consultancy that offers courses on people-oriented mobility. Its goal is to promote the importance of pedestrians in the urban space and the need to develop a collective conscience to address pedestrian issues through public policy and public awareness, treating it with equal importance as other modes of transportation.

### **THE AGITA SÃO PAULO PROGRAMME**

was developed in 1996 to combat the low levels of physical activity amongst residents of the Brazilian state of São Paulo. The Portuguese word 'Agita' means to move the body, but the term also includes considerations of the mind, social health and citizenship. The programme encourages residents of São Paulo to accumulate at least 30 minutes of moderate physical activity per day, and this message is supported by the programme's mascot 'half-hour man'.

### **ROCK AND RUN**

The radio program Rock and Run is produced and hosted by Sivia Sprenger, revolutionary and publicist, road and trail runner, devoted cyclist and established rock fan. The program offers tips and recommendations for running, cycling, swimming, triathlons and other sports, accompanied by the best music to inspire your training. The show airs on Lumen FM (99.5 in Curitiba or [www.lumenfm.com.br](http://www.lumenfm.com.br)) every Sunday from 7pm to 8pm, rebroadcast on Tuesdays at 11pm and in 1-minute segments at 10:30am and 10pm Monday through Friday.

### **TRANSPORTE ATIVO (ACTIVE TRANSPORT):**

Founded in 2003, Transporte Ativo is a civil society organization that promotes the use of self-propelled transportation in the urban environment. Transporte Ativo serves as a center for information about cycling as a mode of transportation for the public sector, press and citizens. The organization links stakeholders and provides data in partnership with civil society and governments in order to disseminate information and improve cities for all. The organization has won several awards for its promotion of cycling, including the Cycling Visionary Award in 2013. Based in Rio de Janeiro, Transporte Ativo mainly works locally, but is active throughout Brazil and beyond.

### **VÁ DE BIKE (GO BY BIKE)**

Vá de Bike was created with the main objective of assisting and encouraging beginners and interested people to cycle as a mode of transportation. The organization has supported urban cyclists for more than a decade through publications on its website, seminars, courses, group rides and other activities aiming to encourage urban cyclists and promote bike safety.



# CREDITS

## Photos

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