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The League of American Bicyclists

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# About the League of American Bicyclists

For generations past and to come, THE LEAGUE represents bicyclists in the movement to create safer roads, stronger communities, and a Bicycle Friendly America. Through information, advocacy and promotion, we work to celebrate and preserve the freedom cycling brings to our members everywhere.

## WE BELIEVE

Bicycling brings people together. When more people ride bikes:

- *Life is better for everyone;*
- *Communities are safer, stronger and better connected;*
- *Our nation is healthier, economically stronger, environmentally cleaner and more energy independent.*

## OUR VISION

is a nation where everyone recognizes and enjoys the many benefits and opportunities of bicycling.

## OUR MISSION

is to create a Bicycle Friendly America for everyone. As leaders, our commitment is to listen and learn, define standards and share best practices to engage diverse communities and build a powerful, unified voice for change.

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# The 2016 elections results and changes in Congress

The 2016 elections resulted in a new Republican administration and Department of Transportation, as well as 58 new members of Congress. While Democrats picked up seats in both the House of Representatives and the Senate, Republicans maintain control of both Chambers. The new Congress, the 115th Congress will serve from January 2017 through December 2018.

## Administration Changes

At this writing we do not know who will fill the Secretary of Transportation position, but we do know that President-Elect Trump announced an investment in infrastructure, including roads and bridges in his acceptance speech.

In order to fulfill this campaign initiative, the President — and his choice for the Secretary of Transportation — will need to work Congress. Congress has the power to allocate funding for projects, and to set parameters for how that funding will be spent.

The President can use his power of the pulpit to influence Congress. The Secretary can advise Congress and has responsibility for formulating transportation policy based on the laws Congress passes.

## Changes in Congress: Senate

The 2016 election resulted in a Senate with 51 Republicans, 46 Democrats, two Independents, and one race undetermined (Louisiana will have a runoff election in December, 2016). In the 114th Congress there were 54 Republicans, 44 Democrats and 2 Independents.

Six new Senators were elected (not including Louisiana). Senators-Elect Tammy Duckworth (D-IL), Chris Van Hollen (D-MD), and Todd Young (R-IN) all served in the House of Representatives in the last Congress. The other members are new to the US Congress; they are Kamala Harris (D-CA), Maggie Hassan (D-NH) and Catherine Cortez Masto (D-NV). All come into office with government experience at the state level.

At this writing, Transportation Committee membership is still being determined.

## Changes in Congress: House

House districts hold elections every two years, and while most districts re-elected incumbents there will be 52 new members of the House of Representatives (51 new Representatives and the Delegate of Puerto Rico. The 115<sup>th</sup> House will be made up of 239 Republicans and 194 Democrats, with 2 districts in Louisiana still awaiting a runoff election). In the 114<sup>th</sup> Congress there were 246 Republicans, 186 Democrats and 3 empty seats. In Both Congresses the 4 delegates (DC, Guam, Marshall Islands, and Northern Mariana Islands) and the Resident Commissioner of Puerto Rico are all Democrats

A full list of new members of Congress is in the appendices.

## Legislative asks for the 115<sup>th</sup> Congress

When a new Congress gets elected, it's important to reach out to all the members — particularly the new members and those on key committees — to introduce them to bicycling as a transportation issue and to learn about them and any views they may have on bicycling issues.

When you meet with a Member of Congress or their staff it's important to have an “ask,” something you can ask them for, and that you can follow up with afterwards. Sometimes you can do a simple “meet and greet,” but in general Congressional offices would rather not have those meetings; they are busy and they want to know how they can serve their constituents. (That's you!)

At this writing the buzz in Washington is about the new infrastructure package on which President Elect Trump campaigned. In our initial meetings with Members of Congress, we want to ask for their support to ensure that biking and walking infrastructure is eligible for any surface transportation funding.

We also want to ask their support for local control, so that mayors and communities have decision making control over at least some of the infrastructure funding. We support this because mayors and local officials are often more supportive of multi-modal transportation.

### **The “ask” for district visits:**

- Will you support eligibility for multi-modal transportation, including biking and walking, in any new infrastructure funding package?
- Will you support local control to mayors and communities for new transportation funding?

# District visits

## What is a district visit?

- You can visit with your member of Congress right in your home district. Every member of Congress has at least one office in their district, and some have several.
- The district office(s) will be listed on their website or you can check the [Congressional Management Foundation website.](#)]

## District Offices vs. Washington, DC, offices

Senators and Representatives have offices both in Washington, DC, and in their home state. As you would expect, the Washington office staff are mostly focused on federal legislation and issues. The district office staff focuses on constituent services and how federal programs effect their state or district.

A district visit is very effective at the beginning of a Congress because it helps you build a relationship with the Representative and local staff, when the member and staff may have time for a more relaxed meeting. It's also a good time to introduce an issue and yourself (as an expert resource) before the legislation is drafted. District staff often inform the member as to how legislation may affect their constituents.

The benefits of a district visit are:

- You are more likely to get time with the member of Congress;
- Very few constituents take advantage of contacting their district office about legislative issues, so when you meet in the district you will make an impression;
- If you build a rapport with staff at the district office, you'll have a better chance of getting your member to an event in the district.

The challenges of a district visit

- The staff are often not as knowledgeable about the intricacies of certain policies or the current debate on a specific piece of legislation.

## Washington, DC, office visits

A Washington, DC, office visit is most effective when you know relevant transportation legislation will be being debated in the next three to six months. The visit gives you the opportunity to get to know the transportation staffer who will be following the issue first hand. You can become a resource for them if they have a bicycling-related question when the issue "heats up."

The National Bike Summit is in the Spring at the beginning of the legislative year, so that advocates can start that relationship with staffers at the beginning of the year, before most major legislation happens. **The staffers you meet here are likely to be the people making recommendations to the Member of Congress on whether or not s/he should support or oppose a specific piece of legislation.**

When Congress is on a district work week, the DC staff may travel to the district with the boss. If you can get a meeting then, it's a twofer!

# Prepping for the meeting

## Scheduling a meeting-

First, call the district office and ask for the scheduler. Ask the scheduler how to request a meeting. S/he will likely ask you to send a written request, but while you have the scheduler on the phone ask him or her:

- What days the Representative will be in the office;
- What information should be in the written request;
- What his/her name is and their email, as well as for the name and email of the transportation staffer.

Make sure the letter includes (See a sample [here](#))

- An ask to meet;
- What issue you want to talk about;
- Who is coming to the meeting;
- A couple of dates that work for you and your team;
- Address the letter to the member of Congress, but email it to the scheduler and transportation staffer.

## Who should come to the meeting

1. As a general rule, I'd suggest bringing two to four people (preferably one or more who can represent an issue and/or can tell a good story). Here are some possibilities, and you don't need to bring all of these types. Depending on your Representative's interests and whom you know, consider finding a messenger such as:

- Constituents- Make sure **everyone** you bring is from your district.
- A Representative from your local bike organization, who has permission to speak for the organization. As a leader of a local organization, that person can speak for their membership and demonstrate the number of people in the community who care about biking.
- A local bike friendly business representative. If you can get a representative from a local business that has become a Bicycle Friendly Business that can speak to the benefits to the business.
- A parent, PTA or school representative (especially if the Representative priorities in education) who can talk about the benefits to kids and families to walking and biking to school.
- A health professional (if the Representative prioritizes health issues)- who can talk about health benefits and costs savings of biking.
- A planner/ transportation professional (if they are on a transportation committee).

## **Remember: Think about the Representatives interests and beliefs, not just yours.**

If your member of Congress doesn't believe in Climate change, but does prioritize small business- then you should prioritize bringing a business representative.

# Prepping for the meeting

## Do your research

You can prepare for the Summit in several easy ways:

1. Learn more about your member of Congress. You can do so by checking out their website and by watching local and state media.
  - a. If your Member is a veteran lawmaker you can learn more about them at the [Take Action](#) page on the Bike League website.
  - b. Votesmart.org allows you to search speeches and positions for comments on “infrastructure.”
  - c. Check out local stories and their biographies for positions on transportation, health, climate change and other related issues.
2. Be prepared to talk about the benefits to biking and walking in your community, whether that is an anecdotal story about a neighborhood coming alive or facts and figures about increased access to transit. If you have newspaper articles or examples of how local elected officials or business have voiced their support this issue, bring those along with you.
3. Be prepared to give a one to two sentence introduction about yourself and why bicycling is important to you.

## Once your meeting date and time is set, make sure to take time to plan out your meeting.

Find a time when your team can meet and discuss:

1. Choose what your message should be.
  - Share the research that you have done and decide as a group what is the best argument to make based on the Representative’s interest and your strengths.
  - Each person should be prepared to introduce themselves and give a one sentence explanation as to why biking is important to them that fits into the message.
  - Decide who on the team has a pertinent personal story about biking that best exemplifies the message about bicycling and walking. They should be prepared to share the story, but limit it to one story. Most meetings are 30 minutes or less.
2. Choose a spokesperson or lead speaker.
  - Often it’s the person who set up the meeting. This person should be prepared to act as a moderator if needed.
3. Decide who will make the “ask.”
  - Decide who will tell their story, who will “make the ask” and who will follow up with specific questions. *(This may seem like too much, but it is better to be over-prepared to make sure all your questions get asked and that everyone is involved in the visit.)*
  - Your whole meeting will be 30 minutes or less, so having a loose plan will help make sure you get to the important questions before the meeting ends.
4. Assign a note-taker.
  - Make sure someone is taking good notes. *(Often a new lobbyist will focus so much on asking the question correctly they forget to listen for the answer.)*
5. Designate a follow-up email writer.
  - This is often the person who scheduled the meeting. The biggest mistake people make is not following up!
  - Also, make sure to let the League know how the meeting went. This helps us know when we should follow up and it helps us develop strategy for the future.
6. Bring appropriate fact sheets and other materials to leave with the lawmaker.
  - Make sure everyone has seen the fact sheets and understands the ask before the meeting!

## At the meeting:

### Thirteen easy steps to an effective visit with your legislator

1. Dress nicely. Don't let your appearance detract from your message or impair your credibility.
2. Introduce yourself and tell your member or staff person what organization you represent, where the group is located and the size of its membership. If you are lobbying as an individual, make sure to mention that you're a constituent. If you have any family, social, business or political ties to the legislator mention them as well. Be concise so that everyone in your group has a chance, and you still have time to talk about the issues.
3. Start with a compliment. If possible, thank the member for a good stand he/she recently took on an issue and/or mention if you voted for the member. At a minimum, thank him/her for taking the time to meet with you.
4. Take the initiative by stating clearly and concisely what issue you want to discuss, what your position is on it and what action you want the member to take. Follow this with facts about why he/she should take your position.
5. Stress how the issue will affect the member's district or state, and, if possible, tell a personal story that highlights your experience with the issue and why you care about it.
6. Give the legislator a brief fact sheet (supplied by the League of American Bicyclists) that outlines your position, explains what the bill does (if there is one) and why he or she should support your viewpoint.
7. Mention any other organizations, important individuals, government officials and legislators which support your position. If you are a part of a large coalition, mention the number of members it has.
8. **Be a good listener.** After you make your pitch, allow the member to respond. However, bring the conversation back to the issue at hand if the member goes off on a tangent or tries to evade it.
9. Answer any questions to the best of your ability, but if you don't know the answer, admit it. Try to provide the information promptly in a follow-up letter or email. The League can help you find those answers.
10. Ask a direct question to which the legislator can respond "yes," such as, "Can we count on you to cosponsor the bill?" Press politely for a commitment, unless the member is clearly opposed to your position or to making a commitment.
11. Always thank the member for his/her time at the end of the meeting, even if he/she did not agree with your position.
12. Immediately after the meeting write down any information you learned about the member's position or concerns so you can share it with others and use it to develop your legislative strategy.
13. Always follow up with a prompt thank you email. In the email, reiterate your key points and any commitments the member (or staff) made. Include all follow-up information you promised to provide.



## What to expect

Most lobby meetings don't end with the Representative changing their mind and endorsing your agenda whole heartedly. If that happens, great! If it doesn't, don't worry. Remember this is just one step to building a relationship. Most of the time though, district visits are friendly events and the biggest concerns we hear are invitations to follow up – such as:

### **You prepared, the team asked its question- and the Representative (or the staff) didn't answer your question.**

- Why it happens
  - The member may not be ready to state a position.
    - **How to respond:**
    - “Is there any other information I can send you to help you make up your mind?”
    - Ask them when you should follow up to get an answer. “Can I call you in a week to see if you've made a decision?”
  - A staffer will not want to answer for the boss if they are unsure of the answer OR if they don't want to tell you no.
    - **How to respond:**
    - “Will you please check in with the Representative? When shall I call you to get an answer?”

### **They asked you a question to which you didn't know the answer/ You didn't have a response then, but have one now.**

- Why it happens
  - You can't prepare for everything!
  - **How to respond:**
    - Be honest. Tell them you don't know the answer, but will get back to them.
    - Make sure to respond. If you need help finding the answer, check with the League. We will help.
    - This is an opportunity to continue the discussion.

### **The staffer you talked to knew nothing about transportation policy**

- Why it happens
  - Sometimes the office will assign an avid bicyclist to meet with you, even if they don't cover transportation. / OR the right person had to cancel.
    - **How to respond:**
    - If they say so at the beginning of the meeting, politely ask if there is a transportation staffer that can join the meeting as well.
    - Make your case, ask your questions (and ask them to ask the member of Congress) and say you will follow up within a week.
    - Ask for the name and contact information of the transportation staffer in their Washington, DC, office.
    - Ask to reschedule (or to do a phone conference) when the right person is available.

## What to avoid (and how to fix it if it happens)

**The whole meeting is spent on small talk and stories, and your team never gets to make the ask.**

- Why it happens-
  - Everyone in the group wants to tell their story and you run out of time
    - **Avoid it by:**
    - preparing and deciding on one short story to exemplify the message
    - Meetings are often 20–30 minutes. Be prepared and concise.
  - The staffer is so friendly you just keep talking about biking experiences and not the issues (this can be a tactic by staffers to avoid having to answer the question)
    - **Avoid it by:**
    - Politely but persistently bring up the Legislation or ask.
    - Prepare by assigning that role to someone in the group

**The team makes the argument but forgets to make “the ask” or you forget what the answer was**

- Why it happens
  - Sometimes you practice the argument so much you forget to listen for the answer.
    - **Avoid it by:**
    - Tag team. Assign someone else to listen and take notes.
  - You ask the question but don’t get an answer
    - **Avoid it by:**
    - Politely but persistently restating the question / asking for clarification, “so does that mean you don’t support [the issue]?”

**The meeting gets argumentative**

- Why it happens
  - If you care enough to go to a lobby visit, you care about the issues.
    - **Avoid it by:**
    - Plan for it. Talk it through as a team, and assign someone to intervene if things get tense.
    - Have a sentence ready such as: “We can agree to disagree. However, this issue is important to me, and I want to express that to my elected officials.”
    - You can also ask a question- “What other information could I supply that could possibly change your mind? Are there other messengers who might influence the Representative?”

## Tips for influencing your lawmaker

My member of Congress votes against the legislation that I support every time. What can I do to influence his/her vote?

- **Find common ground from which to work.** Try to develop rapport by thanking your representative for a vote or action, as well as the issues you would like them to reconsider. This will lay the ground for constructive discussion. You can also start the conversation by talking about bicycling: Almost everyone has a positive story. Another strategy is to find an issue on which you both agree, and connect that issue to transportation, health or another issue they care about. This may provide just the right angle to win your representative's opinion.
- **Share your lawmaker's voting record with fellow constituents.** Sharing your elected official's voting record with the general public may inspire others to reach out as well. You can encourage other constituents to take action by writing letters to the editor, asking questions at a town meeting and sharing your knowledge with family, friends, and colleagues. If you can't win your representative's vote, maybe you can get him/her to purposely be absent when a vote takes place. This is a way for a representative to save face, so they don't have to contradict previous votes or vote against a vocal group of constituents.
- **Stay in touch with the staffer.** If they only hear from you once a year, your concern won't be at the top of their mind when the issue comes up. They need to know that there are constituents, who represent a majority viewpoint, who are keeping track of their voting record. Once you've built a relationship with the staffer check in with them once a month or so, invite them to local bike organization events when they are in the district, and add them to your organization's e-news.

My member of Congress is good on some issues and bad on others...

- **Find out why.** Figure out why he/she is, for example, positive on safety measures but not supportive of federal funding for bike infrastructure. The best way to get this information is to meet with and simply ask your representative or her staff, or write them with specific questions on their issue stances. Once you understand the reasons behind your representative's voting record, you can more effectively work to sway their opinions.

My member of Congress supports all the legislation that I want passed. What is the point of meeting with their office?

- **A representative may at any time stop voting in your favor** if you don't remind him/her that you are out there watching, and that you care how he/she votes. Also, it is likely that the "other" side is calling, writing, and faxing — so some support can help ensure that he doesn't sway or waver in support for our programs.
- **Sometimes an opportunity to help comes up in another aspect of their work.** For instance, it's possible your member of Congress will see an opportunity in a bill about Amtrak, or on health care which could move the bicycling agenda forward. If they hear from the bike supporters regularly they are more likely to recognize and take advantage of that opportunity.

- **Let others know how great your lawmaker is** by praising him/her in a letter to the editor or at a town meeting.
  - **Ask your member of Congress to take a leadership role** by cosponsoring bills you support and by lobbying colleagues to vote in accordance with him/her.
  - **Everyone likes to know they are appreciated.** Members of Congress spend a lot of time hearing from people who are unhappy about something. A simple “Thank you” can go a long way.
-

# **After the meeting: Please, please, please follow up!**

## **1. Always write a follow up thank you letter referring to the most significant points covered.**

- If he/she committed to vote your way:

Arrange for thank you letters supporting your issue to be sent to his/her office. If he/she is a long-standing supporter of bicycling-related issues, you might be able to persuade him/her to assume a leadership role in influencing other legislators.

- If you found your legislator on the fence:

Find out what concerns them, and ask if there is any information you can get for them that would help make up their mind.

Make every effort to organize delegations and letters to swing his/her vote.

Consider setting up a local “show me” event in your community to highlight the benefits of bicycling.

- If your legislator was firmly on the other side of your issue:

Thank them for meeting with you.

If possible, ask if they would visit a local example to show the benefits of bicycling and/or an example that shows the need for improved infrastructure. Constituent pressure might persuade him/her to be absent at the time of the vote, neutralizing his/her impact. If all else fails, turn your efforts upon someone more receptive or responsive.

## **2. Share what you learned**

- Write a letter to the editor about the meeting, or otherwise publicize your event in a community newsletter. (Make sure to send a copy of the published article to the staffer you met with.)
- Send a tweet thanking them for the meeting. Tweet a picture of you with them, and keep the language positive. If you disagreed something like this - “Met with @RepXXXX to discuss biking and walking in transportation.”
- Let the Bike League know what your lawmaker had to say.

## **3. Within two weeks, contact them again.**

- If they were on the fence or didn’t know an answer to a question, now is the time to check in with them.
- Answer any questions they had that you couldn’t answer in the meeting

## **4. Keep them informed**

- If you are still waiting for an answer to your question OR if the legislation is imminent, keep checking in (no more than once a week).
- If not, consider adding them to a monthly or bi-monthly newsletter from the local bike advocacy organization

# Checklist for a successful district meeting

## Background research

- \_\_\_ The basics: their name, party and experience
- \_\_\_ Their legislative record ([BikeLeague.org/TakeAction](http://BikeLeague.org/TakeAction))
- \_\_\_ The issues they are passionate about
- \_\_\_ The committees they are on

## Prepping for the meeting

- \_\_\_ Everyone going to the lobby visit is a constituent.
- \_\_\_ Everyone has the research, the handouts, and understands the ask.
- \_\_\_ You have identified who is responsible for:
  - \_\_\_ making the ask,
  - \_\_\_ taking notes, and
  - \_\_\_ sending a thank you email.
- \_\_\_ You have agreed to a message that matches the elected official's outlook and interests.

## Be Prepared to:

- \_\_\_ Get your message across and make your ask in a 20-minute meeting.
- \_\_\_ If they can't answer in the meeting, ask when you can get in contact with them to get an answer.
- \_\_\_ Listen for their perspective and to what their concerns are.
- \_\_\_ Agree to disagree, and keep the meeting cordial.

## Follow up:

- \_\_\_ Send a thank you email to staff and the members within 48 hours.
- \_\_\_ If you are waiting for an answer to your question, make sure to follow up within a week or two.
- \_\_\_ Find the answer to any questions you could not answer in the meeting.
- \_\_\_ Send a meeting report to the Bike League.

You can download a printable PDF of this checklist at:

[http://bikeleague.org/sites/default/files/Congressional\\_District\\_Meeting\\_Checklist.pdf](http://bikeleague.org/sites/default/files/Congressional_District_Meeting_Checklist.pdf)

## Sample meeting request letter

Below is a sample letter to request a meeting with your Member of Congress. Fill in any bracketed areas with information specific to your meeting. Try to keep the letter to one page, and put it on letterhead if possible. Email the letter directly to the scheduler for the Member of Congress (you can cc the transportation staffer). Some offices have a preference for how requests should be submitted, and what information they want in the request, so it's important to call first and ask.

You can download a Microsoft Word version of this letter at:

[http://bikeleague.org/sites/default/files/Sample\\_Congressional\\_Meeting\\_Request\\_Letter.docx](http://bikeleague.org/sites/default/files/Sample_Congressional_Meeting_Request_Letter.docx)

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The Honorable [Members First and Last Name]  
[U.S. House of Representatives OR U.S. Senate]  
ATTN: [Scheduler names]

Dear [Representative or Senator] [Last name]

I write on behalf of [your organization or club], if applicable OR myself and fellow constituents who are working to make biking and walking safer and more accessible] to congratulate you on your recent election to Congress. We would like to meet with you to discuss bicycling and walking in transportation policy in the 115th Congress.

We would appreciate the opportunity to meet with you at your district office [ if they have more than one- specify which one ]. The constituents from our district who will be participating are:

Name (organization and title, if applicable)

Our members would like to meet with you to discuss the benefits bicycling and walking bring to the community, and why it is important to ensure any investment in transportation infrastructure improves safety and access to bicycling for everyone.

We understand your busy schedule, and hope you would be available to meet [ dates when they are in the district that work for you]. If none of these dates will work for you, please let us know what would be convenient for you. If you are unavailable, we hope a legislative assistant dealing with transportation will be able to meet with these constituents.

Thank you for your attention in this matter. We will contact you in the next few days to see what may be possible.

Sincerely,

[Name, title and organization if applicable]

# Feedback Form

It may be helpful to bring this with you to the meeting and use it as an outline for your meeting, and fill it out in the meeting or immediately after the meeting ends. Please send the completed forms to [Caron@BikeLeague.org](mailto:Caron@BikeLeague.org)

[You can download a copy of this form here.](#)

Your Name \_\_\_\_\_ Date \_\_\_\_\_

**Other Advocates attending the meeting:**

**Member of Congress, state and district**

**With whom did you meet? (name and title)**

**What are the Representative's top issues? What are their top transportation interests?**

**What local project did you discuss?**

**What questions did the Member and/or staff have?**

**Will the Representative support multi-modal transportation in any new infrastructure initiative? If not, why not?**

**Will the Representative support local control in any new infrastructure initiative? If not, why not?**

**Did they express any concerns?**

**Did they ask any questions you couldn't answer?**

**What are your plans for follow up? How can the League help?**



## House of Representatives- New members in 115th Congress

District	Representative	Party change	Prior background
<a href="#">Arizona 1</a>	<a href="#">Tom O'Halleran (D)</a>	No	State Senator
<a href="#">Arizona 5</a>	<a href="#">Andy Biggs (R)</a>	No	State Senate President
<a href="#">California 17</a>	<a href="#">Ro Khanna (D)</a>	No	Deputy Assistant Secretary of Commerce
<a href="#">California 20</a>	<a href="#">Jimmy Panetta (D)</a>	No	<a href="#">Deputy District Attorney, Monterey County</a>
<a href="#">California 24</a>	<a href="#">Salud Carbajal (D)</a>	No	<a href="#">Santa Barbara County Supervisor</a>
<a href="#">California 44</a>	<a href="#">Nanette Barragán (D)</a>	No	<a href="#">Hermosa Beach City Councilwoman</a>
<a href="#">California 46</a>	<a href="#">Lou Correa (D)</a>	No	State Senator, Orange County Supervisor, State Assemblyman
<a href="#">Delaware at-large</a>	<a href="#">Lisa Blunt Rochester(D)</a>	No	<a href="#">State Labor Secretary, CEO Metropolitan Wilmington Urban League</a>
<a href="#">Florida 2</a>	<a href="#">Neal Dunn (R)</a>	Yes	Surgeon; Major, U.S. Army
<a href="#">Florida 4</a>	<a href="#">John Rutherford (R)</a>	No	<a href="#">Sheriff, Duval County</a>
<a href="#">Florida 5</a>	<a href="#">Al Lawson (D)</a>	No	<a href="#">State Senator</a>
<a href="#">Florida 7</a>	<a href="#">Stephanie Murphy (D)</a>	Yes	<a href="#">Professor, Rollins College; National Security Specialist</a>
<a href="#">Florida 9</a>	<a href="#">Darren Soto (D)</a>	No	State Senator, State Representative
<a href="#">Florida 10</a>	<a href="#">Val Demings (D)</a>	Yes	<a href="#">Chief, Orlando Police Department</a>
<a href="#">Florida 13</a>	<a href="#">Charlie Crist (D)</a>	Yes	Governor of Florida, Attorney General, Commissioner of Education
<a href="#">Florida 18</a>	<a href="#">Brian Mast (R)</a>	Yes	Explosives specialist; Staff Sergeant, U.S. Army
<a href="#">Florida 19</a>	<a href="#">Francis Rooney (R)</a>	No	<a href="#">United States Ambassador to the Holy See</a>
<a href="#">Georgia 3</a>	<a href="#">Drew Ferguson (R)</a>	No	<a href="#">Mayor of West Point</a>
<a href="#">Hawaii 1</a>	<a href="#">Colleen Hanabusa (D)</a>	No	<a href="#">State Senator; State Senate President; U.S. Representative for HI-1 (2011-2015)</a>
<a href="#">Illinois 8</a>	<a href="#">Raja Krishnamoorthi(D)</a>	No	Businessman, Deputy state treasurer
<a href="#">Illinois 10</a>	<a href="#">Brad Schneider (D)</a>	Yes	U.S. Representative for IL-10 (2013–2015)
<a href="#">Indiana 3</a>	<a href="#">Jim Banks (R)</a>	No	<a href="#">State Senator; Lieutenant, U.S. Navy</a>
<a href="#">Indiana 9</a>	<a href="#">Trey Hollingsworth (R)</a>	No	Businessman
<a href="#">Kansas 1</a>	<a href="#">Roger Marshall (R)</a>	No	Obstetrician; Captain, U.S. Army

## House of Representatives- New members in 115th Congress

District	Representative	Party change	Prior background
<a href="#">Louisiana 3</a>	TBD (R)	No	
<a href="#">Louisiana 4</a>	TBD	TBD	
<a href="#">Maryland 8</a>	<a href="#">Jamie Raskin (D)</a>	No	<a href="#">State Senator, Law professor, Author</a>
<a href="#">Michigan 1</a>	<a href="#">Jack Bergman (R)</a>	No	Lieutenant General, U.S. Marine Corps
<a href="#">Michigan 10</a>	<a href="#">Paul Mitchell (R)</a>	No	<a href="#">Chairman, Faith and Freedom Coalition Michigan</a>
<a href="#">Minnesota 2</a>	<a href="#">Jason Lewis (R)</a>	No	Radio talk show host
<a href="#">Nebraska 2</a>	<a href="#">Don Bacon (R)</a>	Yes	Brigadier General, U.S. Air Force
<a href="#">Nevada 3</a>	<a href="#">Jacky Rosen (D)</a>	Yes	Computer programmer; President, Congregation Ner Tamid
<a href="#">Nevada 4</a>	<a href="#">Ruben Kihuen (D)</a>	Yes	<a href="#">State Senator, State Assemblyman</a>
<a href="#">New Hampshire 1</a>	<a href="#">Carol Shea-Porter (D)</a>	Yes	U.S. Representative for NH-1 (2007–2011; 2013–2015)
<a href="#">New Jersey 5</a>	<a href="#">Josh Gottheimer (D)</a>	Yes	Government staffer, speechwriter
<a href="#">New York 3</a>	<a href="#">Thomas Suozzi (D)</a>	No	Nassau County Executive, Mayor of Glen Cove
<a href="#">New York 19</a>	<a href="#">John Faso (R)</a>	No	<a href="#">State Assemblyman</a>
<a href="#">New York 22</a>	<a href="#">Claudia Tenney (R)</a>	No	State Assemblywoman, legislative staffer
<a href="#">North Carolina 13</a>	<a href="#">Ted Budd (R)</a>	No	businessman
<a href="#">Pennsylvania 8</a>	<a href="#">Brian Fitzpatrick (R)</a>	No	<a href="#">Special Agent, FBI</a>
<a href="#">Pennsylvania 16</a>	<a href="#">Lloyd Smucker (R)</a>	No	<a href="#">State Senator</a>
<a href="#">Tennessee 8</a>	<a href="#">David Kustoff (R)</a>	No	<a href="#">U.S. Attorney, W.D. Tenn.</a>
<a href="#">Texas 15</a>	<a href="#">Vincente González (D)</a>	No	Attorney
<a href="#">Texas 19</a>	<a href="#">Jodey Arrington (R)</a>	No	<a href="#">Businessman, Texas Tech Vice Chancellor, executive staffer</a>
<a href="#">Virginia 2</a>	<a href="#">Scott Taylor (R)</a>	No	State Delegate, Navy SEAL
<a href="#">Virginia 4</a>	<a href="#">Donald McEachin (D)</a>	Yes	<a href="#">State Senator, State Delegate</a>
<a href="#">Virginia 5</a>	<a href="#">Tom Garrett (R)</a>	No	State Senator; Captain, U.S. Army
<a href="#">Washington 7</a>	<a href="#">Pramila Jayapal (D)</a>	No	<a href="#">State Senator; Founder, OneAmerica</a>
<a href="#">Wisconsin 8</a>	<a href="#">Mike Gallagher (R)</a>	No	Businessman; Veteran, U.S. Marine Corps
<a href="#">Wyoming at-large</a>	<a href="#">Liz Cheney (R)</a>	No	Executive staffer

## Senate- New members in 115th Congress

State	Senator	Party change	Prior background
California	<a href="#">Kamala Harris (D)</a>	No	Attorney General of California, San Francisco District Attorney
Illinois	<a href="#">Tammy Duckworth (D)</a>	Yes	U.S Representative, Assistant Secretary of Veterans' Affairs, Lt Colonel US Army
Indiana	<a href="#">Todd Young (R)</a>	No	U.S. Representative, Captain, U.S. Marine Corps
Louisiana	<a href="#">TBD</a>	TBD	
Maryland	<a href="#">Chris Van Hollen (D)</a>	No	U.S. Representative, State Senator and Delegate
New Hampshire	<a href="#">Maggie Hassan (D)</a>	Yes	Governor of New Hampshire, State Senate Majority Leader
Nevada	<a href="#">Catherine Cortez Masto (D)</a>	No	Nevada Attorney General Attorney

# Resources

## [We say, they hear ... Messaging for Congressional meetings](#)

In 2013, the League hired a consultant to do confidential interviews with key transportation stakeholders, both those in Congressional offices, and other major players (such as the Chamber of Commerce, transit interests, etc.).

We learned quite a bit about how Congressional offices viewed bicyclists and how they heard the messages we were touting in lobby visits.

While there are no magic words that will change the mind of your Representative or Senator all of a sudden, there are some phrases that may rub them the wrong way.

For more examples of “We say, they hear” messaging tips for Congressional meetings:  
[http://bikeleague.org/sites/default/files/Messaging-We\\_say\\_they\\_hear.pdf](http://bikeleague.org/sites/default/files/Messaging-We_say_they_hear.pdf)

## **Bike friendly Score Card for incumbent members of Congress:**

[Bikeleague.org/TakeAction](http://Bikeleague.org/TakeAction)

Enter your address, and click on scorecard.

## **Bicycle Friendly America**

Awards database: it can be helpful to show a Member of Congress or Senator the communities and businesses in their state that are certified as bicycle friendly. <http://bikeleague.org/bfa/awards>

State Report Card: This is an opportunity to start a conversation on the state of bicycling in your state. <http://bikeleague.org/content/report-cards>