

Draft Technical Memorandum #9:  
Preferred and Financially Constrained Plan  
Attachment B  
Active Transportation Plan Supporting Information

Attachment B  
Active Transportation Plan Supporting Information  
Bikeway Project Prioritization

City of Ashland Updated TSP - Bikeway Project Prioritization

Project #	Facility Type	Project Name	Description	Priority	Functional Classification	Safe Routes to School Score	Functional Classification Score	Land Use/Demand Score	Total Score	Length	Total Cost (Rounded)
2	Bicycle Blvd	Wimer	From Thornton St to Main St	High	AVENUE	1	0.75	0.75	2.50	0.56	\$50,000
5	Bicycle Blvd	Scenic/Nutley	From Wimer St to Winburn Way	High	AVENUE	1	0.75	0.75	2.50	0.85	\$100,000
7	Bike Lane	Iowa St	From Terrace St to road terminus	High	AVENUE	1	0.75	1.00	2.75	1.13	\$250,000
10	Bike Lane	Mountain	From Siskiyou Blvd to Prospect St	High	AVENUE	1	0.75	1.00	2.75	0.51	\$100,000
11	Bicycle Blvd	Wightman	From road end to Siskiyou Blvd	High	AVENUE	1	0.75	0.75	2.50	0.87	\$100,000
13	Bicycle Blvd	B St	From Oak St to Mountain Ave	High	AVENUE	1	0.75	1.00	2.75	0.77	\$100,000
16	Buffered Bike Lane	Lithia Way	From Helman St to Siskiyou Blvd	High	BOULEVARD	1	1.00	1.00	3.00	0.54	\$150,000
17	Buffered Bike Lane	Main	From Helman St to Siskiyou Blvd	High	BOULEVARD	1	1.00	1.00	3.00	0.48	\$100,000
19	Bicycle Blvd	Helman	From Nevada St to Main St	High	AVENUE	1	0.75	1.00	2.75	0.85	\$100,000
26	Bike Lane	Normal	From the existing rail line to Siskiyou Blvd	High	AVENUE	1	0.75	1.00	2.75	0.51	\$100,000
31	Bicycle Blvd	Indiana	Siskiyou Blvd to Woodland Dr	High	NEIGHBORHOOD	1	0.50	0.75	2.25	0.41	\$50,000
33	Bicycle Blvd	8th	A St to Main St	High	LOCAL	1	0.50	0.75	2.25	0.22	\$50,000
3	Bike Lane	Nevada	From Vansant St to Mountain Ave	Med	AVENUE	0	0.75	1.00	1.75	1.09	\$250,000
9	Bicycle Blvd	Ashland St	From Guthrie St to S Mountain Ave	Med	LOCAL/AVENUE	1	0.75	0.50	2.25	0.66	\$50,000
18	Bike Lane	Main	From Jackson St to Helman St	Med	BOULEVARD	0	1.00	1.00	2.00	1.22	\$250,000
20	Bicycle Blvd	Water	From Hersey St to Main St	Med	LOCAL	1	0.50	0.75	2.25	0.33	\$50,000
23	Bike Lane	Tolman Creek	From Audry St to Proposed bike path	Med	AVENUE	1	0.75	0.00	1.75	0.19	\$50,000
25	Bike Lane	Tolman Creek	From Siskiyou Blvd to Crestview St	Med	AVENUE	0	0.75	1.00	1.75	0.89	\$200,000
29	Bike Lane	Walker	From Siskiyou Blvd to Peachey Rd	Med	AVENUE	1	0.75	0.50	2.25	0.45	\$100,000
37	Bicycle Blvd	Clay	From Siskiyou Blvd to Canyon Park Dr	Med	AVENUE	1	0.75	0.50	2.25	0.75	\$50,000
1	Bicycle Blvd	Shoefield/Monte Vista/Walnut/Grant/Chestnut	From Main St to Wimer St	Low	LOCAL/AVENUE	0	0.50	1.00	1.50	1.12	\$100,000
4	Bicycle Blvd	Glendower	From the existing bike path to Nevada St	Low	LOCAL	0	0.50	0.50	1.00	0.25	\$50,000
6	Shared Space	Wilburn	From Calle Guanajuato to Nutley St	Low	AVENUE	0	0.75	0.50	1.25	0.15	cost info not available
8	Bicycle Blvd	Morton St	From Sikiyou Blvd to Ashland St	Low	AVENUE	0	0.75	0.75	1.50	0.61	\$50,000
12	Bicycle Blvd	Wightman	From road end to Siskiyou Blvd	Low	NEIGHBORHOOD	0	0.50	0.50	1.00	0.87	\$100,000
14	Shared Space	A St	From Oak St to 6th St	Low	AVENUE	0	0.75	0.50	1.25	0.47	cost info not available
15	Bicycle Blvd	Pioneer	Main St to Existing Bike Path	Low	LOCAL	0	0.50	0.50	1.00	0.18	\$50,000
21	Bike Lane	Oak	From Nevada St to Main St	Low	AVENUE	0	0.75	0.75	1.50	0.99	\$200,000
22	Bicycle Blvd	Clay	From Main St to Ashland St	Low	AVENUE	0	0.75	0.50	1.25	0.59	\$50,000
24	Bike Lane	Clover	From Ashland St to Proposed bike path	Low	LOCAL	0	0.50	0.50	1.00	0.19	\$50,000
28	Bicycle Blvd	Clay	From the existing rail ine to Siskiyou Blvd	Low	LOCAL	0	0.50	0.50	1.00	0.75	\$50,000
30	Bike Lane	Ashland	From I-5 Exit 14 SB to Hwy 66	Low	BOULEVARD	0	1.00	0.50	1.50	0.47	\$100,000
32	Bike Lane	Hersey	Ann St to Mountain Ave	Low	AVENUE	0	0.75	0.50	1.25	0.16	\$50,000
34	Bicycle Blvd	1st	A St to Main St	Low	LOCAL	0	0.50	0.75	1.25	0.23	\$50,000
35	Bike Lane	Railroad Property	From Railroad to N Mountain Ave	Low	UNKNOWN	0	0.50	0.50	1.00	0.18	\$50,000

Attachment B  
Active Transportation Plan Supporting Information  
Pedestrian Project Prioritization



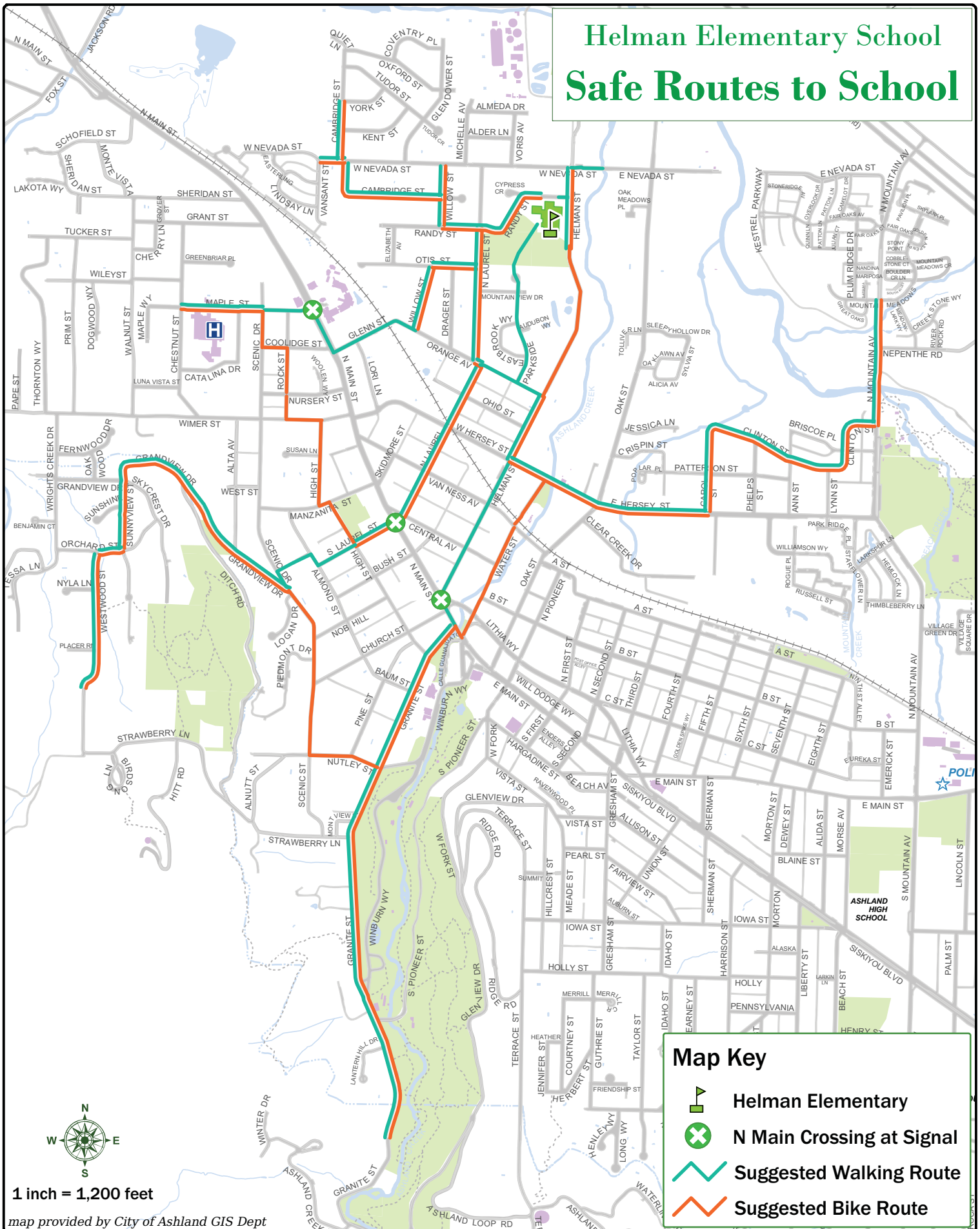
City of Ashland Updated TSP - Pedestrian Project Prioritization

Project #	Project Name	Description	Priority	Functional Classification	Safe Routes to School Score	Functional Classification	Land Use/Demand Score	Total Score	Length	Total Cost (Rounded)
5	Glenn St/Orange Ave	From Main St to 175' east of Willow St	High	AVENUE	1.00	0.75	0.75	2.50	0.20	\$200,000.00
7	Hersey St	From Main St to Oak St	High	AVENUE	1.00	0.75	0.75	2.50	0.50	\$750,000.00
8	Wimer St	From Thorntonm Wy to Main St	High	AVENUE	1.00	0.75	0.75	2.50	0.56	\$800,000.00
9	Maple St	From Chestnut St to 150' east of Rock St	High	AVENUE	1.00	0.75	0.75	2.50	0.14	\$100,000.00
10	Scenic Dr	From Maple St to Grandview Dr	High	AVENUE	1.00	0.75	0.75	2.50	0.53	\$900,000.00
23	Wightman St	From 200' north of Main St to 625' south of Main St	High	AVENUE	1.00	0.75	1.00	2.75	0.47	\$400,000.00
25	Walker Ave	950' north of Iowa St to Siskiyou Blvd	High	AVENUE	1.00	0.75	1.00	2.75	0.59	\$750,000.00
26	Normal Ave	From 350' north of Homes Ave to Siskiyou Blvd	High	AVENUE	1.00	0.75	1.00	2.75	0.51	\$400,000.00
27	Walker Ave	From 100' north of Oregon St to Peachey Rd	High	AVENUE	1.00	0.75	1.00	2.75	0.41	\$600,000.00
28	Ashland St	From Guthrie St to Mountain Ave	High	AVENUE	1.00	0.75	1.00	2.75	0.58	\$850,000.00
35	Siskiyou Blvd	From Walker Ave to City Limits	High	BOULEVARD	1.00	1.00	1.00	3.00	0.88	\$800,000.00
38	Clay St	From Siskiyou Blvd to southern terminus	High	AVENUE	1.00	0.75	0.75	2.50	0.36	\$500,000.00
43	Tolman Creek Rd	From 550' north of Tolman Creek Rd to 650' north of Ashland St	High	AVENUE	1.00	0.75	0.75	2.50	0.32	\$250,000.00
1	N Main St/Hwy 99	From 200' north of Jackson Rd to 100' south of Sheridan St	Med	BOULEVARD	0.00	1.00	0.50	1.50	0.39	\$450,000.00
4	Laurel St	From Nevada St to Orange Ave	Med	AVENUE	1.00	0.75	0.50	2.25	0.33	\$500,000.00
6	Orange Ave	175' west of Drager St to Helman St	Med	AVENUE	1.00	0.75	0.50	2.25	0.22	\$250,000.00
11	Grandview Dr/Scenic Dr	From Skycrest Dr to Strawberry Ln	Med	AVENUE	1.00	0.50	0.50	2.00	0.91	\$1,200,000.00
12	Westwood St	From Orchard St to Strawberry Ln	Med	NEIGHBORHOOD	1.00	0.50	0.50	2.00	0.37	\$300,000.00
14	Nutley St	From western terminus to 100' east of Pine St	Med	AVENUE	1.00	0.75	0.50	2.25	0.20	\$250,000.00
16	Church St	From High St to Scenic Dr	Med	AVENUE	0.00	0.75	1.00	1.75	0.16	\$200,000.00
17	Beaver Slide	From Water St to Lithia Wy	Med	LOCAL	0.00	0.50	1.00	1.50	0.05	\$50,000.00
18	A St	From 3rd St to 100' west of 6th St	Med	AVENUE	0.00	0.75	1.00	1.75	0.18	\$250,000.00
19	Hersey St	From 675' west of Carol St to 100' east of Ann St	Med	AVENUE	1.00	0.75	0.50	2.25	0.28	\$250,000.00
22	Mountain Ave	From 100' south of Village Green Wy to Iowa St	Med	AVENUE	0.00	0.75	1.00	1.75	0.54	\$450,000.00
24	Main St	From Walker Ave to 800' east of Walker Ave	Med	BOULEVARD	0.00	1.00	0.75	1.75	0.15	\$250,000.00
30	Gresham St	From Vista St to Holly St	Med	AVENUE	0.00	0.50	1.00	1.50	0.28	\$300,000.00
33	Morton St	From Euclid Ave to Ashland St	Med	AVENUE	0.00	0.75	0.75	1.50	0.17	\$300,000.00
34	Beach St	From Henry St to Ashland St	Med	AVENUE	0.00	0.75	0.75	1.50	0.14	\$100,000.00
36	Mistletoe Rd	From Tolman Creek Rd to 675' north of Siskiyou Blvd	Med	AVENUE	0.00	0.75	1.00	1.75	0.76	\$950,000.00
37	Clay St	From Faith Ave to Siskiyou Blvd	Med	LOCAL	1.00	0.50	0.75	2.25	0.64	\$1,000,000.00
39	Park St	From Siskiyou Blvd to Crestview Dr	Med	AVENUE	0.00	0.75	0.75	1.50	0.42	\$700,000.00
45	Ashland St	From 300' east of Faith Ave to 400' west of Clay St	Med	BOULEVARD	0.00	1.00	0.75	1.75	0.10	\$150,000.00
46	Ashland St	From I-5 off-ramp to Clover Ln	Med	BOULEVARD	0.00	1.00	0.50	1.50	0.16	\$250,000.00
49	Ashland St/Hwy 66	From 150' west of Sutton Pl to Crowson Rd	Med	BOULEVARD	0.00	1.00	0.50	1.50	0.88	\$800,000.00
51	Chestnut St	From 375' north of Catalina Dr to Wimer St	Med	AVENUE	0.00	0.75	1.00	1.75	0.18	\$250,000.00
53	Fordyce St	From northern terminus to Seena Ln	Med	NEIGHBORHOOD	1.00	0.50	0.50	2.00	0.03	\$50,000.00
54	Iowa St	From Terrace St to Auburn St	Med	AVENUE	1.00	0.75	0.50	2.25	0.21	\$350,000.00
55	Laurel St	From Orange Ave to Hersey St	Med	AVENUE	0.00	0.75	0.75	1.50	0.13	\$200,000.00
58	Helman St	From 1500' north of Orange Ave to Van Ness Ave	Med	AVENUE	1.00	0.75	0.50	2.25	0.37	\$300,000.00
2	Ashland Mine Rd/Fox St/Main St	From City Limits to Hwy 99	Low	AVENUE	0.00	0.75	0.50	1.25	0.39	\$650,000.00
3	Nevada St	From Cambridge St to Oak St	Low	AVENUE	0.00	0.75	0.50	1.25	0.52	\$450,000.00
13	Strawberry Ln	From Westwood Dr to Granite St	Low	NEIGHBORHOOD	0.00	0.50	0.50	1.00	0.60	\$500,000.00
15	Alnutt St	From Nutley St to Strawberry Ln	Low	NEIGHBORHOOD	0.00	0.50	0.50	1.00	0.15	\$250,000.00
20	Oak St	From City Limits to Van Ness Ave	Low	AVENUE	0.00	0.75	0.50	1.25	0.69	\$600,000.00
21	Mountain Ave	From 200' north of Nepenthe Rd to 450' south of Nepenthe Rd	Low	AVENUE	0.00	0.75	0.50	1.25	0.14	\$100,000.00
29	Holly St	From Terrace St to Morton St	Low	NEIGHBORHOOD	0.00	0.50	0.75	1.25	0.45	\$750,000.00
31	Guthrie St	From Holly St to Ashland St	Low	AVENUE	0.00	0.75	0.50	1.25	0.25	\$300,000.00
32	Terrace St	From Glenview Dr to southern terminus	Low	LOCAL	0.00	0.50	0.50	1.00	0.96	\$1,500,000.00
40	CrestviewDr/Hillview Dr	From Siskiyou Blvd to Park St	Low	NEIGHBORHOOD	0.00	0.50	0.75	1.25	0.61	\$950,000.00
41	Indiana St	From Oregon St to Woodland Dr	Low	NEIGHBORHOOD	0.00	0.50	0.75	1.25	0.18	\$300,000.00
42	Mountain Ave	From Ashland St to southern terminus	Low	NEIGHBORHOOD	0.00	0.50	0.50	1.00	0.50	\$800,000.00
44	Clay St	From Main St to Ashland St	Low	AVENUE	0.00	0.75	0.75	1.50	0.43	\$500,000.00
47	Washington St	From Ashland St to City Limits	Low	NEIGHBORHOOD	0.00	0.50	0.50	1.00	0.24	\$250,000.00
48	Dead Indian Memorial Rd	From 300' north of Airport Rd to Hwy 66	Low	AVENUE	0.00	0.75	0.50	1.25	0.23	\$250,000.00
50	Crowson Rd	Hwy 66 to 200' north of I-5	Low	AVENUE	0.00	0.75	0.50	1.25	0.41	\$350,000.00
52	Main St/Oak Knoll Dr	200' north of Hwy 66 to Twin Pines Cr	Low	AVENUE	0.00	0.75	0.50	1.25	0.55	\$900,000.00
56	Peachey Rd	From Walker Ave to Hillview Dr	Low	LOCAL	0.00	0.50	0.50	1.00	0.23	\$400,000.00
57	Tolman Creek Rd	From Siskiyou Blvd to City Limits	Low	AVENUE	0.00	0.75	0.50	1.25	0.56	\$850,000.00

\* Cost estimates may vary due to some projects requiring sidewalk infill on one side, both sides, or a combination

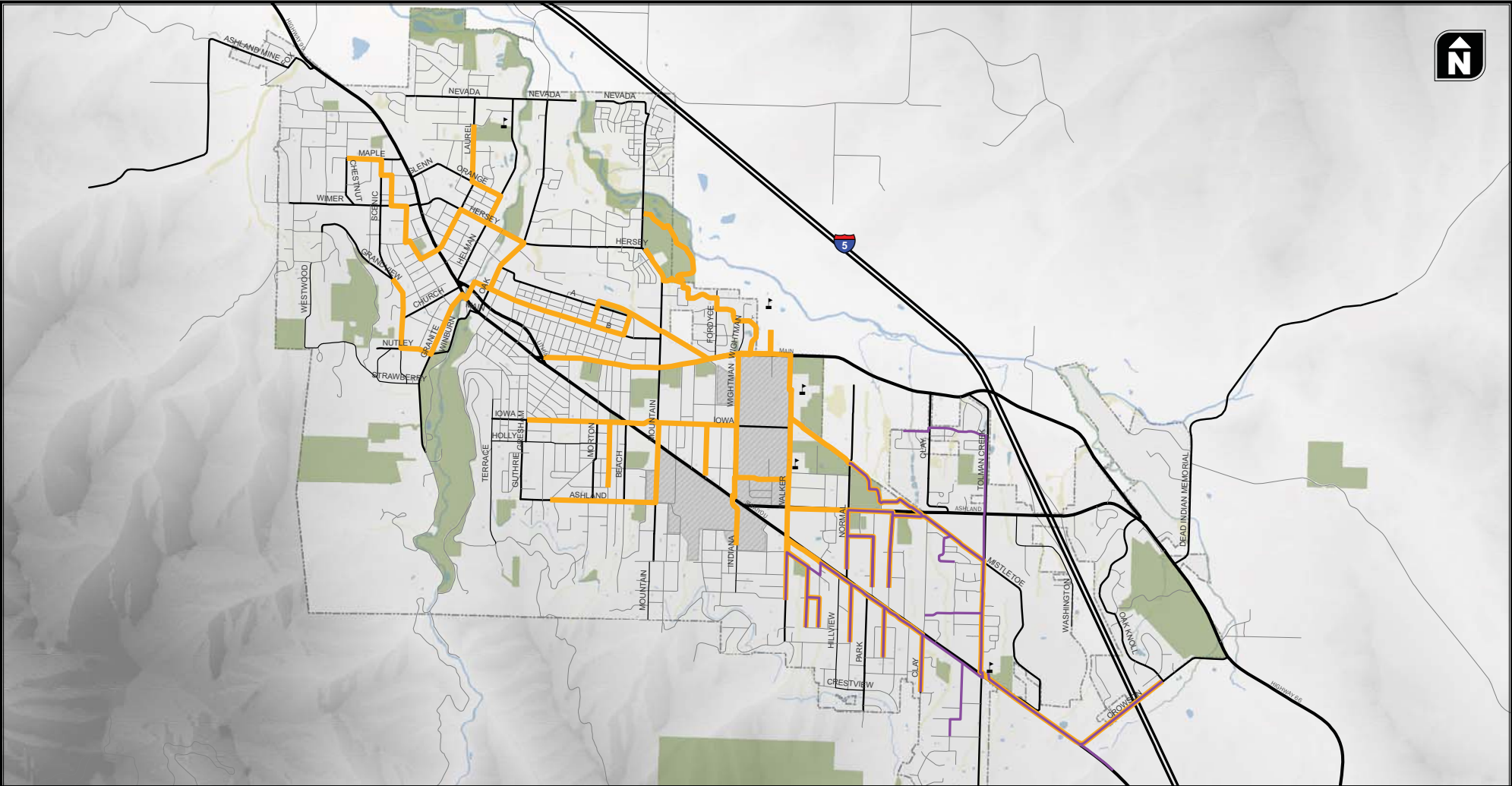
Attachment B  
Active Transportation Plan Supporting Information  
Ashland Safe Routes to School Maps

# Helman Elementary School Safe Routes to School



map provided by City of Ashland GIS Dept

map generated 8/1/2007, currently working on Walker School safe routes.



- Bellview Elementary Safe Routes
- Willow Wind Community Learning Center Safe Routes
- Rivers
- Parks
- Wetlands
- City Limits

Based on information prepared by the City of Ashland

## Bellview and Willow Wind Safe Routes to School



Figure

Attachment B  
Active Transportation Plan Supporting Information  
Pedestrian and Bicycle Treatment Toolbox



# Innovative Bicycle Facilities

## Colored Bike Lanes

Colored bike lanes are used in areas where automobiles and bicycles cross paths and it is not clear who has the right-of-way. Colored bike lanes and accompanying signs assign priority to the bicyclist. Studies showed that motorists yield more often to cyclists once colored lanes were installed.



## Signs and Pavement Markings

Pavement markings can be used on bicycle boulevards, which are low-traffic bike routes without bike lanes. Destination signs can be located around a city's bikeway network to tell cyclists how to get to popular destinations, and how long it will take at a certain pace.



## Shared Lane Marking

Shared-lane markings or “sharrows” are designed to inform motorists to expect cyclists to be in the middle of the travel lane, and to inform cyclists that they should be in the travel lane and away from parked cars. Studies have shown that shared-lane markings improve both cyclist positioning and motorist behavior.



## Cycle Tracks

A cycle track is a bicycle facility that combines a separated path with the on-street infrastructure of a conventional bike lane. They are intended primarily for cyclists and are separated from vehicle travel lanes, parking lanes, and sidewalks.



## Bike Boxes

Bike boxes give cyclists priority on bicycle streets by allowing them to go to the head of the line at a red light. This also makes it easier and safer for bicyclists to proceed once the signal turns green.



## On-Street Bike Parking

High-volume, on-street bicycle parking removes an auto parking spot and fills it with bike racks. These projects can be very popular with bicyclists and merchants. In places with narrow sidewalks and many bicyclists, it frees up the sidewalk for pedestrians while also accommodating parked bikes.





# Innovative Bicycle Facilities

## Bike Left-Turn Lanes

Bike left-turn lanes help bicyclists through a dog-leg in the bike route. They are created by removing auto parking spots and re-distributing that space to the center of the street.



## Buffered Bike Lane

Bicycle lane with a buffer to increase the space between the bicycle lanes and auto lane or parked cars



## Bike-Only Signals

There are a variety of signal options available for cyclists. One option allows the user to press a signal actuator, so that auto traffic will stop to allow the cyclist to go. At some locations, a bicycle-only signal tells the cyclist when it is safe to cross.



## Bike Share/Hire

Bicycle sharing is gaining momentum globally, helping cities become greener, quieter and healthier places to live. It is a unique opportunity to convert non-bicyclists to cycling, and to increase visibility of bicycles. Funding for the initial capital outlay is the key planning step. Options include public funds, private sponsors and advertising.



## Bike-Only Entry

A number of intersections and neighborhood streets in Portland allow only bicycles to pass through the entry to the street. Intersections are marked with "Do Not Enter Except Bicycles" signs.



## Automatic Counters

Utilized in places such as Copenhagen, automatic counters provide a highly visible display of the number of bicycles that have passed a given point.





# Innovative Pedestrian Facilities

## Sidewalks

Good sidewalks are continuous, accessible to everyone, provide adequate travel width and feel safe. Sidewalks can provide social spaces for people to interact and contribute to quality of place.



## ADA Curb Ramps

Curb ramps are a fundamental element of an accessible public realm. A sidewalk without a curb ramp can be useless to someone in a wheelchair, forcing them back to a driveway and out into the street for access. Truncated domes provide a cue to visually-impaired pedestrians that they are entering a street or intersection.



## Transit Stop Enhancements

Providing amenities at transit stops, such as benches, trash receptacles, shelters, and lighting can significantly increase user comfort and willingness to wait. Enhancing transit stops may increase transit usage.



## Pedestrian Refuge Islands

Refuge islands allow pedestrians to cross one segment of the street to a relatively safe location out of the travel lanes, and then continue across the next segment in a separate gap. At unsignalized crosswalks on a two-way street, a median refuge island allows the pedestrian to tackle each direction of traffic separately.



## Curb Extensions

Curb extensions are one way to reduce the crossing distance for pedestrians. They allow pedestrians to move safely beyond a lane of parked cars to a position where they can see and be seen as they begin their crossing. Curb extensions can also provide an area for accessible transit stops and other pedestrian amenities and street furnishings.



## Enhanced Pedestrian Signals

Enhanced Pedestrian Signals include features designed to make crossing easier, specifically for people with a disability (e.g., audible signals) or in areas where crossing is difficult due to limited traffic gaps or long blocks length (e.g., pedestrian only signals at mid-block crossings).





# Innovative Pedestrian Facilities

## Streetscape Improvements

Streetscape improvements include features that enhance the pedestrian experience. These include public art, pocket parks, ornamental lighting, gateway features and street furniture. Many of these improvements can easily integrate environmentally-friendly “green” elements.



## HAWK Signals

An emerging signal technique, HAWK signals stop vehicle traffic when activated by a pedestrian or bicyclist (either by a push button or in-pavement loop detector). This technique is useful at trail/roadway crossings and other intersections experiencing frequent pedestrian crossing movements.



## Grade Separated Crossing

Grade separated crossings physically separate the crossing of pedestrian traffic from motor vehicle flow. They may eliminate vehicular-pedestrian conflicts but are necessarily limited to selected locations where the benefits clearly balance the public investment.



## Pedestrian Countdown Signals

Countdown signals display the number of seconds remaining for a pedestrian to complete a crossing, enabling users to make their own judgment whether to cross or wait. The allotted time can be adjusted to accommodate slower pedestrians, such as seniors or children.



## Colored/Textured Crosswalks

Colored or textured crosswalks heighten driver awareness of pedestrian crossings by providing an additional visual cue beyond traditional crosswalk markings.



## Driveway Consolidation

Consolidating driveways along a roadway reduces the number of conflict points between pedestrians on the sidewalk and vehicles entering or leaving driveways. This strategy may also improve vehicle traffic flow on the roadway.

Attachment B

Active Transportation Plan Supporting Information

Sample Material for TravelSmart Program



# GETTING AROUND PORTLAND'S NORTHEAST HUB

TRANSPORTATION OPTIONS [WWW.GETTINGAROUNDPORTLAND.ORG](http://WWW.GETTINGAROUNDPORTLAND.ORG)

MAY / JUNE 2006

## MAY IS NATIONAL BIKE MONTH

May is National Bike Month and Portland has lots of opportunities for you to enjoy the spring flowers by your own pedal power.

Several Bike to Work Day celebrations will be held, including free continental breakfasts for bicyclists May 17 at Pioneer Courthouse Square (downtown) and May 19 at Oregon Square (Lloyd District). If you drive to work, think about joining the fun and try a bike commute instead. You'll find it feels GREAT!

Women on Bikes clinics and rides begin in May, and we'll offer our signature Summer Cycle rides, the Tour de Hub and a very special Bike Summit on June 17 at PSU's Smith Center.

For more information on all the fun events check out [www.getting-aroundportland.org](http://www.getting-aroundportland.org).

## New Northeast Portland Walking Map

Walking – the perfect solution to getting more exercise, running errands, and discovering your neighborhood. The new NE Portland Walking Map can show you how to get there: to the store, the park, the post office and more by foot, bus and even bike. The latest in the series of Portland Walking Maps, the NE map shows grocery stores, libraries, swimming pools, and shopping areas plus walking trails and stairs, bus routes and stops, bike routes and more.

Not sure where to get started walking? The back of the map has five sample walks with detailed directions to some of best spots to get out and see Northeast Portland neighborhoods. The Alameda Ridge walk features spectacular views (and spectacular stairs); the Three Parks walk shows off green space in East Portland; and the Irvington walk takes a tour of gorgeous historic homes and heritage trees. The Ten Toe Express will offer many of these as guided walks during the spring, summer and fall.

In addition to all the streets, parks, and schools in Northeast Portland, the map shows where to find public art, bike shops, and special points of interest. Can you find the Perennial Garden in Argay? What about the Lizard Bench in Irvington? Get the map and

wonder no more – but wander a plenty!

Everyone returning a Transportation Options Order Form receives a NE Portland Walking Map or you can order one online at [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org). For more information contact Timo Forsberg at 503-823-7699 or [timothy.forsberg@pdxtrans.org](mailto:timothy.forsberg@pdxtrans.org).



To find out more about Transportation Options Getting Around Portland programs, contact Linda Ginenthal at 503-823-5266 or [linda.ginenthal@pdxtrans.org](mailto:linda.ginenthal@pdxtrans.org)



MLK STREET IMPROVEMENTS

In mid May a contractor for the City of Portland will begin sidewalk and roadway improvements on Martin Luther King Jr. Blvd from NE Alberta to NE Killingworth St. The final phase of the MLK Street Improvement project based on the MLK Street Plan approved by City Council in 1997, will include new sidewalks, colored pavers and on-street parking from NE Emerson to NE Sumner.

The project will also improve the pedestrian crossing at NE Sumner St., improve drainage and resurface the roadway. Construction will occur during weekday hours from 8 AM to 3:30 PM, and will involve closures of one lane. Paving work may require more extensive closures for limited time periods. For more information contact Dan Layden at 503-823-2804 or e-mail at dan.layden@pdxtrans.org.

Live Smart...Play Smart

Check out one of Options sponsored Smart Living classes; free sessions on health, safety and livability. Options has tapped the shoulders of some Portland authorities on a variety of "smart living" topics.

Take an interactive class on how to get the most out of your bicycle by shopping by bike or touring by bike. You can also learn about running your vehicle on biodeisel or take an introductory yoga session designed for walkers and cyclists. Who guessed living smart was so much fun?

- Spring Schedule
- May 10: Biodiesel Conversion
- May 17: Bike Touring Basics
- May 24: Shopping by Bike
- June 7: Intro to Yoga
- All classes are held at Sabin School at 6:30 p.m. with the exception of Intro to Yoga, which is held at 7:30 p.m. at Harmony Yoga, 2108 NE 41st.

The smartest thing about the Smart Living classes is they're free. So check out the schedule, pick a class or two, or attend all of them. Don't

wait, start living smart today.

For more information or to reserve your spot, contact Jeff Smith at 503-823-7083 or jeff.smith@pdxtrans.org.

Women on Bikes Rides Again

Last year Options introduced Women on Bikes, a fun and active program aimed at increasing the number of women riding bikes in Portland. And we did just that – 75 women participated in our clinics and rides.

Participants told us that barriers to riding more included traffic, weather, hair and make-up, clothes, sweating, shoes, children, not wanting to ride alone and lack of knowledge about bike handling skills, bike routes and routine maintenance. This year we are again featuring our informational clinics on the right bike and gear for you and your bike, recreational riding and commuting, riding techniques, use of the TriMet bus bicycle rack, route planning, laws of the road and bike advocacy. Participants last year wanted more hands-on maintenance time so we are dedicating an entire clinic to getting your hands dirty and learning the basics of bike maintenance,

- "Great to know there's such an organized support network and so many knowledgeable WOMEN around in the industry."
- "It is SO nice to learn from women and be able to ask any questions I have."

flat repair, adjustments and cleaning techniques. We also added a clinic addressing the challenges of riding during fall and winter.

Women on Bikes also features bike rides highlighting routes to points of interest including the Eastbank Esplanade, heritage tree sites, the Marine Drive bike path, farmers markets and the Columbia Slough. The rides are 10-12 miles with opportunities to stop, ask questions and receive instruction. All rides have a ride leader and a sweeper and no one is left behind.

For more information contact Janis McDonald at 503-823-5358 or janis.mcdonald@pdxtrans.org.



# Portland to Host Bike Summit

It takes hard work and vision – and a lot of people – to make a great bike city. While Portland attains repeated top honors as a bicycle friendly city, there is always more that can be done. The month of June offers residents two unique opportunities to see the types of improvements that help make Portland a great bike city and to participate in making it even better.

Check out the new bike improvements at the Hollywood Transit Center that should make

combining trips by bike and transit more convenient.

On June 14, the **Tour de Hub** will offer residents a preview of the Summer

Cycle rides, led weekly in July and August, and TriMet officials will be on site to talk about the amenities and services.

To be a more active participant in the effort

to make Portland a world class bike city, join the City of Portland Office of Transportation Saturday, June 17 for a **Bike Summit**. The Bike Summit gathers neighborhood and bicycle advocates together for workshops, including Innovations in Bikeways Here and Abroad, and a small business symposium aimed at free and

low-cost strategies and tax incentives for small businesses. The Bike Summit will also incorporate many opportunities for advocates to give feedback on expanding and improving the bikeway network.

## One, Two, Three, Turn the Key

Did you know that just 10 seconds of idling pollutes your immediate surroundings and costs you more than turning your vehicle off and restarting it again? Excessive idling

is a problem. Motorists in the U.S. idle their engines an average of 10 minutes per day. One hour of idling can burn 1 gallon of fuel and gets you zero miles to the gallon. Get the instant satisfaction of increased fuel efficiency and more money in your pocket by turning off your car when you know you will be idling for more than a few seconds.

Idling is also a major health concern. According to the American Lung Association each of us breathes 20,000 times and up to 3,400 gallons of air a day. Children breathe twice as fast and inhale more air per pound of body weight than adults, making them even more vulnerable to air pollution. In fact,

asthma is the third leading cause of hospitalization for children under the age of 15. Yet it is estimated that more than a third of parents leave their engines idling when picking up and dropping off children for school and other activities.

Vehicle emissions are the largest contributing factor to air pollution. The combustion of fossil fuels releases several types of air pollutants that are detrimental to our health. These include sulphur dioxides (SOx), nitrogen oxides (NOx), volatile organic compounds (VOCs), particulate matter (PM), carbon monoxide (CO) and other toxins contributing to the formation of atmospheric carbon dioxide (CO2) levels. But all you need to remember is “one, two, three, turn the key” and reduce your idling.

## NEW LAW NEEDS YOU!

A new pedestrian law has been in effect since January 1, 2004 yet many people are still unaware of how the bill has changed crosswalk laws.

Under the new law, drivers must stop for pedestrians at all unsignalized intersections, regardless of the presence of marked or unmarked crosswalks. Remember that every intersection is a legal crosswalk. The crossing area is the continuation of the walking path across the street from sidewalk to sidewalk, or path to path. The new law requires drivers to remain stopped until pedestrians clear the driver's lane and the adjacent lane, whether a vehicle lane, a bike lane, or a parking lane. Vehicles turning at signalized intersections must also observe the new law.

To invoke the law, pedestrians must step into the crosswalk. But pedestrians are advised to exercise the same caution when crossing the street as they did before this new law went into effect. Keep in mind that it takes motorists some time and distance to stop a vehicle once they see you.

With everyone's help, pedestrians and drivers alike, we can all do our part to make our streets safer for others, our children, and ourselves.





Transportation Options  
1120 SW 5th Avenue, Rm 800  
Portland, Oregon 97204  
Commissioner Sam Adams

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PERMIT NO. 653

## LEGACY HOSPITALS OFFER LOW-COST BIKE HELMETS

Helmets of all sizes for \$5. Bike and pedestrian lights also available.

Saturday, May 20, 12:00 noon to 4:00 p.m., Gateway Community Fair, NE 112th and Halsey

Saturday, June 10, 10:00 a.m. to 2:00 p.m., Legacy Salmon Creek Hospital, 2211 NE 139th, Vancouver, WA

Thursday, June 22 and July 20, 3:00 to 5:00 p.m., Legacy Emanuel Hospital, 501 N Graham St

More info at [www.gettingaroundportland.org](http://www.gettingaroundportland.org)

## The Ten Toe Express: A Transportation & Health Partnership

*Walking for short trips is a great transportation option that benefits your health too!*

This is the message Transportation Options is sending with its Ten Toe Express walking campaign. The purpose of the Ten Toe Express is to promote the transportation and health benefits of a more active lifestyle. The campaign message is reinforced by a major sponsorship by Kaiser Permanente.

After successful campaigns in the North Portland Interstate Target Area in 2004, and the Eastside Portland Target Area in 2005, the Options team is working in Northeast Portland for 2006. The centerpiece of the walking campaign is the walking kit including a digital pedometer to count one's steps; the brand new Northeast Portland Walking Map; guided walk schedule; and a Short Tripper coupon book for local businesses with over \$100 in savings. This year six thousand walking kits will be distributed through direct mail orders to residents of

the Sullivan's Gulch, Irvington, Alameda, Sabin, Concordia, Hollywood, Grant Park, Vernon, Woodlawn and the Beaumont-Wilshire neighborhoods.

The Ten Toe Walks, occurring on Thursdays and Saturdays, highlight art on Alberta; architectural history of Hollywood and Sullivan's Gulch; stairs and views of the Alameda ridge, and include a Pup Crawl and a Sketchbook Journal walk. Many of the routes for the 20 walks pass by or stop in for quick visits at local businesses included in the Short Tripper coupon book.

For a walk schedule check out [GettingAroundPortland.org](http://GettingAroundPortland.org), Northeast Hub, Ten Toe Express. For more information on the Ten Toe Express Program contact Rich Cassidy at 503-823-6051 or [rich.cassidy@pdxtrans.org](mailto:rich.cassidy@pdxtrans.org)

# Schedule of Events for May/June

## TEN TOE WALKS

### Irvington Classic Homes and Heritage Trees May 11

Meet at NE corner of NE 15 & Broadway  
Tour Irvington, stopping to admire and hear about classic architectural styles and heritage trees.

### Alameda Ridge and Stairs May 20

Meet at NE 50th & Sandy, next to the Post Office  
Walk this historic neighborhood, enjoying views and boosting your heart rate on seldom seen public stairways. We'll walk up 216 stairs and down 263 so this may be one of the more physically challenging walks this season.

### Beaumont-Wilshire Loop May 25

Meet at Wilshire Park, NE 33rd & Skidmore  
Explore the vibrant neighborhood restaurants and retail shops along NE Fremont.

### Hollywood Farmers Market/Rose City Golf Course Loop June 3

Meet at the NE corner of NE 45th & Hancock  
Meet at the market, get some treats and head off on a walk to and around Rose City Golf Course.

### Historic Hollywood June 8

Meet next to the Hollywood Theater, 4122 NE Sandy  
Portland entered the automobile age with development along Sandy Boulevard in the 1920's. We will explore roadside thematic architecture and one of Portland's earliest named suburbs, Rose City Park, with its charming bungalows. We will also visit the Beverly Cleary Statue Garden in Grant Park. This walk brought to you by the Architectural Heritage Center.

### Historic Sullivan's Gulch June 17

Meet at Lloyd Center MAX Station  
Houseboats once moored in the Willamette at the mouth of Sullivan's Gulch, and a depression era "Hooverville" once hugged its steep sides. Commercial development took much of the elegant housing that once graced the area, but tucked away to the east of Lloyd Center is a gem of a neighborhood with hundred-year old homes and elegant apartment houses from the 1920's. This walk brought to you by the Architectural Heritage Center.

## WOMEN ON BIKES

### FREE CLINICS – SATURDAYS, 10 AM – 1PM

#### Let's Get Rollin' May 20, June 17

Hollywood Library, 4040 NE Tillamook St.  
A 3-hour clinic on choosing the right bike and gear, recreational riding and commuting, riding techniques, bikes on transit, and route planning.

#### Be Your Own Champion June 3

Hollywood Senior Center, 1820 NE 40th Ave.  
A 3-hour clinic covering basic bike maintenance, flat repair, adjustments and cleaning techniques. Bring your bike or a wheel and tools if you have them.

**MONDAY RIDES** Wilshire Park, 6-8 pm, meet at NE 36th & Skidmore

**SATURDAY RIDES** Alberta Park, 9-11 am, meet at NE 19th & Jarrett

#### Downtown/Esplanade May 22, June 24

Experience the ease of getting Downtown.

#### An Ode to Trees June 12

See some of Portland's Heritage Trees as we pedal our way through Northeast.

#### Ride the Ridge June 26

Ride the Alameda Ridge and down to Lloyd District.

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## SMART LIVING

All sessions, with the exception of Yoga (see June 7th) are held at the Sabin Middle School, 4013 NE 18th (2 blocks north of Fremont) beginning at 6:30 PM.

### Biodiesel Conversion

**May 10**

Entrepreneur and author of "Power From the People" Brian Jamison takes you through the steps of brewing your own fuel from vegetable oil and offers practical tips on using biodiesel.

### Bike Touring Basics

**May 17**

Take a vacation in the beautiful Pacific Northwest by bike! Join experienced bike tourists to discuss what to pack, where to go and where to stay.

### Shopping by Bike

**May 24**

Find out how to carry (or pull) groceries, packages and kids. Veteran cyclists will share tips and tricks on how to carry a load by bike and building your own "bike bucket." Call 503-823-7083 to reserve bucket-building materials.

### Introduction to Yoga

**June 7**

Explore the road to feeling more fit, energetic and peaceful. Yoga compliments activities such as biking and walking by maintaining flexibility in muscles. Note time and location: 7:30 PM at Harmony Yoga, 2108 NE 41st (corner of Tillamook & 41st). Wear comfortable clothing. Call 503-823-7083 to reserve a spot.

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## SENIOR STROLLS 2006

### Historic Irvington

**May 17**

*Meet: NW corner of NE Broadway and NE 13th*

Stroll past Irvington's historic homes. A visit to Irvington School and a classic home is included. **Distance:** Approx. 1.7 miles round trip with an opportunity halfway to take Bus #8 back to Broadway. **Bus Lines:** #9 & #77 on NE Broadway, #8 on NE 15th.

### King Neighborhood

**May 24**

*Meet: SE corner of NE MLK Blvd and NE Alberta*

Enjoy this easy stroll along hundred year old homes and newer, infill development. We'll also visit a historic neighborhood church. **Distance:** Approx. .8 mile.

**Bus Lines:** #6 on NE MLK and #72 on NE Alberta.

### Grant Park

**May 31**

*Meet: SW corner NE 33rd and NE Hancock*

Stroll past beautiful historic homes, including children's author Beverly Cleary's childhood home, and visit Grant High. **Distance:** Approx. 1.7 miles round trip. **Bus Lines:** #10 on NE 33rd and #77 on NE Broadway.

### Woodlawn Park

**June 7**

*Meet: North side of NE Dekum at NE Claremont Ave., across from NE Dean St.*

Stroll this unique park and one of Portland's community gardens. A representative from the garden discusses the care of a community garden. A visit to Woodlawn School is included. **Distance:** Approx. 1 mile. **Bus Lines:** #8 and #75 on NE Dekum.

### Sullivan's Gulch

**June 14**

*Meet: E corner of NE Weidler and NE 21st*

Stroll this neighborhood with classic homes and elegant apartment buildings. Learn about a traffic-calming project developed with Fred Meyer. **Distance:** Approx. 1 mile. **Bus Lines:** #9 on NE Weidler and #10 on NE 21st/Broadway/Weidler.

### Alberta Street

**June 21**

*Meet: SE corner of NE Alberta and NE 15th*

Explore the vibrant neighborhood shops and restaurants along this recent streetscape project. See what the community and City did to improve safety and revitalize this district. **Distance:** Approx. 1 mile. **Bus Lines:** #8 on NE 15th, #72 on NE Alberta.

### Lloyd

**June 28**

*Meet: Center of Holladay Park West (south of NE Multnomah, west of NE 13th)*

This stroll passes a popular shopping mall and movie theatres before journeying into the nearby residential area. **Distance:** Approx. 1 mile. **MAX Lines:** Both the Red and Blue line stop at Lloyd Center/NE 11th Avenue station. **Bus Lines:** #8, #10, and #95 on NE Multnomah.





# GETTING AROUND PORTLAND'S NORTHEAST HUB

TRANSPORTATION OPTIONS [WWW.GETTINGAROUNDPORTLAND.ORG](http://WWW.GETTINGAROUNDPORTLAND.ORG)

MARCH \ APRIL 2006

## FREE TRAVEL TOOLS

Watch your mailbox for the Transportation Options Order Form in the coming weeks. This order form offers a variety of valuable tools to help you travel smart.

We will also send you a free gift like this handy umbrella just for responding. So keep an eye out, order up and you'll be traveling around the northeast in comfort and style.



## You Have Options

For the next year Options will be busy in parts of Northeast Portland, the new Transportation Options target area. We call the target area the Northeast Hub.

The NE Hub is bordered by I-84 to the south and the Columbia River to the north and NE MLK Boulevard and approximately NE 42nd to the west and east.

Targeting our efforts to a limited geographical area allows Options to provide numerous opportunities and tools for area residents and employees to learn how to get around by walking, biking, transit, carpooling and other alternatives to driving alone.

Local partnerships mean we can offer area residents benefits we could not afford otherwise. We use hands-on, interactive programs to make these transportation options fun and accessible for all.

With this program Options hopes to promote the benefits of alternative transportation, supply NE residents with the know-how to make new travel choices, and provide the support area residents need to make these changes a part of their life.

You can expect to receive our Transportation Options Order Form in your mailbox in the coming weeks. Use the order form to request a variety of useful travel tools such as a NE Portland Walking Map, a schedule of walks for seniors, transit route information, a Ten Toe Express walking kit or a Portland By Cycle biking kit.

Our aim is to provide you with the materials you need to get around Portland in a variety of ways. A wide range of transportation options is key to preserving our urban transportation network and vital to the area's economic health and livability. So get around and rediscover your Portland neighborhood.



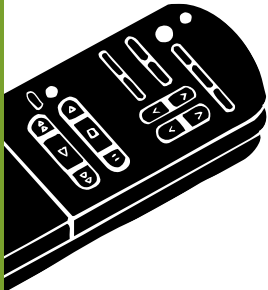
To find out more about Transportation Options Getting Around Portland programs, contact Linda Ginenthal at 503-823-5266 or [linda.ginenthal@pdxtrans.org](mailto:linda.ginenthal@pdxtrans.org)

SANDY BOULEVARD PROJECT

Watch for future improvements on Sandy Boulevard. The Sandy Boulevard Resurfacing and Streetscape Project will implement parts of the Hollywood and Sandy Plan and addresses the section of Sandy between NE 13th and 47th Avenues.

Throughout the project, City and consultant staff worked with a Citizen Advisory Committee (CAC) and the broader community. Participants identified opportunities, constraints, solutions, and recommended improvements. Key issues addressed include prohibited left turns, corridor safety, limited pedestrian crossings and space, transit service and circulation in the Hollywood district. The CAC recommended changes to circulation patterns allowing more left-hand turns to and from Sandy at several locations. Safety, pedestrian and bicycle improvements will include pedestrian refuge islands and curb extensions and a bike lane on Sandy over I-84. Bus-length curb extensions will enhance transit comfort and service.

For more information, contact Chris Armes at 503-823-7051 or [chris.ames@pdxtrans.org](mailto:chris.ames@pdxtrans.org).



Become an Options Ambassador

You can help Portland stay on top as one of the best bicycling and walking cities in North America by becoming an Options Ambassador. The Options Ambassador Program is a limited opportunity for volunteers to get first-hand experience with Transportation Options' staff and reach out to Portland residents. Ambassadors represent the Office of Transportation and encourage motorists, pedestrians, bicyclists and transit riders to share the road and travel safely together. Volunteer activities include bike rides, walks, bicycle helmet fittings, carpool promotion and events such as neighborhood and street fairs. Ambassadors commit to at least two events throughout the spring, summer and fall of 2006.

Selected Ambassador applicants participate in a 3-hour training on the information and skills necessary to talk with the public about all of Portland's transportation options. Additionally, Ambassadors get an official Transportation Options T-shirt, an Ambassador Academy Certificate, a variety of walking, biking and transit incentives throughout the summer, and an opportunity to expand their knowledge and skills. To apply for the Transportation Options Ambassadors Program, or for more information, contact Janis McDonald at 503-823-5358 or [janis.mcdonald@pdxtrans.org](mailto:janis.mcdonald@pdxtrans.org).

Turn off the TV and Tune in to a Healthier Lifestyle

The escalating effects of inactivity such as obesity and diabetes continue to take a toll on our population. Obesity alone affects more than one in four adults and accounts for an estimated 300,000 premature deaths each year. More than 60 percent of Americans do not get enough physical exercise to stay healthy and 25 percent engage in no physical activity whatsoever. For many Americans the simplest act of turning off the TV can improve health. "The easiest way to reduce inactivity is to turn off the TV set. Almost anything else uses more energy than watching TV" according to Dr. William Dietz, Director of the Division

TV-Turnoff Tips

- Keep TV turned off during meals
- Exercise as a family by taking walks or riding bikes in your neighborhood
- Take care of shopping and other needs by walking and biking and shopping locally in your neighborhood
- Don't worry if children complain or say they are bored. Boredom passes and can lead to creativity and more activity

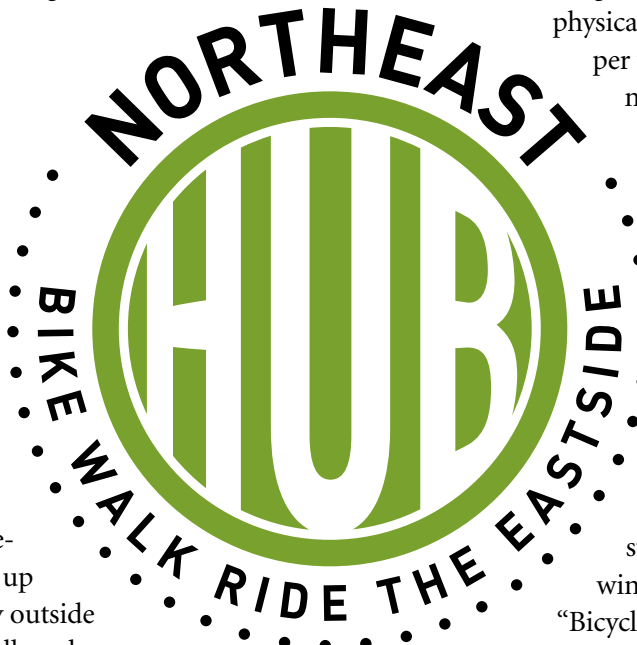
consider this - Americans watch an average of three to four hours of television each day. Cutting back on television frees up time to play outside or take a walk and explore your neighborhood. Watching television also encourages an unhealthy diet. One study documented 202 junk food ads during four hours of Saturday morning cartoons. That's more than eight commercials for unhealthy foods for each 10 minutes of airtime. Because children are influenced by parents' actions, it's important that whatever effort you make to exercise more, eat better, or watch less television, is done as a family.

of Nutrition and Physical Activity at the Centers for Disease Control. If you think you don't have time to exercise,

Senior Strolls for the Health of It

When it comes to physical activity and aging, it's never too late to become physically active. Even a small amount of activity can result in better health. Spending at least 30 minutes in moderate activity on all or most days of the week has remarkable health benefits for older adults. The lack of physical activity is an important contributor to many chronic diseases in older adults, including heart disease, diabetes, colon cancer, and high blood pressure. According to the U.S. Department of Health and Human Services only 31 percent of individuals aged 65 to 74 get 20 minutes of moderate physical activity three or more days per week; 16 percent report 30 minutes of moderate activity five or more days per week.

Transportation Options will offer Senior Strolls in your area this summer. Every week, beginning in May and ending in October, Senior Strolls will be offered on Wednesdays at 10:00 a.m. Each stroll is around one mile in length, and many are accessible with restrooms and benches at some point along the route. The strolls are varied, and participants will have an opportunity to learn a bit of history about the parks, neighborhoods, and commercial areas where they'll be strolling. All starting/ending points are conveniently located along a TriMet bus route. To learn more about the strolls, please contact Donna Green at 503-823-6114 or [donna.green@pdxtrans.org](mailto:donna.green@pdxtrans.org).



New Pavement Markings on Neighborhood Bike Boulevards

Seven hundred small bicycle pavement markings appeared on local streets all over Portland this winter. The markings called "Bicycle Boulevard Pavement Markings" are approximately a foot in diameter - with some including directional arrows - and will indicate to bicyclists the local streets that have been developed as "bicycle boulevards." Bicycle boulevards are not striped with bicycle lanes, so they are not always visible as good bicycling streets. They do have amenities that make them work well for people riding bicycles, including crossing treatments at major intersections; traffic calming to keep auto speeds slow; and a stop sign pattern providing cyclists with a better flow along the street. The pavement markings should make these bicycling streets as visible to cyclists as streets

striped with bicycle lanes. "These bicycle boulevard markings will help cyclists find the best routes. It is an important part of our overall bicycling strategy to make our streets safe and convenient for all cyclists, whether you're 7 or 70 years old" according to Commissioner Sam Adams. "This effort will move Portland toward our goal of Platinum Bicycle Friendly status - and will ensure our continuing to be the best bicycling city in the United States," Commissioner Adams added. "Portland is committed to providing its residents the widest variety of safe and reasonable transportation options." For more information on the bicycle boulevard pavement markings, contact project manager Roger Geller at 503-823-7671 or [roger.geller@pdxtrans.org](mailto:roger.geller@pdxtrans.org).



NEW BIKE LAWS

As of January 1, 2006 bicyclists are permitted to overtake and pass upon the right if they "may safely make the passage under the existing conditions." While previously allowed to pass on the right when in a bike lane, the new law allows bicyclists to pass slower vehicles in the same lane on the right, making for safer riding and less congestion on the roadway. Over forty states already allow passing on the right by bicyclists.

In another change, bicyclists are now legally allowed to leave a bike lane for "overtaking or passing another bicycle, a vehicle or pedestrian," or "avoiding debris or other hazardous conditions," as well as several other situations. This sensible change legitimizes what cyclists do naturally (and safely) already.

For more information on these changes to the law, visit the Bicycle Transportation Alliance web site at: [www.bta4bikes.org](http://www.bta4bikes.org).

## Transportation Resources

### Flexcar –

a car sharing service  
[www.flexcar.com](http://www.flexcar.com)  
503-328-FLEX (3539)

### TriMet –

transit planner and  
transit tracker services  
[www.trimet.org](http://www.trimet.org)  
503-238-RIDE (7433)

### Ride Connection –

transportation services  
for elderly and disabled  
[www.rideconnection.org](http://www.rideconnection.org)  
503-226-0700

### Portland Transportation Options

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

### City of Portland Bike Hotline

503-823-CYCL (2925)

## Get Ready to Travel Smart

Celebrate your Portland Neighborhood. Experience firsthand why Portland is one of the best bicycling and walking cities in North America. Participate in all of the fun programs, activities and events the City of Portland Office of Transportation (PDOT) Transportation Options Division has planned for the next year. We'll have something for everyone.

Watch your mailbox for the **Transportation Options Order Form** in the coming weeks. The order form offers a wide range of travel tools to help you discover the ease of getting around Portland. We have a variety of road tested and successful programs and materials to offer including a new **Northeast Walking Map** complete with bus and light rail routes and stops, bikeways, key business districts and landmarks, fountains, parks, schools and much more.

We are partnering with Kaiser Permanente for the third year to offer **Ten Toe Express**, a

walking campaign. Participants in the Ten Toe Express receive a walking kit complete with a pedometer, trip logs to help you track your progress, and a short-tripper coupon book with discounts for local pedestrian friendly businesses. We also offer a series of guided walks, including **Senior Strolls** for older walkers, to help you stay motivated.

**Portland By Cycle** and the new **Women on Bikes** program return this year too. Portland By Cycle participants receive a bicycling kit with bike maps, a short-tripper coupon book for bicycle friendly businesses and other essential tools for the new or seasoned cyclist. We again offer a full schedule of guided **Summer Cycle** bike rides as well.

Watch for future newsletters keeping you informed of all the events, rides and classes coming your way. And be sure to visit the Options Mobile at local neighborhood and street fairs throughout the spring and summer.





## GETTING AROUND PORTLAND'S NORTHEAST HUB



TRANSPORTATION OPTIONS [WWW.GETTINGAROUNDPORTLAND.ORG](http://WWW.GETTINGAROUNDPORTLAND.ORG)

JULY/AUGUST 2006

### LAST CHANCE FOR FREE STUFF!

Have you ordered your free pedometer, cyclo-meter or NE Walking Map? This is your last chance to order free transportation information including transit, carpool, walking, biking and senior specific information. We have delivered over 3000 free kits to NE residents and have more to give away.

Order materials for yourself or refer a household member or neighbor (who must live in your neighborhood) to our online order form.

Find the on-line order form: [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org), click on Northeast Hub and then Transportation Options Order Form or call 503-865-TOES and we'll send you an order form.

## Fun in the Hub with Summer Cycle

Summer in Portland means dry weather, sunshine, and guided bike rides in your neighborhood. The celebrated Summer Cycle rides are back again this year, every Tuesday and Wednesday evening, July 11th through August 30th.

Summer Cycle rides are slow-paced 8- to 10-mile adventures planned with the casual biker in mind. The series of sixteen rides provides residents with an opportunity to roll with experienced cyclists in a small group. Emphasis is placed on learning the rules of the road and practicing safe riding techniques.

Participating in these rides is an easy way to learn Portland's great bikeway network. Each route highlights local attractions and routes in the Northeast Hub area so you can get comfortable on your bike and learn more about your neighborhood. As a special enticement, the inaugural *Sweet Summer Cycle* ride

includes snack stops at Northeast bakeries and sweet shops.

The series highlights many things that make Portland a special place to live, from

### • Summer Cycle Rides

- Every Tuesday and Wednesday evening
- July 11 – August 30, 6 to 8 pm
- Tuesday rides meet at Grant Park, NE 36th & Brazee
- Wednesday rides meet at Alberta Park, NE 19th & Jarrett



- *Heritage Trees* to the *Willamette Riverfront*. Take a spin to see the innovative and aesthetically pleasing ways we protect our rivers on the tour of *Stormwater Gardens and Swales (Oh My!)*. Visit community gardens and check out the variety of plant life being cultivated. Discover some of the unique public art in the NE Hub,

including the Lizard Bench, in the *Public Art* ride. Cool off on a warm July evening on the *Water Works Whee~!* ride. We'll even show you easy routes to get downtown by bike.

See the attached schedule for specific dates and times. For information on Summer Cycle, contact Timo Forsberg at 503-823-7699 or [timothy.forsberg@pdxtrans.org](mailto:timothy.forsberg@pdxtrans.org).

To find out more about Transportation Options Getting Around Portland programs, contact Linda Ginenthal at 503-823-5266 or [linda.ginenthal@pdxtrans.org](mailto:linda.ginenthal@pdxtrans.org)

## FREMONT SAFETY AND TRAFFIC UPDATE

Neighbors and business leaders in the NE Fremont area between 41st to 52nd Avenues will soon see some sought after changes. The City of Portland Office of Transportation and the Bureau of Planning are working with constituents to identify and address safety and parking issues in this thriving district.

Some of the changes you may see beginning in July include marked crossings at NE 44th, 46th, 48th and 50th Avenues. The marked crossing locations and final layout design reflect input received at public open houses held earlier this year.

Another proposed change includes speed postings being reduced to 20 miles per hour between 39th and 52nd Avenues. The Oregon Department of Transportation is currently reviewing the speed zone change request.

Finally, area businesses and some residents will receive notices in the mail regarding proposed changes to angle parking and parking restrictions near corners and marked crossings. For more information contact Debbie Bischoff at 503-823-6946 or [dbischoff@ci.portland.or.us](mailto:dbischoff@ci.portland.or.us).

## Fill A Bucket, Not a Tank!

We want to make it easier for NE residents to shop by bike or by foot. This year we offer two opportunities to build your own bike bucket as part of our Smart Living Class series. Twenty people joined us for the May *Shopping by Bike* class to build their own bike buckets (class

repeats Sept. 20). The bike buckets are made from recycled litter and soap containers and are easily converted with clips and handles to attach to a bike rack.

Since Options is all about biking and walking for short trips we designed the **Short Tripper** coupon book. Available in both the Portland by Bike and the Ten Toe Walk



kits, the Short Tripper includes over 70 coupons for local NE businesses. One coupon is for a free baguette from New Seasons Market and that fits nicely in a new bike bucket!

The Short Tripper was designed to promote local retailers but it can also help you save money on gas and burn a few calo-

ries while you are at it. We want to help support your good habits so if you need a coupon book we'll mail you one. Just call 503-865-TOES or email [rich.cassidy@pdxtrans.org](mailto:rich.cassidy@pdxtrans.org).

## Drive Less, Save More

Are you feeling the financial pinch at the gas pump? While you can't control gas prices, becoming more travel savvy can save money on gas. That's where strategies like trip chaining and taking advantage of other travel options make a real difference in your wallet.

Think about all the driving trips you make. The miles add up week after week whether driving to work, the grocery store, dry cleaners, doctor's office, library and so on.

Metro studies show more than half – 67 percent – of the trips in the Portland metro area are not work related. Just combining your personal errands into a single trip – trip chaining – can cut down on the miles.

At first, trip chaining may not seem practical but a little prior planning can save you time and money. Before jumping in the car take a moment to consider the other errands you have. Do you need to pick up your dry cleaning today? Why not pick it up tomorrow

after your dentist appointment? Make trip chaining a part of your routine.

In addition to combining trips, try shopping closer to home. Most NE residents live within 1 to 2 miles of a grocery store or farmer's market. By exploring your local area you may find you can accomplish all you need to within a one or two-mile radius; and bicycling and walking are extremely efficient for those trips under 3 miles.

More tips and links to useful resources can be found at [DriveLessSaveMore.com](http://DriveLessSaveMore.com). And, if you're looking for other ways to be more travel savvy, [DriveLessSaveMore.com](http://DriveLessSaveMore.com) also features resources on travel options like carpooling, transit, car sharing, walking and biking. Or check out our website at [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org).



## Take a Low Car Diet

What is a Low Car Diet? The good folks at Flexcar have designed a Low Car Diet Challenge as a fun way to street test the idea that reducing personal car use is a real option in Portland. About 20 participants have been identified to participate in the challenge that will run July 6 to August 4. Some may even be your neighbors or a name you'd recognize.

Participants agree to give up their keys for one month. They also agree to keep diaries of their experiences that may be posted on a special website. You can view diary entries for a similar challenge in San Diego at [www.lowcardietchallenge.com](http://www.lowcardietchallenge.com).

In turn participants get a free transit pass, a free bicycle tune up, 25 hours of free Flexcar use and other goodies.

The challenge is not meant to be anti-car. Giving up your own car doesn't mean you can't ride as a passenger, borrow a friend's, or use a Flexcar. The challenge is designed to show that reducing car use is easier than you think.

If you are curious about Flexcar call 503-328-FLEX (3539) or go online to [www.flexcar.com](http://www.flexcar.com). For information on the Low Car Diet contact Patty Fink at 503-793-1256 or [patty.fink@flexcar.com](mailto:patty.fink@flexcar.com).

## Lose the Wait for TriMet!

Did you know you can get up-to-the-minute arrival times for TriMet bus and MAX trains? TriMet's Transit Tracker™ offers automated phone and online services so you'll know exactly when your ride will arrive.

Transit Tracker information is based on the actual location of your bus or train, so it's more accurate than a schedule. Instead of waiting at the stop, you may choose to wait inside, run another errand, grab a cup of coffee or finish one more project.

Transit Tracker uses sensors embedded in the MAX tracks which record the speed of the train and the time it passes the sensor. For buses, Global Positioning System (GPS) technology tracks how far a bus is from a stop. Every TriMet bus is equipped with a transmitter that allows continuous satellite tracking with an accuracy of about 30 feet. This real-time information is then made available to riders over the phone, online, and on the street via electronic displays installed in some

MAX stations and bus shelters. If the system can't make an accurate prediction (because, for example, the vehicle is too far away or its transmitter isn't working), the scheduled arrival time is displayed instead.

To make your own Transit Tracker card, go to [trimet.org/transittracker/](http://trimet.org/transittracker/) and download your Handy Pocket Guide.

### Transit Tracker by Phone

- Call 503-238-RIDE and press "1"
- Enter your stop ID for the next bus arrivals
- If you don't know the Stop ID, press the "#" key and follow the instructions to find your stop.

### Transit Tracker Online

- Go to [trimet.org](http://trimet.org)
- Click the Transit Tracker tab
- Select your route to get arrival countdowns for any bus stop or MAX station.
- If you want, you can display the countdown in a separate pop-up window, so you can continue browsing while you wait for your ride.
- If you're using a web-enabled cell phone, you can access Transit Tracker at [trimet.org/wap](http://trimet.org/wap). On a web-enabled PDA, log on to [trimet.org/pda](http://trimet.org/pda).

## WHAT ARE YOUR NEIGHBORS ORDERING?

Northeast Hub residents have returned nearly 3000 Options Order Forms and they are still coming in. The Ten Toe Express and Portland By Bike kits continue to be the most popular items requested. Almost 3,000 Ten Toe walking kits have been delivered and the Portland By Bike kit follows a close second at nearly 2,000 deliveries in the Hub.

Other popular items include the new NE Walking Map, the Portland Bikeway Map, and our Smart Living classes brochure. About 14 percent of you ordered information on our Senior Strolls and 16 percent ordered a guide to correctly fitting bicycle helmets.

If you or someone in your household want to order materials online go to [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org) and click on the Northeast Hub and Transportation Options Order Form.



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## WALKING GROUPS AND RESOURCES

### Willamette Pedestrian Coalition

Advocacy Group  
WPC@Americawalks.org  
503-223-1597

### Oregon Trail State Volkssport Association

Walking Clubs/Events  
www.Walkoregon.org  
503-728-0400

### Mazamas

Tues/Thurs Rambles  
www.mazamas.org  
503-227-2345

### City of Portland Pedestrian Advi- sory Committee

Meetings on 3rd Tues.  
www.portlandonline/  
transportation  
503-823-7265

## New Women Only Start at Bridge Pedal

Providence Bridge Pedal is your one opportunity to bicycle over all of Portland's Willamette River bridges, from the Sellwood to the St. John's – including the top decks of the Marquam and Fremont bridges. The 11th annual ride happens Sunday, August 13.

This year Options Women on Bikes program and Bridge Pedal have teamed up to offer a "Women on Bikes" ride as part of the festivities. The 8:15 to 8:30 am start time is reserved for women only. Riders must be age 13 or older and may participate in either the 8- or 6-bridge ride. All children riding in trailers or bike seats are welcome. Special ride vests, speakers and activities will also be part of the occasion.

Other changes this year include revised start locations and routing on some ride

options to minimize the chance of traffic jams during the ride. Also, to ensure that children and families riding in Providence Bridge Pedal

### Women on Bikes at Bridge Pedal

Start time: 8:15 to 8:30 am  
Women age 13 or older  
Children in trailers or bike  
seats welcome

have the safest and most fun ride possible, this year children age 12 and younger who are riding on their own bikes may participate in the 8- and 6-bridge rides only. Children in bike trailers or bike seats are welcome on the 10-bridge ride. Finally, the 6:30 a.m. start time

for both the 10- and 8-bridge rides is reserved for adult riders who like to bike a little faster – 15 mph or faster.

As in years past, you may register and pick up event materials at the Providence Bridge Pedal Health and Wellness Expo, August 11 and 12 at the Double Tree Hotel – Lloyd Center. To pre-register, go online to [www.providence.org/bridgepedal](http://www.providence.org/bridgepedal).



# Schedule of Events for July/August

## SUMMER CYCLE

All rides 6-8pm. Tuesday rides meet at Grant Park, NE 36th & Brazee; Wednesday rides meet at Alberta Park, NE 19th & Jarrett

### Sweet Summer Cycle **July 11 & 12**

Come enjoy desserts from your favorite neighborhood sweet shops – by bicycle. Sponsored by: Echo Restaurant, Fleur de Lis Bakery, Hannah Bea's Poundcake and More, Reflections Coffee House, Parisi's Gelato•Fudge•Espresso, and Tonalli's Doughnuts & Cream.

### Portland Waterfront Rides **July 18 & 19**

Enjoy the river views by bike! Ride the Eastbank Esplanade and Waterfront Park.

### Water Works Whee~! **July 25 & 26**

A warm July evening is the perfect time to visit water features throughout the area. Towel optional.

### Community Gardens **Aug. 1 & 2**

We will ride by several gorgeous Portland garden spots to see what's growing.

### Best Ways to Get Downtown **Aug. 8 & 9**

It's easy and fast to get to downtown by bicycle. Learn some safe and convenient routes across the Willamette and how to negotiate in downtown traffic.

### Parks and Trees **Aug. 15 & 16**

Visit parks in the Northeast Hub area and learn about Heritage trees from our tree expert.

### Stormwater Gardens and Swales, Oh My! **Aug. 22 & 23**

Take a tour of innovative street and building designs that help protect our watershed.

### Public Art **Aug. 29 & 30**

Find the hidden and not so hidden art treasures of the Northeast Hub and environs.

## TEN TOE WALKS

Thursday walks, 6pm; Saturday walks, 9am

### Alberta Arts Walk **July 8**

Meet at Kennedy School, 5736 NE 33rd (if you drive, please park on-street)

Enjoy a relaxing stroll and art tour as we stop for quick visits with local artists and fashion designers in Portland's trendiest arts district.

### Irving Park to Mississippi Music **July 13, Aug. 10**

Meet at NW corner of Irving Park at NE 7th and Fremont

Leaving from Irving Park, we'll head west and explore the vibrant neighborhood restaurants, retail, galleries and live music in the Mississippi District 2nd Thursday celebration.

### Pup Crawl **July 22**

Meet at Hair of the Dog, 1211 NE Alberta

Walk to the store. Walk the dog. Walk for exercise. Do all three at once! Join us for a stroll as we stop for free doggie treats at several neighborhood businesses.

### Alameda Ridge and Stairs **July 27, Aug. 19**

Meet at NE 50th & Sandy, next to the Post Office

Wind through this historic and beautiful neighborhood, enjoying views and boosting your heart rate using seldom seen public stairways. We'll walk up 216 stairs and down 263 so this may be one of the more physically challenging walks this season for some people.

### Sketchbook Journal Walk **Aug. 5**

Meeting Place: Collage, 1639 NE Alberta

Keeping a sketchbook is a great way to stay in touch with your creative self. NE Portland artist Holly Capello will lead the walk with "sketching stops" in neighborhoods and commercial areas. Bring a sketchbook and pencil/pen, or pick one up in advance at the store.

### Beaumont-Wilshire Loop **Aug. 24**

Meet at Wilshire Park, NE 33rd & Skidmore

Leaving from Wilshire Park we'll explore the vibrant neighborhood restaurants and retail shops along NE Fremont.

## WOMEN ON BIKES

### FREE CLINICS

All clinics are Saturdays, 10 am – 1pm

### Let's Get Rollin' **July 8**

Hollywood Library, 4040 NE Tillamook St.

A 3-hour clinic with conversations on how to choose the right bike and gear for you and your bike, recreational riding and commuting, riding techniques, use of the TriMet bus bicycle rack, and route planning.

### We Are Traffic **July 22**

Hollywood Library, 4040 NE Tillamook St.

A 2-hour clinic with an hour ride afterward. We will discuss our rights and responsibilities as bicyclists, plus how to be an advocate for biking. Then come with us for a ride to see firsthand what advocates have been able to change!

### Be Your Own Champion **July 29**

Hollywood Senior Center, 1820 NE 40th Ave.

A 3-hour hands-on clinic covering basic bike maintenance, flat repair, adjustments and cleaning techniques. Bring your bike or a wheel and tools if you have them.

### Gearing Up For The Challenge **Aug. 26**

Hollywood Library, 4040 NE Tillamook St.

Equip yourself to ride year round at this 3-hour clinic with helpful hints on gear, riding techniques, and rules of the road. Plus, get ready for the Bicycle Transportation Alliance's month-long Bike Commute Challenge.

CONTINUED ON OTHER SIDE >



# Schedule of Events for July/August, cont'd.

## WOMEN ON BIKES MONDAY RIDES

*Wilshire Park, 6-8 pm, meet at NE 36th & Skidmore*

### Parks of Northeast Portland **July 10**

Explore the beauty of some Northeast Portland parks.

### Marine Drive/I-205 **July 24**

Enjoy views of the Columbia River and Mount Hood from these off-street paths.

### Going Green **Aug. 14**

Visit some of Portland's environmentally friendly buildings and yards.

### Secrets of Northeast **Aug. 28**

Come see some of the locals' favorite things about Northeast Portland.

## SATURDAY RIDES

*Alberta Park, 9-11 am, meet at NE 19th & Jarrett*

### Farmers Market – Alberta Co-op **July 15**

Bring a bag and carry all your local goodies home on your bike.

### Farmers Market – Hollywood **Aug. 5**

Bring a bag and carry all your local goodies home on your bike.

### Columbia Slough **Aug. 19**

Discover this natural wonder that we have in our backyard.

## SENIOR STROLLS 2006

*All strolls Wednesdays at 10am*

### Alberta Park **July 5**

*Meet at SE corner of NE Ainsworth and NE 15th*

Starting along Ainsworth Parkway, this stroll winds through Alberta Park, one of the city's oldest. Acquired in 1921, this lovely park is almost 17 acres and offers amenities the whole family can enjoy. A visit to a local fire station is on the stroll.

**Distance:** A little over 1 mile.

**Bus Lines:** #8 on NE 15th

### Alameda School Neighborhood **July 12**

*Meet at SW corner of NE Fremont and NE 27th*

Stroll around this charming neighborhood with its diverse architectural styles and great trees. This stroll includes a visit to Madeleine Church, originally built in 1913.

**Distance:** 1.4 miles round trip with an opportunity halfway to go back to NE 24th and catch Bus #9.

**Bus Lines:** #33 on NE Fremont

### Beaumont Village **July 19**

*Meet at SE corner of NE Fremont and NE 41st*

Window shop to your heart's delight as this stroll takes you by the variety of shops and restaurants lining this commercial center. You won't miss a thing, as we'll traverse both sides of the street.

**Distance:** 1 mile round trip.

**Bus Lines:** #33 on NE Fremont and #75 on NE 42nd

### Irving Park **July 26**

*Meet at SE corner of NE Fremont and NE 7th*

Join us on this stroll through lovely Irving Park, and the pedestrian dedicated Klickitat Mall. The park, acquired by the City in 1920, was part of the site of the Irvington Racetrack.

**Distance:** 1.5 miles round trip with an opportunity halfway to catch Bus #33 on NE Fremont or Bus #8 on NE 15th.

**Bus Lines:** #33 on NE Fremont

### King Advanced **Aug. 2**

*Meet at SE corner of NE MLK Blvd and NE Alberta*

This stroll is similar to the King stroll (which took place May 24th) but explores more of this neighborhood.

**Distance:** 1.7 miles round trip with an opportunity halfway to catch Bus #8 on NE 15th at Prescott.

**Bus Lines:** #6 on NE MLK and #72 on NE Alberta

### Alameda Ridge **Aug. 9**

*Meet at SE corner of NE Fremont and NE 45th*

Starting in Beaumont Village, this stroll explores the surrounding neighborhood to the south. Stroll by a variety of charming homes, including some along the "ridge" itself.

**Distance:** 1 mile round trip.

**Bus Lines:** #33 on NE Fremont and #75 on NE 42nd

### Hollywood **Aug. 16**

*Meet at Hollywood Transit Center, NE Halsey and NE 42nd*

Re-discover the Hollywood district on this stroll, including a visit to the historic Hollywood Theater. Starting from the Hollywood TC, see how easy it is to walk to neighborhood treasures, such as the Senior Center and Library.

**Distance:** 1 mile round trip.

**MAX Lines:** Red Line and Blue Line

**Bus Lines:** #66, #75, and #77 use the Transit Center

### Grant Park **Aug. 23**

*Meet at SW corner NE 33rd and NE Hancock*

This delightful stroll will meander by beautiful historic homes, including children's author Beverly Cleary's childhood home, and into Grant Park. A visit to Grant High is included along this stroll.

**Distance:** 1.7 miles round trip with an opportunity halfway to go back to NE 33rd and catch Bus #10.

**Bus Lines:** #10 on NE 33rd and #77 on NE Broadway

### Alberta Street **Aug. 30**

*Meet at SE corner of NE Alberta and NE 15th*

Explore the vibrant neighborhood shops and restaurants on one of Portland's most recent streetscape projects. See what the community and City did to improve the safety and visual quality of the street to revitalize this commercial district.

**Distance:** Approximately 1 mile round trip.

**Bus Lines:** #8 on NE 15th and #72 on NE Alberta



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# GETTING AROUND PORTLAND'S NORTHEAST HUB

TRANSPORTATION OPTIONS [WWW.GETTINGAROUNDPORTLAND.ORG](http://WWW.GETTINGAROUNDPORTLAND.ORG)

DECEMBER 2006

## A FEW WORDS FROM HUB RESIDENTS:

"This is absolutely fantastic! What a great way to motivate people to get out there and explore Portland – without using a car. It seems too good to be true. Thank you!"

"Wow! We just moved to Portland, and started riding our bikes and walking a lot. This is a wonderful gift! What a great city. See you on the bike path."

"Very appreciative of the practical and educational aspects of the packet. I went through everything with my children so that we could be more aware of the 'better ways things can be done' and the knowledge of the NE area. Thanks!"

## Thirteen is the Luckiest Number!

Congratulations! You – the residents of the NE Hub – made a whopping 13 percent reduction in drive alone trips. The largest decrease yet in the four years of Transportation Options targeted programs shifted drive alone trips primarily to walk, carpool, transit, and bike trips.

We designed our programs specifically to help residents rediscover their own neighborhoods while shifting to more active and healthy lifestyles.

Leveraging community support helps us bring you the latest transportation information you want literally to your doorstep. Our partners know our programs help people make informed decisions about the transportation options available to them.

With generous donations from Kaiser Permanente we were able to offer 6000 Ten Toe Express Walking Kits, complete with pedometers to track those new walking trips. TriMet, our transit partner, provided all the bus and MAX schedules and a special Honored Citizen packet for seniors

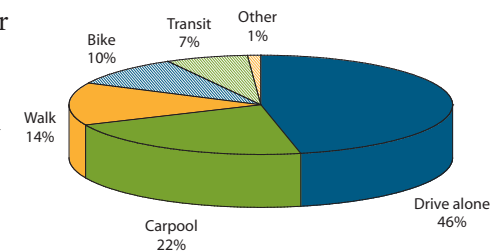
and disabled riders. Business community support helped us deliver Portland By Cycle kits, complete with reflective leg bands, bike maps and local business coupons, to 5000 households in the NE Hub.

The kits and information aren't the only tools employed by Options. We offer Ten Toe Express guided walks and Senior Strolls, Summer Cycle and Women on Bikes bike rides, clinics as well as many Smart Living Classes. All our activities give an added level of hands-on assistance to residents interested in

choosing alternative transportation.

The combination of information, maps, events and activities produces results. At a cost of \$10 per person – including staff, printing and expenses – NE Hub residents experience fewer cars on their streets and rediscover neighborhoods by foot, bike and transit. Local businesses gain new customers who walk and bike to their store.

Travel Choices in the NE Hub



## Keep Up the Great Work

Congratulations Northeast Hub residents! You made a record breaking 13 percent reduction in drive alone trips. Making the shift to a more active and healthy lifestyle and a community less dependent on drive alone auto trips is good for everyone and you proved you were up to the challenge.

Nearly 5400 NE residents participated in the Northeast Hub programs by selecting materials from the Options Order Form and participating in Hub

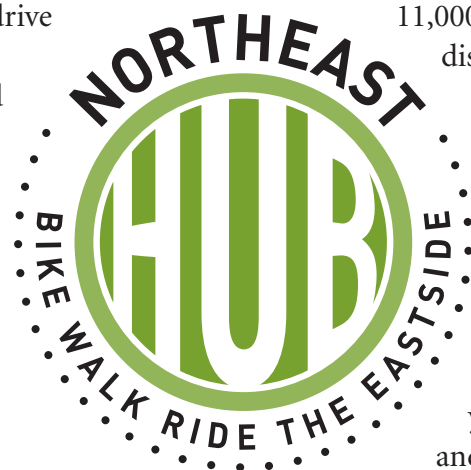
activities. The walk and bike kits were by far the most popular items, with nearly

11,000 walk and bike kits total, distributed in the Hub. Residents were thrilled to see

the City "walk the talk" when their NE Hub packages were hand delivered by bicycle.

Many of you said the Hub program materials and activities helped you increase your walking and biking trips and decrease

driving alone. Thanks and keep up the great work NE!



## WHAT DID NE HUB RESIDENTS ORDER? CHECK OUT THESE NE HUB HIGHLIGHTS:

- 4296 residents ordered walking information
- 3704 residents ordered biking information
- 2186 residents ordered transit information
- 2943 residents ordered water conservation information
- 1017 residents ordered senior information
- 1765 residents ordered other information offered such as carshare, vanpool or carpool information



To find out more about Transportation Options Getting Around Portland programs, contact Linda Ginenthal at 503-823-5266 or [linda.ginenthal@pdxtrans.org](mailto:linda.ginenthal@pdxtrans.org)



SENIOR STROLLS  
A STUNNING  
SUCCESS!

Transportation Options Senior Strolls walking program attracted not only repeat strollers from last year, but many newcomers who now consider themselves regulars. The weekly Wednesday morning strolls offered participants a variety of strolls in many great north-east Portland neighborhoods, and included visits to local places of interest such as historic churches and schools.

Senior Strollers enjoyed the architectural and historical component and the chance to learn something new about the neighborhoods and street name origins. Social camaraderie is also a fringe benefit of the strolls, as there was typically a wonderful group of twenty to thirty people to stroll with. Finally, the exercise and health benefits of walking are paramount to senior's independence and well being. Participants walked at their own pace, experiencing increased stamina as they walked for longer periods.

For more information on the Senior Stroll program please contact Donna Green at 503-823-6114 or [donna.green@pdxtrans.org](mailto:donna.green@pdxtrans.org).



GET TO WORK!

This summer, Options worked with over fifty small businesses in the Northeast Hub interested in providing transportation benefits to their staff. The Get to Work! program helped small businesses encourage their employees to walk, bike, take transit or carpool to work by providing information about installing free bike racks, subsidizing transit passes for employees, or other innovative ideas aimed at freeing up parking for customers and keeping workers happy and healthy. Nineteen businesses requested a free bike rack for their business and 177 bicycle kits and 150 walking kits were delivered to their employees.

The Get to Work! program has helped over 180 small businesses in Portland over the last three years. For more information about the program, or to receive transportation information for your small business, contact Dan Bower at 503-823-5667 or [dan.bower@pdxtrans.org](mailto:dan.bower@pdxtrans.org).





# GETTING AROUND PORTLAND'S NORTHEAST HUB



TRANSPORTATION OPTIONS [WWW.GETTINGAROUNDPORTLAND.ORG](http://WWW.GETTINGAROUNDPORTLAND.ORG)

SEPT / OCT 2006

## STREET SMART – PORTLAND TRAFFIC AND TRANSPORTATION CLASS

Do you want to be an effective advocate for transportation needs? Meet policy and decision-makers in this ten-week class sponsored by the Portland Office of Transportation and Portland State University.

The class is offered Wednesdays, 6:40 – 8:40 PM, September 27 to November 29 at PSU.

Some scholarships are available for qualifying Portland residents. The deadline for scholarship applications is 5:00 PM, Monday, September 11.

To register or for more information contact Peter Hurley at 503-823-5345 or [peter.hurley@trans.ci.portland.or.us](mailto:peter.hurley@trans.ci.portland.or.us).

## Safe Routes to School Matures

Nearly 20 schools have implemented a national model for Safe Routes to School along with the Portland Office of Transportation. Safe Routes to School focuses on bringing traffic safety strategies to schools including; traffic calming, pedestrian and bicycle engineering, education, legal changes, and enforcement. The result is the decreased number and severity of auto crashes involving kids.

Each school in the program develops a team of kids, parents, teachers, neighbors, engineers, and program staff. Teams work together to encourage kids to walk and bike to school, implement engineering improvements, provide in-class safety education, and other activities geared towards supporting safer and more active kids.

Physically active kids are healthier and more attentive in class, but they have special needs when it comes to traffic. Their eyes and decision-making skills are not fully developed. Limited peripheral vision and the inability to judge how fast a car is approaching makes it more crucial for drivers to keep

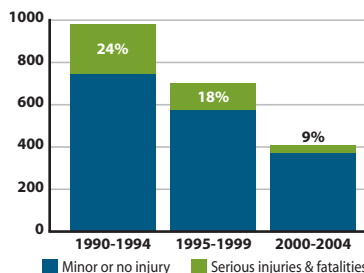
to slower speeds in neighborhoods, near schools and parks or anyplace children may be found. Raising child and parent awareness about how to get around safely, offering supportive services like enforcement

and community events are also important for helping create safer streets for kids.

The Safe Routes model is seeing some great successes. Parents are volunteering for Walking School Buses, where they walk a set route with “stops” where other kids join

the group to be escorted to school. Gilbert Park Elementary has weekly walk to school events. Fifth graders at Lewis Elementary have already walked, biked, and bussed far enough to map their distance across the country and back. The teachers use the exercise to teach about capital cities as the kids virtually “walked through them.”

So, be sure to slow down, wave to your neighbors, and watch for kids. There are many ways we can all make Portland a better place to be a kid. To learn more about the Safe Routes to School Program contact Greg Raisman at 503-823-1052 or [greg.raisman@pdxtrans.org](mailto:greg.raisman@pdxtrans.org).



## SMART LIVING CLASSES COMING IN SEPTEMBER

This fall Options offers two specialty bike classes, All Season Cycling and Shopping by Bike. On September 13 seasoned cyclists will share tips and techniques on how to ride year round comfortably and safely. On September 20 we'll explore shopping by bike and carrying loads such as groceries. We will also build our own bike buckets as part of this session, so call the number below to reserve materials if you'd like to participate.

Our popular Biodiesel Conversion class will be repeated September 27. Entrepreneur, lecturer and author of *Power From the People*, Brian Jamison will take the class through steps of brewing fuel from vegetable oil and offer practical tips on using biodiesel.

All Smart Living classes are at Sabin School (4013 NE 18th), Wednesday evenings at 6:30PM, and are 60 to 90 minutes long. For more information contact Jeff Smith at 503-823-7083 or [jeff.smith@pdxtrans.org](mailto:jeff.smith@pdxtrans.org).

## It's a Sing-along: I'm Ridin' in the Rain

Portland is a great place to ride the year 'round, but let's face it; our mild winters can be just a bit dark and damp. If you use your bicycle for transportation, sooner or later you'll find that you need to ride in the rain and/or the dark. With a little preparation and the right equipment you can discover the unheralded joy of winter cycling!

### Before You Go:

**Wardrobe** A rain jacket and pants are your best defense. They both cut down on wind and keep you dry. Nice extras include water-proof gloves, a snug hood or cap, a synthetic layer next to your skin to wick away moisture, and rain booties to go over your shoes. Fenders are also a very good investment – they can keep your clothes dry and clean.

**Visibility, Visibility, Visibility** You can't be too visible. The law requires lights when riding during "limited visibility conditions". For more visibility at night wear bright clothing, an orange vest, or use reflective tape. The more visible you are the better.

**Maintain that Machine** Moisture poses problems for your bicycle, as well. Keep the chain lubricated, the brakes well adjusted, and

the drive train (chain, gears, and rear derailleur) free of grime.

### On the Road:

**Brake early and often** Allow plenty of stopping distance, as the moisture on wheel rims decreases braking effectiveness. Gently squeeze your brakes before you need to stop to clear the water from your brake pads and rims.

**Scan for surface hazards** Metal surfaces can be very slick in the rain. Portland City crews use non-slick paint and plastics for bike lanes and bicycle markings (and those blue bike lanes); however, crosswalks and other painted surfaces can be slippery.

Wet leaves can also be slick. Look ahead and avoid abrupt braking or turning on any of these surfaces.

For more safe cycling information and resources contact Jeff Smith at 503-823-7083 or [jeff.smith@pdxtrans.org](mailto:jeff.smith@pdxtrans.org).

## Get to Work!

It takes a lot of work to run a small business these days. Let Options help you and your fellow employees Get to Work!

This summer, Options is working with small businesses in the Northeast Hub interested in providing transportation benefits to their employees. The Get to Work! program helps small businesses encourage walking, bicycling, taking transit or carpooling to work. We do this by providing information about installing free bike racks, subsidizing transit passes for employees, or other innovative ideas aimed at freeing up parking for customers and keeping workers happy and healthy. Business

owners received an announcement in the mail last month and already over sixty businesses have requested bike racks, kits, and maps for employees. Many businesses have also inquired about the tax benefits of promoting alternative transportation at the work place and providing transit passes for employees.

The Get to Work! program has helped over 180 small businesses in Portland. For more information about the program, or to receive transportation information for your small business, contact Dan Bower at 503-823-5667 or [dan.bower@pdxtrans.org](mailto:dan.bower@pdxtrans.org).



# Walking Campaign has Local Vibe

The Ten Toe Express walking campaign is close to completing a very successful season in Northeast Portland. Originally designed to promote great neighborhood connections to great neighborhood destinations, the walks have now evolved to promote the natural, cultural, historic, and small businesses resources in the area.

Some of the walks stop at local businesses participating in our Short Tripper coupon book. The sketchbook journal walk started from Collage, an art supply store at NE 17th and Alberta. Holly Capello, the store manager, offered 20 percent off supplies and led a group of 30 people interested in walking and learning how

to capture images on a sketch pad, rather than a camera.

The Short Tripper was included in the 11,000 walk and bike kits ordered by residents in Northeast Portland. Over 70 businesses are included in the Short Tripper thanks to a sponsorship by Kaiser Permanente. Transportation Options recognizes small businesses as vital to the local economy and the leading role they can play in getting residents walking and biking more for short trips and fitness. Involving local businesses and neighbors in the program is a win-win situation for many reasons; the walks take on a local vibe, small businesses get exposure, costs are kept low and people get out and walk more often!



## Senior Strolls a Stunning Success!

It is well documented that lack of physical activity is an important contributor to many chronic diseases in older adults, including heart disease, diabetes, colon cancer, and high blood pressure. The good news is, when it comes to physical activity and aging, it is never too late to become physically active. And even a small amount of activity can result in better health. That's where Senior Strolls comes in!

This summer's Senior Strolls outreach walking program has not only attracted a number of repeat strollers from last year, but also has many newcomers who now count themselves as regulars. The Wednesday morning strolls take participants to a variety of great northeast Portland neighborhoods, from residential areas to parks to commercial areas. Many of the strolls include visits to local places of interest, like historic churches and

schools.

When asked what they like about the strolls, several factors come to participants' minds. The opportunity to discover different neighborhoods by foot is often cited as a fringe benefit of the strolls. Many people enjoy the architectural and historical component, as each week they learn something new about the neighborhood and/or street name's historic origins. The social camaraderie attracts many people to the strolls, as there is always a wonderful group of twenty to thirty people to stroll with. Last, but certainly not least, are the exercise and health benefits. Participants can walk at their own pace, and many feel their stamina improve and see that they're able to walk for longer periods.

Senior Strolls are held every Wednesday morning at 10:00 AM and are scheduled to run through mid-October. Please contact Donna Green at 503-823-6114 or [donna.green@pdxtrans.org](mailto:donna.green@pdxtrans.org) for a complete schedule.

## BURNSIDE CROSSING IMPROVEMENTS

It's getting a lot easier for bicyclists and pedestrians to navigate safely across the wide, sweeping intersection at E Burnside and 41st Avenue. A new pedestrian signal has been installed – with a convenient curbside button for bicyclists – to stop traffic on Burnside when activated. Stop signs will remain on 41st Avenue and other local streets to discourage cut-through traffic. The work on the intersection is being funded by a State of Oregon Department of Transportation Pedestrian and Bicycle Improvement Grant.

The new signal improves access for school children at two public elementary schools, and provides connections to parks, light rail, bus and major commercial areas such as the Hollywood Town Center. The signal also eliminates a major barrier in one of only three continuous north south bikeways on Portland's eastside (the I-205 path and the Eastbank Esplanade and Vancouver/Williams bikeway being the others), and one of the only bicycle-friendly crossings of the I-84 freeway.

If you would like more information on the project, contact Roger Geller at 503-823-7671 or [roger.geller@pdxtrans.org](mailto:roger.geller@pdxtrans.org).



Transportation Options  
1120 SW 5th Avenue, Rm 800  
Portland, Oregon 97204  
Commissioner Sam Adams

PRSRT STD  
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PERMIT NO. 653

## BIKE SHOPS

The Missing Link  
5709 NE Fremont  
503-740-3539  
[www.missinglinkpdx.com](http://www.missinglinkpdx.com)

Revolver  
6509 N Interstate  
503-285-1084  
[www.revolverbikes.com](http://www.revolverbikes.com)

Cycle Path  
2808 NE MLK Suite J  
503-281-0485  
[www.cyclepathnw.com](http://www.cyclepathnw.com)

Community Cycling  
Center  
1700 NE Alberta  
503-288-8864  
[www.communitycyclingcenter.org](http://www.communitycyclingcenter.org)

## Options in the Northeast Hub

Transportation Options and our supporters have had a busy summer! Our Transportation Options Mobile has traveled to 80 events since May. A fairly new event, the Concordia Spring Fling, started it all off and we have been handing out literally thousands of our walking and biking maps and program materials at farmer's markets, street fairs, expos and other events since.

We've learned a lot and had great fun talking to the community about how to get around Portland safely and conveniently without driving alone. We could not have done it without our amazing volunteers and Options Ambassadors. Thank you to our Ambassadors and everyone that stopped by the car to get maps and information or just to say hello. We have appreciated

all your positive energy for using transportation options to get around. Portland is a better place because of you.

Look for the Options Mobile and crew at the Alberta Street Fair September 16. We will have free bike kits to hand out! So come share the wealth with Transportation Options.







# Schedule of Events for September/October

## TEN TOE WALKS

### Pup Crawl

**September 7**

*Meet at Hair of the Dog, 1211 NE Alberta, 6 PM*

Walk to the store. Walk the dog. Walk for exercise. Do all three at once! Join us for a stroll as we stop for free doggie treats at several neighborhood businesses.

### Historic Hollywood

**September 16**

*Meet next to the Hollywood Theater, 4122 NE Sandy, 9 AM*

Portland entered the automobile age with development along Sandy Boulevard in the 1920's. We will explore roadside thematic architecture and one of Portland's earliest named suburbs, Rose City Park, with its charming bungalows dating from the inter-war years. We will also visit the Beverly Cleary Statue Garden in Grant Park and, on Saturdays, stop at the Hollywood Farmer's Market. This walk brought to you by the Architectural Heritage Center.

### Historic Sullivan's Gulch

**September 21**

*Meet at Lloyd Center MAX Station, 6 PM*

Houseboats once moored in the Willamette at the mouth of Sullivan's Gulch, and a depression era "Hooverville" once hugged its steep sides. Commercial development took much of the elegant housing that once graced the area north of the gulch, but tucked away to the east of Lloyd Center is a gem of a neighborhood with hundred-year old homes and elegant apartment houses from the 1920's. Come explore it with us. This walk brought to you by the Architectural Heritage Center.

### Irvington Classic Homes

### & Heritage Trees

**September 30**

*Meet at NE corner of NE 15 & Broadway, 9 AM*

Tour of one Portland's oldest neighborhoods stopping to admire and hear about classic architectural styles and some of our oldest trees.



## SMART LIVING

*Each Class is about 60 to 90 minutes in length, on Wednesday evenings. All sessions are held at Sabin Middle School, 4013 NE 18th (2 blocks north of Fremont) at 6:30 PM.*

### All Season Cycling

**September 13**

Sure, it gets pretty wet in Oregon – but with a little extra planning and preparation you can be an all-season cyclist. Come join this interactive session as some experienced all-weather riders share their tips and tricks for staying dry, comfortable, and safe while riding all year 'round.

### Shopping by Bike

**September 20**

Do you ever take the car because you have too much to carry? Come find out how you can carry (or pull) groceries, packages, and kids. Veteran cyclists will share tips and tricks on how to conveniently shop by bike. The session concludes with building your own "bike bucket." Call 503-823-7083 to reserve your bucket-building materials.

### Biodiesel Conversion

**September 27**

Fuel up your vehicle with vegetable oil? Entrepreneur, lecturer and author of "Power From the People" Brian Jamison will take class participants through the steps of brewing their own fuel from vegetable oil and offer practical tips on using biodiesel.

**CONTINUED ON OTHER SIDE >**

**TEN TOE  
EXPRESS**





# Schedule of Events for September/October

## SENIOR STROLLS

All strolls are Wednesdays at 10 AM

### Irving Park

September 6

Meet at SE corner of NE Fremont and NE 7th

Join us on this stroll through lovely Irving Park, and the pedestrian dedicated Klickitat Mall. The park, acquired by the City in 1920, was part of the site of the Irvington Racetrack, one of four defunct racetracks now sporting Portland parks.

**Total Distance:** This stroll is slightly more than 1.5 miles round trip. For those who do not want to complete the entire stroll there is an opportunity halfway through (under 1 mile) to catch Bus #33 on NE Fremont or Bus #8 on NE 15th.

**Bus Lines:** #33 on NE Fremont

### Historic Irvington

September 13

Meet at NW corner of NE Broadway and NE 13th

Stroll in one of Portland's oldest neighborhoods, passing by historic homes of various architectural styles. Included on this stroll will be a visit to Irvington School as well as a classic home.

**Total Distance:** Approximately 1.7 miles round trip. For those who do not want to complete the entire stroll there is an opportunity halfway through (under 1 mile) to go back to NE 15th and catch Bus #8 back to Broadway.

**Bus Lines:** #9 and #77 on NE Broadway and #8 on NE 15th



### Woodlawn Park

September 20

Meet at North side of NE Dekum at the corner of NE Claremont Ave., across from NE Dean St.

Stroll in this unique neighborhood park which is also home to one of Portland's community gardens. A representative from the garden will tell us what's involved in the care and keeping of a community garden. A visit to Woodlawn School is also included on this stroll.

**Total Distance:** Approximately 1 mile round trip.

**Bus Lines:** #8 and #75 on NE Dekum

### Sullivan's Gulch

September 27

Meet at SE corner of NE Weidler and NE 21st

Take a stroll through this tucked away gem of a neighborhood with its classic old homes and elegant apartment buildings. Learn about the traffic calming project that was developed in conjunction with the Fred Meyer store.

**Total Distance:** Approximately 1 mile round trip.

**Bus Lines:** #9 on NE Weidler and #10 on NE 21st/Broadway/Weidler

### Alameda School Neighborhood

October 11

Meet at SW corner of NE Fremont and NE 27th

Stroll around this charming neighborhood with its diverse architectural styles and great trees. This stroll includes a visit to Madeleine Church, originally built in 1913.

**Total Distance:** Approximately 1.4 miles round trip. For those who do not want to complete the entire stroll there is an opportunity halfway through (under 1 mile) to go back to NE 24th and catch Bus #9.

**Bus Lines:** #33 on NE Fremont

### Hollywood

October 4

Meet at Hollywood Transit Center, SW corner of NE Halsey and NE 42nd

Re-discover the Hollywood district on this stroll, including a visit to the historic Hollywood Theater. Starting from the Hollywood Transit Center, see how easy it is to walk to additional neighborhood treasures, such as the Hollywood Senior Center and Library.

**Total Distance:** Approximately 1 mile round trip.

**MAX Lines:** Both the Red Line and Blue Line stop at the Hollywood Station

**Bus Lines:** #66, #75, and #77 use the Transit Center

### Alameda Ridge

October 18

Meet at SE corner of NE Fremont and NE 45th

Starting in Beaumont Village, this stroll explores the surrounding neighborhood just to the south. Stroll by a variety of charming homes, including some along the "ridge" itself.

**Total Distance:** Approximately 1 mile round trip.

**Bus Lines:** #33 on NE Fremont and #75 on NE 42nd

## Women on Bikes

Pull that bike out of the basement. Dust it off and join us for Women on Bikes, a women-only series of fabulous clinics and fun rides! We will discuss basic riding skills, bike fit, bicyclists' rights and responsibilities, and route planning, plus a whole clinic with hands-on basic maintenance and flat repair.

Women on Bikes also offers you a chance to connect with other women on our beginners' 10-12 mile bike rides. Find out about new routes, exchange stories and tips, and share a few laughs while we pedal around Portland and Milwaukie.



## Monday Rides - 6 pm

- May 14** Wander West on the Springwater
- May 21** Wander West on the Springwater
- June 4** Saunter East on the Springwater
- June 11** Ode to Trees
- June 18** Ode to Trees
- June 25** Saunter East on the Springwater
- July 2** Springwater to I-205 Bike Path
- July 9** Saunter East on the Springwater
- July 16** Going Green
- July 23** Exploring Milwaukie
- July 30** Springwater to I-205 Bike Path
- Aug 6** Secrets of SE Portland
- Aug 13** Secrets of Sellwood
- Aug 20** Meandering North
- Aug 27** Springwater to I-205 Bike Path

## Saturday Clinics - 10 am

- May 12** Let's Get Rollin'
- June 2** Be Your Own Champion
- June 16** Let's Get Rollin'
- July 7** Be Your Own Champion
- July 21** We Are Traffic
- Aug 25** Gearing Up For The Challenge

## Saturday Rides - 9 am

- June 23** Saunter East on the Springwater
- July 28** Exploring Milwaukie
- Aug 18** Wander West on the Springwater



# Women ON BIKES







# Walk to Wellness

TEN TOE EXPRESS

Residents of Southeast Portland and Milwaukie have access to many great resources for health and nutrition. Check out these great programs, classes and information sources.

## Wellness Training Programs

### Kaiser Permanente

You can learn new skills and practice healthier behaviors with a variety of resources from Kaiser Permanente's Health Education Services Department. For more information about each of the following, pick up a *Healthy Living* catalog at any Kaiser Permanente facility.



- **Classes** address nutrition and fitness, depression, tobacco cessation, anger management, diabetes, childbirth and baby care, and more.
- **Health Resource Centers** (HRCs) provide health and wellness information for the community. You can select handouts, purchase items, and access the Internet. The centers are open 9 a.m. to 5:30 p.m., Monday through Friday.
- **Products** available for sale at the HRCs include pedometers, books, and the Cultivating Health® series of self-help kits, which address weight management, everyday fitness, tobacco cessation, diabetes, and stress management.
- **kaiserpermanente.org** provides information 24 hours a day. You can search the health and drug encyclopedias, investigate a featured-health topic, or learn about classes. Members can also e-mail their doctor, an advice nurse or pharmacist; refill prescriptions; and make appointments. Other online member services include a health assessment, 10,000 Steps® pedometer program, and personalized action plans for managing nutrition, stress, tobacco cessation, weight, and chronic health conditions.
- **Talk With A Health Consultant** During 2007, participants in the Ten Toe Express program can access Kaiser Permanente's Talk with a Health Consultant service. If you would like to have a brief telephone conversation about your goals and options for making healthier choices, please call 503-286-6816 and select option 2. Tell the consultant that you're with Ten Toe Express, and you'll get this service free!

### Providence Milwaukie

Providence Milwaukie Hospital offers health and fitness classes including yoga, kung fu, parenting, and a Women's Wellness series including classes on fatigue, cervical cancer, anxiety and depression, and managing menopause. Check on-line calendar for class schedules and additional offerings.



Providence Milwaukie Hospital

A caring difference you can feel

Providence Sports Therapy offers a new walk-in clinic for sports-related injuries as sprains, strains and soft tissue injury. After our screening and treatment we'll coordinate additional care, if necessary, with your doctor. Services provided at Providence Milwaukie Healing Place. Call 503-29-SPORT for more information.

Go to [www.providence.org/oregon/](http://www.providence.org/oregon/) and click on classes (bottom- center)

### American Diabetes Association



Walking or exercising regularly is an important step in living a healthy lifestyle. Studies have shown that walking can help control weight, prevent or delay type 2 diabetes and manage complications in people already diagnosed with the disease. Each year the ADA organizes the Step Out to Fight Diabetes walk event. Go online and find out more information about this walk and how to reduce your risk for Diabetes at [www.diabetes.org](http://www.diabetes.org) or call 888-DIABETES. Help us to put our country back on the road to better health.

### WIC

WIC, the Special Supplemental Nutrition Program

**Women, Infants and Children**, is a public health nutrition program designed to improve health for mothers and their children through nutrition education, supplemental foods, breastfeeding education and support, and referral to other programs. WIC serves pregnant women, breastfeeding women with children under 12 months of age, non-breastfeeding women with children under 6 months of age, and infants and children under 5 years of age. To find out if you or someone you know may qualify for WIC in Multnomah County, please call 503-988-3503. For more information about WIC in other location in Oregon, call 1-800-SAFENET.



oregon wic for program

## Nutrition Classes

### New Seasons Market

#### Seven Corners Store

1954 SE Division St.  
Portland, OR 97202  
503-445-2888

#### Sellwood Store

1214 SE Tacoma St.  
Portland, OR 97202  
503-230-4949

Open 8am-10pm daily [www.newseasonsmarket.com](http://www.newseasonsmarket.com)  
We offer:



- **Free Nutrition and Wellness Counseling**
- **New Seasons Market store Nutritionists** are available for complimentary consultations. They will share their extensive knowledge about food, wellness, and dietary needs. You can meet with them to discuss special diets, food allergies, healthy weight control, and more. Call your nearest New Seasons Market to schedule an appointment.
- **Free Nutrition Basics Classes and Store Tours**  
In these nutrition classes and store tours you can learn about trans-fats, healthy weight control, eating sustainably and more. Tour the store to find gluten-free foods, healthy snacks, and alternatives to dairy.

For a complete class and tour schedule, visit our website at [www.newseasonsmarket.com](http://www.newseasonsmarket.com). We will gladly schedule custom tours or classes for groups of any size. Please call the Nutritionist at the Seven Corners and Sellwood stores with your request.

Karen Seibert, MS  
503-473-8626  
[karens@newseasonsmarket.com](mailto:karens@newseasonsmarket.com)

# Walks for Fun and Fitness

## Ten Toe Express Walks and Senior Strolls

As part of the *SmartTrips Southeast program* PDOT staff and volunteers will be leading 6-8 walks per month in 10 different areas of Southeast Portland and Milwaukie. They are FREE and include both short (1 mile), medium (2.5 mile), and long (3.5-5.5 mile) walks. Look for the schedules and meeting times in your Walking Kit or contact us for a flyer.

Email: rich.cassidy@pdxtrans.org

Phone: 503-823-6051



## Wonders of Walking

Wonders of Walking (WOW) celebrates walkers by offering a range of walking events for walkers by walkers. WOW celebrates the health, fun and social benefits of walking by providing walking events that are:

- Fun
- Have a high standard of excellence
- Celebrate the accomplishment care for the community
- Have an abiding respect for the athlete in all of us



Whether you are a competitive, fitness or social walker, WOW events provide something for everyone. No matter what your motivation, WOW offers you the opportunity to achieve and accomplish.

Check out our website and calendar for information on our 2007 events including the *Willamette Valley Relay*, *Sisters Stride into Autumn*, and the *Pumpkin Caper 5K Walk*.

<http://wondersofwalking.com/>

## Rose City Roamers

### A Walking Club

Rose City Roamers is an award winning walking club and non-profit organization based in Portland, Oregon which organizes quality non-competitive walking activities.

The club is affiliated with the international, national and state Volkssport Associations.

Participation is free, but a system of awards is an extremely popular part of Volkssporting. There are two year-round 11-12K events that start at Providence Hospital and go through the Laurelhurst & Rose City neighborhoods.



For more information, check out the web site: [www.home.earthlink.net/~rcrrose/RoseCityRoamers/index.htm](http://www.home.earthlink.net/~rcrrose/RoseCityRoamers/index.htm)

Or call Noreen Kirk, 503-285-2915, or email her at [nncaptkirk@juno.com](mailto:nncaptkirk@juno.com).

## Portland Walking Tours

You walk in Portland everyday, but the real history is hidden and often passed by. Portland Walking Tours offer regularly scheduled guided walking tours twice-daily every day in the morning and afternoon (except holidays). Their fun and enlightening guided walking tours explore history, foods, architecture, bridges, parks, fountains, artwork, and unique places in Portland. You're guaranteed to find out things you never knew about Portland from a friendly and knowledgeable tour guide.

These walking tours start inside the Visitor Center at Pioneer Courthouse Square (SW 6th & Morrison). Prices for adults are \$15 with one child (under 12) free with each paying adult. Seniors and youth pay \$13. Group discounts are available. Tickets can be purchased in advance through the website or at the Visitor Center at Pioneer Courthouse Square.

Advanced ticketing is not required, but is strongly recommended as tours often sell out.

More information is available at 503-774-4522, and on the web site: [www.portlandwalkingtours.com](http://www.portlandwalkingtours.com)

# Community Centers and Pools

## Sellwood Community Center

1436 SE Spokane Street  
503-823-3195



## PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

Since 1916 the Sellwood Community Center has served as a gathering, meeting and recreational spaces for the residents of SE Portland and is the oldest continuously operating parks community center in the City of Portland. They offer youth sports classes and adult fitness and wellness classes (including pilates, Tai Chi and yoga).

## Mt. Scott Community Center & Pool

5530 SE 72nd Avenue  
503-823-3183

One of the largest and most complete fitness and swimming centers in the City, this facility offers a lap pool, leisure pool with slide, whirlpool, fitness center with cardiovascular circuit equipment, and a gymnasium. Offering youth gymnastic, swimming and sports classes as well as adult and senior fitness, swimming and movement classes (including pilates, Tai Chi and yoga).

## Woodstock Community Center

5905 SE 43rd Avenue  
503-823-3633

Operated as a partnership with the Woodstock neighborhood (or Friends of Woostock Community Center), this facility offers yoga, pilates and tae kwon do classes.

## Sellwood Pool

SE 7th & Miller  
503-823-3679

## Creston Pool

SE 44th & Powell  
503-823-3672

# Community Gardens

## Brentwood Community Garden

SE 57th Ave & Cooper St

## Sellwood Community Garden

SE 21st Ave & Harney St

For all community gardens, call 503-823-1612

For class registration and information on Portland Parks and Recreation programs and services, call 503-823-PLAY, or visit their website: [www.PortlandParks.org](http://www.PortlandParks.org)





**BRENTWOOD PARK AND GARDENS | AUGUST 22**

**Meet at SE corner of SE 52nd & Duke**

On this interesting stroll you'll explore Metro's Natural Techniques Garden and Brentwood Garden, the second largest community garden which includes a small fruit demonstration area.

**Total Distance:** Approximately 1.3 miles

**Bus Lines:** #71 on 52nd and #19 on Duke

**BROOKLYN EAST | AUGUST 29**

**Meet at SW corner of SE Powell & Milwaukie**

This stroll starts in a popular commercial area and winds around a portion of historic Brooklyn Neighborhood with its colorful homes and past.

**Total Distance:** Approximately 1.5 miles

**Bus Lines:** #9 and #66 on Powell and #19 on Milwaukie

**HARNEY AND FLAVEL PARKS | SEPT. 5**

**Meet at NW corner of SE Harney & 72nd**

This leisurely stroll highlights a couple of neighborhood parks, and takes you through the surrounding residential area.

**Total Distance:** Approximately 1.6 miles

**Bus Line:** #71 on 72nd

**SPRINGWATER CORRIDOR | SEPT. 12**

**Meet at Springwater Trailhead parking lot at SE 45th & Johnson Creek Blvd.**

Built to serve bicyclists and recreation enthusiasts, the Springwater Corridor is the major southeast segment of the 40-Mile Loop around the Portland Metropolitan area. The portion we'll stroll on goes by Tideman-Johnson Park.

**Total Distance:** Approximately 1.9 miles

**Bus Line:** #75 (Bus stops right at the Trailhead entrance)

**REED COLLEGE PARKWAY | SEPT. 19**

**Meet at SW corner of SE Woodstock & Reed College Place (across from Reed College)**

Stroll along this charming street with its tree lined median pathway. A visit to Duniway Elementary School is included.

**Total Distance:** Approximately 1.6 miles

**Bus Line:** #19

**WESTMORELAND PARK TO JOHNSON CREEK PARK | SEPT. 26**

**Meet at SE corner of SE Bybee & 22nd**

This stroll will take us up close but not too personal to both Johnson Creek and Crystal Springs. From Westmoreland Park we'll stroll to Johnson Creek Park and back.

**Total Distance:** Approximately 2 miles

**Bus Line:** #19

**SELLWOOD | OCTOBER 3**

**Meet at NE corner of SE Tacoma & 13th**

From the thriving heart of the Sellwood district we'll stroll by heritage trees, classic homes, and into beautiful Sellwood Park.

**Total Distance:** Slightly more than 2 miles

**Bus Line:** #70 via 13th and Tacoma (this bus takes alternating routes; every other bus #70 goes to 13th)

**CRYSTAL SPRINGS RHODODENDRON GARDEN | OCTOBER 10**

**See description of May 16 walk**

**WOODSTOCK PARK | OCTOBER 17**

**Meet at NW corner of SE Woodstock & 46th**

Stroll in the heart of the Woodstock commercial district and visit beautiful Woodstock Park with its stately trees.

**Total Distance:** 1.5 miles

**Bus lines:** #19, #74, #75

**Strolls schedule – all strolls are Wednesdays at 10 am**

**May 16** Crystal Springs Rhododendron Garden

**May 23** Reed College Tour

**May 30** Sellwood North

**June 6** Garthwick Neighborhood

**June 13** Eastmoreland Garden

**June 20** Westmoreland Park

**June 27** Milwaukie Avenue

**July 11** Brooklyn West

**July 18** Sellwood South

**July 25** Mt. Scott Community Center

**August 1** Downtown Milwaukie

**August 8** Reed College Tour

**August 15** Kenilworth Park

**August 22** Brentwood Park and Gardens

**August 29** Brooklyn East

**September 5** Harney and Flavel Parks

**September 12** Springwater Corridor

**September 19** Reed College Parkway

**September 26** Westmoreland Park to Johnson Creek Park

**October 3** Sellwood

**October 10** Crystal Springs Rhododendron Garden

**October 17** Woodstock Park



**Transportation Options**  
1120 SW 5th Avenue, Room 800  
Portland, Oregon 97204

**GET AROUND AT YOUR OWN PACE**  
**SENIOR STROLLS**



**Twenty two leisurely strolls around Southeast Portland to inspire independence and good health**





# Senior Strolls 2007

Transportation Options is pleased to offer Senior Strolls in the SmartTrips Southeast Target Area. Senior Strolls is a program designed to offer seniors an easy, pleasant, social walking experience, and to give you the confidence to consider walking as a transportation option.

The health benefits of walking are numerous, including reduced risk of heart disease, stroke, diabetes, and obesity. A good baseline for improving health and reducing the risk of chronic disease is 10,000 steps a day (2,000 steps is approximately 1 mile). That is a rough equivalent to the Surgeon General's recommendation to accumulate 30 minutes of activity most days of the week. Not everyone should start out trying to get 10K a day. Instead, take a comfortable, gradual approach. Walking with other senior strollers provides the added benefits of a valuable support network and new friendships!

Senior Strolls are held Wednesdays at 10 am from May 16th through October 17th. For participants' convenience, all strolls begin and end along TriMet routes. **Contact TriMet's Trip Planner at 503-238-7433 for help in finding the right bus(es) for you.**

**CRYSTAL SPRINGS RHODODENDRON GARDEN | MAY 16**  
**Meet at Crystal Springs Rhododendron Garden entrance, SE 28th Ave, one block north of Woodstock**

Stroll through one of Southeast Portland's most beautiful gems, home to more than 2,500 rhododendrons, azaleas, and other plants. Winding paths gently guide visitors through lush foliage, along serene lakes and by hungry ducks and geese.  
**Total Distance:** Slightly over 1 mile  
**Bus Line:** #19 Woodstock via SE 32nd & Rex (this bus takes alternating routes as it goes through Eastmoreland; ask the driver for the stop nearest the Garden).

**REED COLLEGE TOUR | MAY 23**  
**Meet at NE corner of SE Woodstock & Reed College Place**  
Founded in 1908, Reed College is close to celebrating its first 100 years of providing a balanced, comprehensive education in liberal arts and sciences. Enjoy this guided tour in and out of buildings noted for their architectural and historic significance.  
**Total Distance:** Approximately 1.5 miles  
**Bus Line:** #19

**SELLWOOD NORTH | MAY 30**  
**Meet at SW corner of SE Milwaukie & Ramona**  
This easy stroll will meander by lovely homes in this quiet neighborhood and includes a visit to Llewellyn Elementary School.  
**Total Distance:** Just under 1 mile  
**Bus Line:** #19

**GARTHWICK NEIGHBORHOOD | JUNE 6**  
**Meet at NW corner of SE 17th St. & St. Andrews & Ochoco**  
This short stroll will take you through this tucked away enclave of elegant homes that border the Waverly Country Club.  
**Total Distance:** Just under 1 mile  
**Bus Line:** #70

**EASTMORELAND GARDEN | JUNE 13**  
**Meet at SE corner of SE Bybee & 27th**  
This stroll will take you along the edge of the Eastmoreland Golf Course and by neighboring classic homes.  
**Total Distance:** Approximately 1 mile  
**Bus Line:** #19

**WESTMORELAND PARK | JUNE 20**  
**Meet at SE corner of SE Bybee & 22nd**  
Stroll in this park that has it all, from water features to various sports facilities to public art. A detour into the adjacent neighborhood will provide us an opportunity to learn about the City's Pervious Pavement Pilot Project.  
**Total Distance:** Approximately 1 mile  
**Bus Line:** #19

**MILWAUKIE AVENUE | JUNE 27**  
**Meet at NW corner of SE Milwaukie & Ogden**  
Window-shop to your heart's delight along this thriving commercial district. You won't miss a thing as we'll see the variety of shops and restaurants on both sides of the street.  
**Total Distance:** Approximately 1 mile  
**Bus Lines:** #70 and #19 both stop two blocks north at Milwaukie and Bybee

**BROOKLYN WEST | JULY 11**  
**Meet at NW corner of SE Milwaukie & Center**  
Stroll beside Brooklyn Park and beautiful homes in one of Portland's oldest neighborhoods. A visit to historic Sacred Heart Church is included.  
**Total Distance:** Approximately 1.3 miles  
**Bus Lines:** #19

**SELLWOOD SOUTH | JULY 18**  
**Meet at SW corner of SE Tacoma & 13th**  
Come explore this charming neighborhood and learn about the Share-It Square, a City Repair Project that serves as a community gathering place.  
**Total Distance:** Slightly over 1 mile  
**Bus Lines:** #70 via 13th and Tacoma (this bus takes alternating routes; every other bus #70 goes to 13th)

**MT. SCOTT COMMUNITY CENTER & PARK | JULY 25**  
**Meet at SE corner of SE Harold & 72nd**  
Check out this great community center and park in the Mt. Scott-Arleta neighborhood. This stroll includes a visit to the community center and a presentation on pedestrian safety before strolling through the park and surrounding neighborhood.  
**Total Distance:** Approximately 1.4 miles  
**Bus Line:** #10

**DOWNTOWN MILWAUKIE | AUGUST 1**  
**Meet at SE corner of SE Main & Jackson (1 block west of Milwaukie Transit Center)**  
Come along on this stroll in the heart of Milwaukie. This redeveloping downtown, well served by transit, offers quaint shops and an easy walk to the Willamette River.  
**Total Distance:** Approximately 1 mile  
**Bus Lines:** #29, #31, #32, #33, #34, #70, #99, #152

**REED COLLEGE TOUR | AUGUST 8**  
**See description of May 23 walk**

**KENILWORTH PARK | AUGUST 15**  
**Meet at NE corner of SE Holgate & 28th**  
Stroll along an off-road pedestrian path that leads to Grout Elementary School and into this lovely park.  
**Total Distance:** Approximately 1.4 miles  
**Bus Lines:** #17 on Holgate and #10 on 28th



**PLEASE DO NOT LEAVE VALUABLES IN YOUR VEHICLE**



# A guide to your ride

Tips, techniques  
and street  
smarts to make  
your ride safer  
and more  
rewarding



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# Benefits of Bicycling: Health, Environment, Livability

## WHY BIKE? HOW ABOUT...

Saving time, saving money, improving your health, helping your community, and because it's fun!

### **Saving time:**

Most trips in town are less than 2 miles. This means even at an easy pace you can arrive in about 10 minutes, with no parking hassles. A benefit of biking longer trips, such as your commute to work, is you can skip a trip to the gym that day.

### **Saving money:**

Ever drive to the supermarket and then stop by the gas station on the way home? When you bike you can skip that second stop – you've already purchased your bike's fuel! The more trips you make by bike, the less money you have to budget for oil changes, tune-ups, tire replacement, parking, etc. You can even save money on auto insurance if you drive fewer miles per year. Some families find they can eliminate the need for a second car by using bikes.



### **Improving your health:**

Pop-quiz – which is a greater hazard: negotiating traffic or sitting on the couch? If you guessed an inactive lifestyle, you win! The Surgeon General suggests that significant health benefits can be obtained by 30 minutes of moderate physical activity 5 days a week. You don't have to ride like Lance Armstrong to see and feel the positive effects of biking.

### **Helping your community:**

So you want to reduce air & water pollution, create safer streets for kids, support a quieter neighborhood, lessen the need for expensive road repair, and create a friendlier environment to live in, but you're a little short on time and money? Ride a bike!

### **Maybe the best reason of all....**

Regular cyclists will tell you that even when the weather is dismal, they arrive at work feeling happy. Scientists struggle to explain this phenomenon, citing endorphins and increased oxygen flow to the brain. But the best proof is your friendly neighborhood 8-year-old kids – they are experts at identifying what is fun. Just watch a child's face light up when he or she gets on a bike.

## DID YOU KNOW...

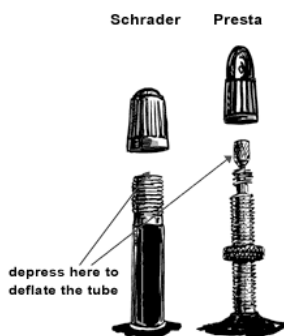
- The most efficient animal on earth in terms of weight transported over distance for energy expended is a human on a bicycle.
- The most efficient machine on earth in terms of weight transported over distance for energy expended is a human on a bicycle.

# Clearing your bike for takeoff: Starting out right

A safe bike is essential: use this simple list to help ensure a safe & trouble-free ride. If your bike doesn't pass one of the simple checks below, take it to a bike shop for further inspection and repair.

## TIRE PRESSURE

Keeping tires correctly inflated helps avoid flats and makes your ride easier. The easiest way to check the pressure is using a pump with a gauge. If you look closely, the recommended tire pressure is listed on the side of your tire. If you don't have a gauge, pump up your tires so that it is difficult to push your fingers into the tire. There are two kinds of tire valves (see illustration), and most tire pumps are adaptable to either one.



## TIRE WEAR & TEAR

It is common for tires to become worn after about 1,000 miles of riding. Tires can also get hard and brittle with age. Check the sides of your tires (the sidewalls) for significant cracks that may mean you need new tires. Frequent flat tires may mean the tread is thin, and the tire needs replacing.

## WHEELS

A wheel should not wobble when it rotates. A wobbly, "untrue" wheel can rub against the brake pads & cause your brakes to perform poorly. To check, turn your bike upside down and spin the wheels while looking closely at the brake pads. The gap between the rim and the brake pad should stay relatively constant.

### DID YOU KNOW?

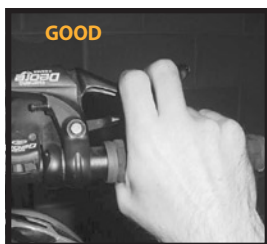
Car tires have tread to avoid hydroplaning in wet conditions, but bicycle tires are thin enough that hydroplaning is not a problem. In fact, bicycle tires for road use have no need of any sort of tread features. Unfortunately, many people assume that a smooth tire will be slippery. But don't slick tires get slippery on wet roads, or metal features like utility covers & railroad tracks? The answer is, yes, they do; but so do tires with tread. All tires are slippery in these conditions. Tread features make no improvement in this.

*from [www.SheldonBrown.com](http://www.SheldonBrown.com)*

## BRAKES

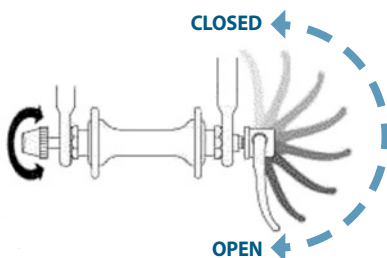
When you squeeze your brake levers, they should stop before they touch the handlebars. If they don't, tighten the brake cable. Your brakes may have a cable adjusting barrel that allows you to do this easily. Also, keeping your wheel rims free of dirt & grease will improve brake performance considerably. Use an old rag to periodically wipe the grime off the rims, especially when you've been riding during wet weather.

Also, brake pads (the hard rubber pad that rubs the wheel rim when you brake) wear down, & eventually wear out. Many have a "wear line" showing you when they need replacement. Ask your friendly local bike shop – brake pad replacement is relatively inexpensive, and good brakes for your bike are essential.



## QUICK RELEASE

Many bikes have quick release levers on the wheels. Make sure that the levers are solidly locked (snug and curved in towards the bike). Inspect the quick releases visually every time you ride. If you have questions about how to lock a quick release lever, stop by your friendly local bike shop.



## CHAIN

Lean your bike against a wall or, better yet, have someone hold it for you. Crouch beside the bike & slowly rotate the pedals backward, checking to make sure the chain turns smoothly. Wipe the grit off your chain with a rag then sparingly apply a light oil to the chain & wipe off the excess with a rag.

### DO THE ABC QUICK CHECK:

- Air** – Is tire inflation OK? Not too squishy?
- Brakes** – Working well? Stopping you quickly?
- Chain & Cranks** – Pedaling smoothly? No squeaking?
- Quick** releases – Closed & tight?
- Check** – Anything loose or rattling on the bike? A quiet bike is a good bike!

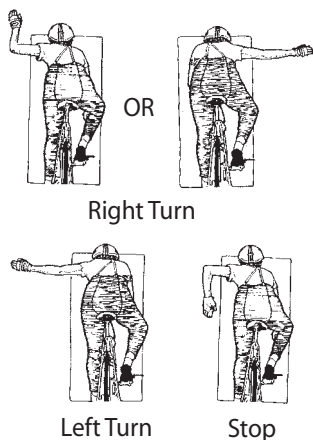
# Two Wheel Life:

## Staying smart, safe & legal

Knowing your responsibilities & rights as a cyclist is important to staying safe & feeling confident on your bike. In general, the same traffic rules and regulations for vehicle drivers apply to bicyclists. Read on for a brief summary of the most important laws and traffic considerations that pertain to bicyclists. See the *Resources* section (page 19) at the back of this booklet on where to find more detailed information on bike safety & the law.

### SIGNALING TURNS

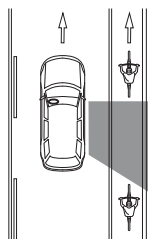
Hand signals indicating a turn are required of cyclists for at least 100 feet before a turn or stop except when both hands are necessary to control or operate the bicycle. When approaching a turn you'll often need both hands for braking and your own general safety. However, if you have an available hand then communicating your intentions with others – drivers, pedestrians, & other cyclists – by using signals is a great way to foster harmony on the road.



### PASSING

You may pass a motor vehicle on the right in a bike lane, but do so cautiously: some drivers may want to turn right at the next street or driveway and neglect to use their turn signal. Stay out of the driver's blind spot at intersections and other places where a driver could turn right (see also Using Bike Lanes below).

Outside of a bike lane, you're permitted to overtake and pass a motor vehicle on the right if you can "safely make the passage under the existing conditions". Do so very carefully – if you have any doubts about whether it's safe, don't do it.



### USING BIKE LANES

Motor vehicles are required to yield to a bicyclist in a bike lane. Buses and cars can load and unload in bike lanes but are not allowed to use bike lanes for parking. Motorized wheelchairs are permitted on bike lanes and paths. Bicyclists may ride outside a designated bike lane when:

- overtaking & passing another bicycle, a vehicle or a pedestrian that is in the bike lane;
- preparing for a left or right hand turn; or
- avoiding debris or other hazardous conditions.

### BIKING BASICS

- Ride with traffic, in a predictable manner
- Obey traffic controls (stop signs, signals, etc)
- Maintain control of your bicycle
- Be visible & aware



When overtaking a slower moving motor vehicle in a bike lane, use extreme caution – drivers don't always use turn signals, and may not expect a cyclist to be passing them on the right.

## WHERE TO RIDE?

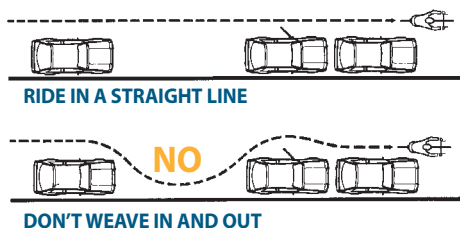
If you're riding a bicycle on a road at less than the normal speed of traffic, you're required to ride "as close as practicable to the curb or edge of roadway" except when:

- overtaking or passing another bicycle or vehicle,
- preparing to execute a left turn,
- avoiding hazardous conditions, or
- the lane is not wide enough to allow safe passing by a motor vehicle.

In all of the above cases, a bicyclist may need to "take the lane" to avoid being squeezed up against the curb or parked cars by passing motor vehicle traffic.

Maintain a straight a line of travel, and avoid weaving in and out of the parking lane. This helps make you more predictable to other road users.

Also, bicyclists can ride side-by-side as long as they don't impede the normal movement of traffic.



## SIDEWALK & MULTI-USE PATH RIDING

Cyclists must yield to all pedestrians on sidewalks and in marked or unmarked crosswalks. Give a warning (use a bell or your voice) before overtaking pedestrians from behind. Riding on sidewalks in the core area of downtown Portland is prohibited (in the area bounded by SW Jefferson, Naito Parkway, NW Hoyt, & 13th Ave, with the exception of the Willamette River bridges and ramps, and the south Park Blocks).

Portland's beautiful non-motorized paths, such as the Eastbank Esplanade, are very popular & as a result often quite crowded with all types of users. It's your responsibility to yield to pedestrians, so slow down a bit & enjoy the scenery!



## CAR DOORS

It is illegal for a motorist to open a car door if it interferes with the movement of traffic or leave a door open for a period of time longer than is necessary to load or unload passengers. When riding next to parked cars, particularly in heavily used parking areas, be alert to car doors opening suddenly in front of you. Scan ahead to see if driver or passengers are in the car on the street side. Give yourself a buffer by riding a little farther away from the "door zone".

## GETTING A GREEN LIGHT

Some traffic signals are triggered by electrically-charged wires buried in the pavement. When a vehicle stops over the wires, the metal disrupts the current, which sends a signal to the traffic signal control box. While a car is easily detected by the sensors, and a pedestrian can push a button to get the “walk” sign, a bicycle – with relatively little metal – must be in the right spot to be detected.

To make sure that cyclists can easily “get the green” the City of Portland Office of Transportation marks the location of these sensors to indicate where a bicycle needs to be positioned on the roadway to activate the signal. Put your bike tires on the lines. If a car is already waiting, it will activate the signal for you.



Most of the Portland traffic signals with sensors are marked for bikes, but not all. You can recognize these sensors by looking for narrow cut lines in the pavement, usually in a diamond shape, that are filled with tar. You should be able to activate the signal by positioning your bike correctly.

If you find a signal that needs marking or is not working for bikes, please call our BikeLine at 503.823.CYCL.

## EQUIPMENT REQUIREMENTS

Helmets are mandatory for everyone under the age of 16 years unless wearing a helmet “would violate a religious belief or practice of the person”. For those 16 or older, helmets are a really good idea: they’re comfortable, relatively inexpensive, and oh-so-stylish. If you ever need it – and we hope you don’t – you’ll be very glad to have it.

Required lighting equipment includes: 1) a white light visible from at least 500 feet and 2) a red rear reflector or light visible from at least 600 feet. Lighting equipment must be used during limited visibility conditions. See *Accessorize Your Ride* (pg. 9) for more information on lighting equipment.

Bikes must be equipped with a brake that is strong enough to skid on dry, level, clean pavement. If your bike won’t do this, see the “Brakes” section (pg. 5)



# Accessorize Your Ride:

## Some add-ons to make life easier

You have your bike, and you're ready to go. Check out this overview of popular bike accessories before you head out the door; small investments can make a big difference in the comfort & convenience of your ride.

### CHAIN, CABLE & U-LOCK

One of the most basic pieces of gear for your bike is a good lock. There are a variety of different types of locks; your local bike shop will be glad to help you select one that meets your needs.

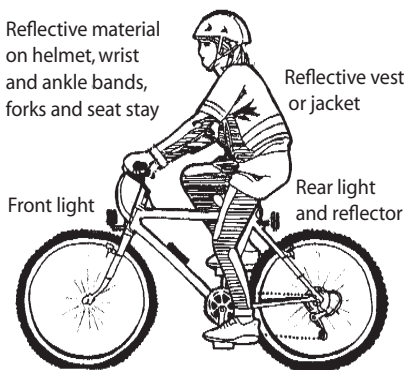


### BEING SEEN

Unless you only ride on the brightest & sunniest of days, you need to have lights. Flashing L.E.D. lights for both the front & rear of your bike are an inexpensive and invaluable piece of safety equipment. They're good to have on those gray days too! If you ride in an area where there's not much in the way of street lights, a solid beam front light that illuminates the road can be a good investment.

Reflective material on helmet, wrist and ankle bands, forks and seat stay

Reflective vest or jacket



### MANAGING THE MOISTURE

Even if you don't normally ride in the rain, fenders (aka mudguards) make riding on wet streets a much better experience. Fenders will keep water & grit that your tires pick up from being sprayed onto your feet & legs. Your local bike shop can set you up.



### CARRYING CARGO & KIDS:

You can haul a lot on a bike if you're properly equipped. Trying to carry a lot on a bike when you're not equipped is frustrating, not to mention dangerous. Ever seen someone riding with heavy plastic grocery bags dangling from the handlebars? Yikes!

Here are some ways to carry your cargo:

#### 1) Some Cargo:

A basic backpack is very convenient for small loads but doesn't hold a lot and can make for a hot and awkward ride when loaded.

A "messenger bag" has a single strap that rests on your opposite shoulder; also does not hold a lot.





## 2) More Cargo:

A rack for the rear of your bike is extremely useful. You'll need one to be able to use panniers, buckets & some baskets.

Panniers are bags that attach to a rear bike rack. These are usually waterproof, removable & allow you to carry more weight.

Baskets and buckets are generally a less expensive option for carrying more weight. Baskets can attach to the front or rear of your bike. Some are collapsible and others are easily removable to go in the store with you. Also, plastic "bike buckets" are inexpensive & functional.



## 3) Most Cargo:

Trailers attach to the rear of your bike and are the best for carrying large loads be it children, pets, groceries or whatever else you can think of. Hot tip: watch the classified ads for inexpensive used trailers.



## 4) Carrying Children – the ultimate precious cargo:

There are seats that can be mounted on a bike – usually above the rear wheel – to allow you to carry a child on your bike. The child is secured into the seat by safety straps. Keep in mind that because of its height, this type carrier alters your center of gravity while riding and increases the risk of losing balance. Most bike trailers are designed to carry kids, along with a shopping bag or two. Bike tag-alongs or trail-a-bikes are designed for older children, and allow the child to pedal along with you. *For any of the devices for carrying children, check the manufacturer's specifications for how to safely use the product, as well as any age and/or weight limitations.*



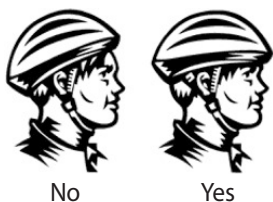
Tag-along bike

# Accessorize yourself: Dressing right improves the ride

There is gear that everyone should wear every time they ride and then there is gear made for various conditions. These conditions include long rides and riding at night, in the rain, and in the cold. Choosing the right clothing will take a bit of experimentation on your part, but here's an overview to get you started.

## HELMETS

It's really basic: wear one. Do we really need to say more? OK, How about: you only need a helmet if you've got a head on your shoulders. If you're under 16 years of age, Oregon law requires that you wear a helmet.



## LEG BANDS

Leg bands are a cheap & easy way to keep your pant leg free of chain grease. Your launderer will thank you.

## GLOVES

Wearing gloves serves two purposes: they can protect your hands from the elements and can prevent aches and pains in your hands and wrists. Use full-fingered in cooler weather and half-fingered in warmer weather.

## LAYERING

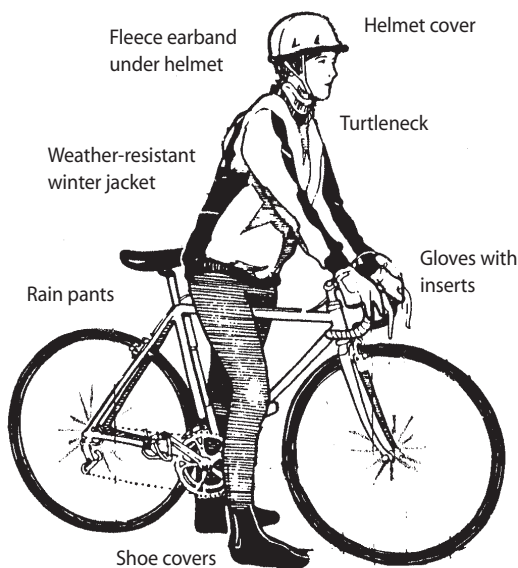
Layering can be the key to staying comfortable when riding in the wet and/or cold. Multiple layers can be a low cost alternative to performance clothing. In addition, a layer can easily be added or removed to improve comfort on the fly. Try a base layer that breathes, another layer that provides warmth, and an outer layer that keeps out the wind and rain.

## REFLECTIVE & BRIGHT CLOTHING

The right clothing can provide you with added visibility during dark or low light conditions. You can buy clothing with reflective panels and/or piping or add reflective tape to existing items. NOTE: reflective clothing is not a substitute for bicycle lighting equipment.

## RAIN GEAR

Water-resistant and waterproof clothing specific to cycling can make



year-round riding a breeze. A good rain jacket with a longer flap in the back is a good start. If you desire you can also buy rain pants, waterproof gloves, helmet covers & shoe covers.

## SHOES & PEDALS

Generally, any shoe will do (okay, skip the high heels). Choose something casual & comfortable with a good traction sole. Toe clips (cages are attached to the pedals that your foot slips into) can be added for better pedaling efficiency. A more technical alternative is a pair of clipless pedals that require cleated shoes.



### SOME INEXPENSIVE WET WEATHER TIPS:

- When parking outside in wet weather, carry a plastic bag to put over your seat – avoid the wet tuchas!
- You can also use plastic bags to keep you feet dry – just rubber band 'em on.
- Keep a pair of socks & shoes at your workplace, so even if your feet do get wet during the ride they'll soon be warm & dry.





# Getting down to basics: Adjusting your bike for a comfortable ride

Making sure your bike fits you correctly can be crucial to the enjoyment of bicycling. Most bike shops will help you adjust your bike so it's set up for maximum comfort. Here are a few key considerations.

## BIKE TYPE

It's not a one type-fits-all world. Mountain bikes, hybrids, & comfort bikes with upright handlebars and wider tires are well suited to shorter trips on city streets, while road bikes with drop handlebars and narrower tires may be a better choice for longer-distance trips. Then, of course, there are recumbent bikes, folding bikes, tandems, fixies... Curious about the possibilities? Visit a local bike shop or two, they'll be glad to help you find a ride that's right for you.



## BIKE SIZE

Most bike shops will help you figure out the best fitting bike for you. If your bike's frame is too tall, too short, or too long, it can be very hard to adjust the other components to make you comfortable. Here are some general guidelines:

For on-road riding there should be about 1 to 2 inches between the top bar of the bike frame and your inseam.

For off-road riding, there should be about 3 to 4 inches between the top bar of the bike frame and your inseam.



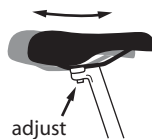
## SEAT (AKA SADDLE) TYPES

A seat is a seat, right? Actually, there are a wide variety of seats for nearly every type of rider. Seats can be made for comfort or speed and come gender specific. Ask your friendly local bike shop for help in selecting the best seat for your needs.

## ADJUSTING YOUR SEAT

The key adjustments to a seat are:

- Fore/aft: a general rule is  $1\frac{3}{4}$  to  $2\frac{1}{2}$  inches from the nose of the seat to a vertical line through the bottom bracket.
- Angle: start out level, then find what is comfortable.
- Height: with your pedal at the bottom of the pedal stroke and your heel on the pedal, your leg should be completely straight (then your leg will be slightly bent when riding normally).



# Getting around Portland: Making your trips by bike

While some trips by bike are as simple as getting on and pedaling, a little planning is a good idea for longer, unfamiliar trips.

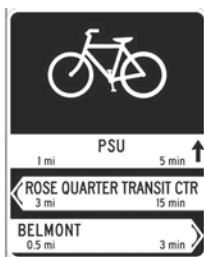
## PICK YOUR ROUTE

By choosing good routes for your bike trips you can make your rides safer and more pleasant. The route you normally drive may not be the best route by bike. When planning your route, locate your starting point and your destination on the Portland By Bicycle Bike Map or the Portland Neighborhood Bike Maps and determine the best bike routes that connect the two. There may be several options so choose the best route for you. If possible, you may want to test it out first on a day when you're not in a hurry to be at school, work or other appointment at a certain time.



## NEW PORTLAND ROUTE MARKINGS

A number of quiet local streets have route signs and markings to help bicyclists find their way. If you prefer cycling on low traffic streets over bike lanes, check out the City-wide or Neighborhood bike maps to plot your route.



## BRINGING YOUR BIKE ON BUSES & LIGHT RAIL

All TriMet buses & MAX trains carry bikes. It's easy – just pay the normal fare & bring your bike along! See *Bikes & Transit* (pg. 16) for information on how to bring your bike on Portland-area buses or MAX trains.

## BIKE PARKING

Portland is decorated with on-street bike racks and most businesses provide bike racks, so finding somewhere to lock up at your destination usually isn't too hard. If you are planning a commute trip, scout out in advance the best place to park your bike. For the downtown area, the Citywide bike map shows the locations of public off-street covered bike parking. Bike lockers are available for rental throughout the downtown & at many transit centers (see *Resources* pg. 16).

## LOCK IT RIGHT

At a minimum you should put your lock through your frame and the front wheel. This is especially important if you have a quick release wheel, since if you only lock the wheel, the rest of your bicycle can



be detached and carried away. Options for locking the frame & both wheels include: 1) removing the front wheel so it can be locked with the rest of the bike and 2) using two locks.

**LOCK-UP TIP:** Locking both the frame and the front wheel makes breaking your U-lock tougher for thieves, & it helps keep your bike from falling over if it's bumped.

## MORE THEFT PREVENTION

First, remove items from your bike that can be quickly and easily stolen. These include quick release seats, bags & lights. Next, make sure that you have taken as much slack out of your lock as possible to prevent your bike from tipping and to discourage thieves from prying. Also, some people find that making their bike less attractive is an effective theft deterrent. This can involve riding an older bike or using paint and stickers to make a newer bike appear older.

## DUDE, WHERE'S MY BIKE?

Don't give up hope, all is not lost! Stolen bikes are sometimes reclaimed, but in order to greatly increase the chances of your cherished steed returning, you'll need to do two things:

- Report the theft to the Police, and
- Give them the bicycle's serial number & description

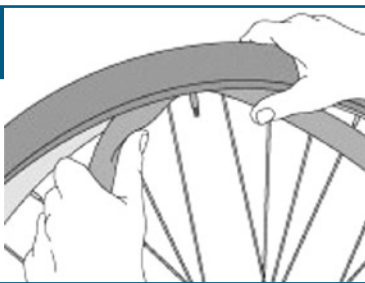
What, you don't know your bike's serial number? Well now's the time to find out. The serial number is usually located underneath the bottom bracket (that's where the pedals & crank connect to the frame), but not always. If you can't find it, your friendly local bike shop will be glad to help you locate it. Record the serial number and put it in a place where you can find it if it's needed.

## MAINTENANCE ON THE FLY

The most common mechanical problem that bicyclists experience is a flat tire, also known as a "tyre puncture" across the Pond, or "un pinchazo" south of the border. By any name, it's not much fun. But it's actually surprisingly easy, if a bit grimy, to fix a flat tire. Want to know how? Call us at 503-823-CYCL & ask for the *Roadside Tips & Repair Guide*. Once you've learned how you'll want to impress all your friends with your newfound skill.

### 3 THINGS YOU CAN DO IF YOU GET A FLAT EN ROUTE:

- Call your sweetie for a lift
- Put your bike on the bus or MAX
- Fix it – Yes, you can!





# Bikes & Transit: An ideal combination

## TRANSIT SERVICE IN PORTLAND METRO AREA

### TriMet

Portland metro area bus & MAX

For instructions on how to carry your

bike on buses or MAX trains, call

503-962-7644 or go to [www.trimet.org](http://www.trimet.org).

Call us at 503-823-CYCL and we'll send

you a bikes on TriMet brochure.

Bike locker rentals at TriMet transit cen-

ters 503.226.0676



### Other Metro Area Transit providers who carry bikes:

- South Metro Area Rapid Transit (SMART) Wilsonville area with routes to Salem, Canby, & Portland

503-682-7790 / [www.ridesmart.com](http://www.ridesmart.com)

- C-Tran Vancouver area & suburbs with routes to Portland

360-695-0123 / [www.c-tran.com](http://www.c-tran.com)

Bike locker rentals at C-Tran transit centers: 360-695-0123

- Sandy Area Metro (SAM) Sandy area with routes to Estacada & Gresham MAX Transit Center

503-668-5569 / [www.ci.sandy.or.us](http://www.ci.sandy.or.us) (click on "transit")

- Tillamook County Transit Tillamook area with route to Portland (Union Station downtown) & Beaverton

503-815-8283 / [www.tillamookbus.com](http://www.tillamookbus.com)

- Skamania County Transit Fischer's Landing Transit Center (east of Vancouver) to Carson, WA

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

### AMTRAK

Eugene – Portland – Seattle - Vancouver

Reservations necessary to carry unboxed bikes (\$5 fee)

[www.amtrackcascades.com/Bicycles.aspx](http://www.amtrackcascades.com/Bicycles.aspx) / 1-800-872-7245

*Thanks to TriMet for the use of the bike on bus photograph.*

# Cycling Technique: Improve your skills for safer, more comfortable cycling

There are lots of riding techniques and insider tips that most people learn bit by bit. We'll save you some time & trouble. Don't be shy about finding a vacant parking lot or playground and practice your moves.

## BRAKING EXPERTISE

Get to know your brakes. Rear wheels brakes (usually the right hand lever) are very different from front wheel brakes. The front brake has more stopping power than the rear, but also requires more skill to avoid stopping too abruptly. Spend some time in a vacant parking lot getting the feel. For emergency braking (1) shift your weight toward the rear of the saddle & get your torso as low as possible while (2) applying even pressure to both brakes. Practice this too!

## SHOULDER CHECKING OR LOOKING BEHIND

Cyclists need to check traffic behind them when changing lanes or merging, just as drivers do when using a rear-view mirror. Practice the "shoulder check" in a vacant parking lot until you can do it without swerving. If your neck doesn't like turning that far to look over your shoulder, try pivoting at the waist & hips a bit as well – the knee on the side you're turning to can point out a bit.

Also, mirrors (either the helmet mount or handle-bar mount variety) can be helpful, though they're not a complete substitute for shoulder checking.



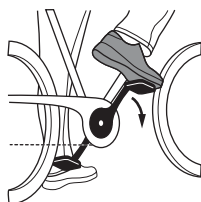
## SHIFTING GEARS

Use your gears to keep how fast you turn the pedals (aka "cadence") fairly constant & easy. Downshift to an easier gear when coming to a stop so that when you start up again you'll be in an appropriate gear. For going up hills, shift to an easier gear before the pedaling becomes too difficult. A cadence of about 60 to 80 pedal revolutions per minute is a good target for most cyclists.

## THE FAST START

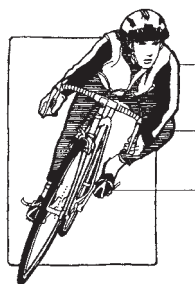
Making a smooth & quick take-off is deceptively easy. Here's how:

- Stand over the frame in front of the saddle. Hold the brake levers so the bike won't roll.
- Lift your right foot (if you're "left-footed", start with your left foot instead) & put it on the pedal. Turn the crank backwards until the pedal is at 2 o'clock position – forward & high.
- Let go of the brakes & push down on the pedal. The first pedal stroke starts the bike moving & lifts you up to the saddle.
- When the opposite pedal comes to the top position put your foot on it for the second pedal stroke.



## CORNERING

Slow down before you turn. Applying the brakes during a turn can cause you to skid. For more stability while turning keep the inside pedal up.

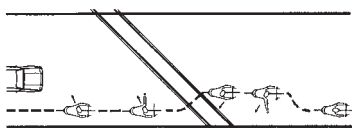


## ROAD HAZARDS

Railroad tracks, wet leaves, metal utility covers, thermo-plastic road markings & gravel are just a few things that can pose problems for cyclists. When riding over any of these surfaces, especially when wet, avoid braking & turning. For any rough surface, shift some of the weight off of your seat and onto your hands (handlebars) and feet (pedals).

## WATCH THOSE TRACKS!

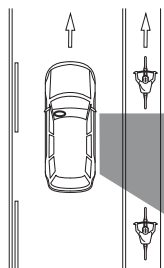
Cross tracks at as close to a right angle as possible. Tracks are slippery, especially when wet, so don't alter your course or speed as you cross. If you can't get a good crossing angle, or if the surface looks too rough, it's OK to walk your bike across



## STAY OUT OF THE BLIND SPOT!

When overtaking a slower motorist while in a bike lane use extreme caution – make sure you stay out of the driver's "blind spot" especially at locations where a driver could turn right across your path, like intersections and driveways.

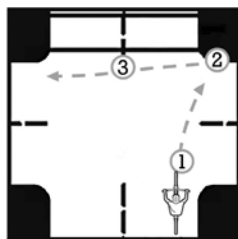
- Stay a little bit ahead of the vehicle, so the driver can see you in front of them, or
- Stay far enough back so that if the vehicle suddenly turns right or stops you'll be able to stop your bike safely.



## THE BOX LEFT TURN

Merging across traffic on a busy street to make a left turn can be a very difficult maneuver even for an experienced cyclist. Here's how you can make that turn without the stress:

1. Ride through intersection on right
2. Stop & turn your bike; and
3. Proceed with caution



## WHEN IN DOUBT, SLOW DOWN

When biking, it's easy to pull over to the side of the road & assess the situation. Slowing down also decreases your stopping/braking distance, giving you more time to react to the unexpected.



# Community Resources for Cyclists

## STREET MAINTENANCE & TRAFFIC SAFETY

To report problems on City streets, call either of the numbers below or e-mail us via our website.

- City Street Maintenance (24 hrs.) 503-823-1700
- Traffic Safety hotline 503-823-SAFE

## BIKE REPAIR & MAINTENANCE INFORMATION

Shops that offer classes in flat repair & basic maintenance:

- Bike Gallery 503-281-9800
- Community Cycling Center 503-288-8864
- River City Bicycles 503-233-5973
- North Portland BikeWorks 503-287-1098

For printed information, call 503-823-CYCL to request a free copy of the *Roadside Tips & Repair Guide*

## BIKE PARKING INFORMATION

- Bike locker rental: Downtown 503-823-6841
- Bike locker rental: Transit Centers 503-226-0676
- Bike rack installation requests: 503-823-CYCL, press 2

## ADULT BICYCLE SAFETY PROGRAMS & INFORMATION

The Bicycle Transportation Alliance offers periodic workshops on safe bike commuting & cyclists' legal clinics. Call 503-226-0676 for information. The following free safety brochures are available by calling 503-823-CYCL:

- Safe Biking, a city cycling handbook
- Oregon Bicycling Manual

## PORTLAND & OREGON MAPS & RIDE GUIDES

All free unless noted – Call 503-823-CYCL to request. More maps & info available on our website: [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org)

- Portland Bicycle Map & Resources
- Portland Neighborhood Bike Maps (SE, Outer SE, NE, N, & SW)
- Bike There - \$6 - a metro area bike map – available in most bike shops
- Oregon Coast bike route map
- Oregon Bicycling Guide (statewide map)
- Columbia River Gorge bike map

## WHAT'S HAPPENING?

Some really good & informative Portland bike websites:

- BikePortland.org
- Shift2Bikes.org
- PortlandCycling.net
- BTA4Bikes.org

**For more information on  
bicycling, visit our website:  
[www.GettingAroundPortland.org](http://www.GettingAroundPortland.org)**



City of Portland Office of Transportation  
Transportation Options  
1120 SW 5th / Suite 800  
Portland, Oregon 97204  
Commissioner Sam Adams

Do you have comments or need more information about Bicycling  
in Portland? Contact us at: phone: 503.823.CYCL, press 2;  
Email: [jeff.smith@pdxtrans.org](mailto:jeff.smith@pdxtrans.org); URL: [www.gettingaroundportland.org](http://www.gettingaroundportland.org)

MANY THANKS TO THE ONTARIO MINISTRY OF TRANSPORTATION FOR SHARING SOME OF THEIR  
CYCLING SKILLS GRAPHICS WITH US

# Women Only Rides or Clinics

**Bike Gallery**

Woodstock: 4235 SE Woodstock  
www.bikegallery.com  
Phone: 503-774-3531

**Sorella Forte**

www.sorellaforte.com  
info@sorellaforte.com

Since 1974, the Bike Gallery has been a local, family-owned business dedicated to connecting Portlanders with bikes for healthier hearts, minds and communities. Visit the website for women only clinics, rides and special events at their four Portland shops.

Sorella Forte (Italian for Strong Sister) is open to all women who share a passion for riding their bike. The club supports women who want to race as well as recreational riders looking for people to ride with on a regular basis. Visit the website for ride information.

**River City Bicycles**

706 SE MLK Blvd.  
www.rivercitybicycles.com  
Phone: 503-233-5973

**Community Cycling Center**

1700 NE Alberta  
www.communitycyclingcenter.org  
Phone: 503-288-8864

River City Bicycles offers a large selection of bicycles, clothing and accessories all under one roof. Visit website for clinic information.

**Women’s Group Ride**  
**Every Saturday, 10 am**  
Join other women for a 20-30 mile ride. No one will be left behind.

Since 1994, the non-profit Community Cycling Center has provided bikes and bike-related activities to thousands of local youth and adults. Every day they use the bike as a tool for personal empowerment to help people live happier, healthier lives while building their community. Visit the website for more information.

**Portland United Mountain Pedalers (PUMP)**

www.pumpclub.org  
Phone: 503-357-7558

PUMP is dedicated to: **Pedaling** on organized rides. **Uniting** the mountain bike community. **Maintaining** the future of mountain biking. **Promoting** safe, responsible mountain biking.

**Women Only Mountain Bike Ride**  
**First weekend of each month May – October**  
Join other women on a mountain bike ride on single-track trails. The rides are “do at your own pace” and will re-group to ensure no one is lost. For more information, contact Susan Martin at susan@workforce-dynamics.com or 503-703-4300.

**Women’s Bike Maintenance Class**  
**See website for dates and times.**  
**Bike Camp for Girls**  
**See website for dates and times.**

**North Portland Bike Works**

3951 N Mississippi  
www.npdxbikeworks.org  
Phone: 503-287-1098

North Portland BikeWorks is a collectively run non-profit neighborhood learning center that provides information, resources and skill sharing programs to advocate the use of environmentally sustainable, self-reliant transportation.

**Women and Trans Mechanic Night**  
**Every Wednesday, 6-8 pm**  
A donation-based workshop for women and Trans adults to learn how to work on bikes in a safe and comfortable environment.

**REI**

www.rei.com  
Phone: 503-221-1938

Whether you’re new to cycling or a pro, REI gladly shares their enthusiasm for getting people on bikes. Visit the website for other women events at their Portland, Tualatin and Hillsboro stores.

**Intro to Cycling for Women**  
**See website for location, dates and times.**  
**Bike Maintenance 101 for Women**  
**See website for location, dates and times.**




Transportation Options  
1120 SW 5th Avenue, Rm 800  
Portland, Oregon 97204  
Commissioner Sam Adams

# Women ON BIKES

# RESOURCE GUIDE



# Clubs/Groups

**Slug Velo** [www.slugvelo.com](http://www.slugvelo.com)  
[periwinklekog@yahoo.com](mailto:periwinklekog@yahoo.com)

"We're Slow. We're Sociable!" Inspired by people who desire a group ride without the potential intimidation factor of traditional club rides. No one gets dropped, ever! Average speeds are 10 to 12 mph with rides averaging of 10 miles in winter and 20 miles in the summer. This is not a Critical Mass ride! The only statement Slug Velo chooses to make is that riding safely in a group can be great fun! They obey Oregon bicycle laws during their rides — especially signaling and riding single-file whenever necessary. Visit the website for ride information or contact Beth Hamon at [periwinklekog@yahoo.com](mailto:periwinklekog@yahoo.com).

**Community Exchange Cycle Touring Club** [www.exchangecycletours.org](http://www.exchangecycletours.org)  
Phone: 503-234-0831

The Community Exchange's mission is to promote cycling as a means of cross-cultural interaction and earth-friendly transportation by providing bicycle maintenance and bicycle touring resources. Visit the website for information on classes and rides.

**Portland Velo** [www.portlandvelo.net](http://www.portlandvelo.net)

Portland Velo is Oregon's newest recreational cycling club dedicated to providing fun, safe, and social cycling experiences for Portland-area cyclists. They share a passion for the sport of cycling and strive to create an environment of cycling as part of an active lifestyle. Visit the website for ride information.



For more information,  
contact Janis McDonald, 503-823-5358 or  
[janis.mcdonald@pdxtrans.org](mailto:janis.mcdonald@pdxtrans.org)  
[www.GettingAroundPortland.org](http://www.GettingAroundPortland.org)

# Community

**Bicycle Transportation Alliance (BTA)** [www.bta4bikes.org](http://www.bta4bikes.org)  
Phone: 503-226-0676  
[info@bta4bikes.org](mailto:info@bta4bikes.org)

The Bicycle Transportation Alliance is a non-profit bicycle advocacy organization based in Portland. The BTA creates healthy, sustainable communities by making bicycling safer, more convenient and more accessible, offering tools for commuters, education programs for children, advocacy resources and volunteer opportunities.

**Shift to Bikes** [www.shifftobikes.org](http://www.shifftobikes.org)  
Phone: 503-542-6900  
[info@shifftobikes.org](mailto:info@shifftobikes.org)

SHIFT works to express Portland's creative bike culture and high-light bicycling's positive contributions to the community. They are a communications network open to everyone interested in all aspects of bicycling. SHIFT folks plan, execute, publicize, and otherwise have a hand in an ever-widening variety of bike-related events. They share a passion for the bicycle in all its glory: as toy, as transportation, as tool for social and environmental change!

**BikePortland** [www.bikeportland.org](http://www.bikeportland.org)  
Phone: 503-706-8804  
[jonathon@bikeportland.org](mailto:jonathon@bikeportland.org)

BikePortland is a website and blog that helps cyclists connect and stay informed. The interactive site features daily news coverage, event reports and covers everything from tall bikes to City Hall. BikePortland's frequent updates, stolen bike listings, forums, links, and photos make it the place to get plugged into the vibrant Portland bike scene.

**Oregon Bicycling Racing Association (OBRA)** [www.obra.org](http://www.obra.org)  
[sal@obra.org](mailto:sal@obra.org)

OBRA offers women cyclists the opportunity to test their competitive spirit in five different types of racing: road, track, mountain, time trial and cyclocross. Competition classes are offered for all experience levels, from beginner to professional. Visit the website for more information.

**Oregon Bicycling** [www.orbike.com](http://www.orbike.com)

Their mission is simple: to promote bicycling in Oregon. They offer the most comprehensive cycling events calendar in the state, a blog for the local buzz, and a secure, online registration system for the events.

**NW Bicycle Safety Council (NWBSC)** [www.bicyclesafetycouncil.org](http://www.bicyclesafetycouncil.org)

With so many sharing the road, it's critical that motorists, cyclists, and pedestrians know how to look out for one another so we all make it to where we are going, safe and sound. NWBSC helps educate the community about general topics on cycling, with emphasis on bicycle safety. Through a range of programs and events throughout the year, they involve parents, children, seniors, and everyone in between.

**b.i.k.e. (Bicycles and Ideas for Kids Empowerment)** [www.kidsofbike.org](http://www.kidsofbike.org)  
Phone: 503-484-7838  
[john@kidsofbike.org](mailto:john@kidsofbike.org)

b.i.k.e. facilitates the development of values and life skills essential for productive citizenship in inner-city youth through bicycling, tutoring, year-round mentoring, and leadership training. For ride information or volunteer opportunities contact John Benenate.

**League of American Bicyclists** [www.bikeleague.org](http://www.bikeleague.org)  
[bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org)

The League of American Bicyclists is a national membership organization devoted to healthy communities and the freedom to ride! The League promotes bicycling for fun, fitness and transportation and work through advocacy and education for a bicycle friendly America.

# Maps & Resources

**City of Portland Transportation Options** [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org)  
Phone: 503-823-CYCL

There are a ton of bike maps available to help you design your route. Some of the bike maps available are Portland City, Portland Neighborhoods (N, NE, SE, Outer SE, SW), Downtown, Spring-water Corridor, Forest Park, Marine Drive, Clark County, Washington County and Oregon Coast, plus some of those trickier connections. To get a full list of maps visit our website.

**byCycle** [www.bycycle.org](http://www.bycycle.org)  
[wyatt@bycycle.org](mailto:wyatt@bycycle.org)

ByCycle is a free online bicycle trip planner. Their main objective is to promote sustainability and livability by promoting and facilitating alternative forms of transportation, cycling in particular.

**Team Estrogen** [www.teamestrogen.com](http://www.teamestrogen.com)  
Phone: 503-924-2030

Looking for tips on riding, maintenance, or gear? Visit the website for a vast amount of information and advice from other women.

**Bikely** [www.bikely.com](http://www.bikely.com)

Put very simply, Bikely helps cyclists share knowledge of good bicycle routes. It can be quite tricky traversing a car-dominated city by bicycle, particularly when you need to travel an unknown route to a new destination. But the chances are, someone has cycled that way before you. Bikely makes it easy for him or her to show you the best way.

**Rails-to-Trails Conservancy** [www.railstotrails.org](http://www.railstotrails.org)

Rails-to-Trails Conservancy is creating a nationwide network of bicycle and pedestrian trails from former rail lines and connecting state by state listings of 1,359 rail trails.