

# WELCOME TO PORTLAND BICYCLING CLUB

## 2019 Schedule

Portland Bicycling Club offers a series of rides called WELCOME RIDES. You need not be a club member to participate, and there is no charge for club rides. Welcome Rides are designed for newer or less experienced riders, or for riders looking for something moving along at a more relaxed pace. You should have some riding experience however because club rides are not suitable for true beginners. Go to <https://portlandbicyclingclub.com/> for more information.

*The expectation is that riders can pedal along at about 13/14 MPH on the flats and complete a 25 to 30 mile ride.*

*These are group rides where the riders generally stay together throughout the ride. This provides a safe and friendly opportunity for newer riders to ride with other cyclists. The ride leader will guide the group and offer riding suggestions as needed. More information may be obtained by calling the ride leader listed for each ride.*

### WILLAMETTE RIVER RIDE.

Distance 27 miles. Leaves at 9:30 a.m. from upper Sellwood Park, SE 7th and Malden. This is a great ride with something for everyone. We'll tour the Willamette River on bike paths and glide through historical neighborhoods as we loop the city. Between our adventures we'll stop for coffee and refreshments. The ride has a few ups (and downs) with plenty of scenery. Group ride. Level B.

Ride Leader: Tom Carter, 503-226-6263.  
hikerfool@gmail.com.

May 12, June 16, July 6, August 3,  
and September 28

### EXPLORE VANCOUVER

Distance 27 miles. Leaves at 9:30 a.m. from McLoughlin Middle School, 5802 MacArthur Blvd, Vancouver, WA. Travel west through Vancouver and out Lower River Road past Vancouver Lake. In town we will explore new and old Vancouver, WA, see art, cross a land bridge and circle past Ft. Vancouver. Less than 1000 feet of total elevation gain. Group ride. Level B. Ride Leader: Ann Morrow, 360-608-3173, anniedmor@gmail.com.

May 26, June 1, July 28, August 17,  
and September 22

### EASTSIDE NEIGHBORHOOD LOOP

Distance 26 miles. Leaves at 9:30 a.m. from Woodstock Park, SE 47th and Steele. Meet other cyclists and enjoy learning new routes, riding scenic neighborhoods and bike trails. A couple of medium climbs but no thigh burners. Restroom and bakery stops. About a 3 hour outing depending upon the group and any flats. Group ride. Level B, Ride Leader: Alison Nelson, 503-770-0089, alisa94708@gmail.com.

May 4, June 22, July 27, August 24,  
and September 7

### AROUND THE COMPASS EXPLORER.

Distance 25 to 30 miles. Leaves at 9:30 a.m. from the Tri-Met Park & ride lot, NE 96th and Sandy Blvd. This ride uses a different route each time. We may head north to Vancouver, east to Troutdale, west through north and NE Portland or south into Portland or Milwaukie, depending upon the weather and the wishes of the riders. Group ride. Level B. Ride Leader: Bud Rice, 503-667-0683, bikebud@spiretech.com.

May 18, June 9, July 7, August 11,  
and September 1

## OTHER GROUP RIDES

Portland Bicycling Club offers other, regularly scheduled, group rides. There are usually 2 or more of each of the following rides each month.

These group rides are very similar to the Welcome Rides for pace and distance.

### 1 ... Meet The Portland Bicycling Club or Back in the Saddle Again.

These year round rides start in various locations around the Portland/Vancouver area and are relatively flat, with distances from 18 to 25 miles, depending upon weather conditions. The routes are varied and travel through interesting areas. Rides will either stop for a snack along the way or meet somewhere after the ride.

**2 ... Saturday and Sunday Socials.** These rides, also running year round, start in a variety of places around Portland and are normally 20 to 30 miles in length, weather dependent. The wide variety of routes are relatively flat, with a pace of around 13/14 mph, and will always have a bakery or coffee shop stop along the way.

**3 ... Slow Poke Rides.** These are the Clubs most user friendly rides, traveling along at the pace of the slowest riders, usually around 12 mph. They run in the spring, summer, and fall. Distances are 20 to 30 miles and will have a snack stop somewhere along the route.

**4 ...** The Club also offers other, occasional, group rides but the above three can always be found on the ride schedule.

## *Take Life by the Handlebars!*

## NON-GROUP RIDES

Portland Bicycling also offers a wide range of non-group rides. On a non-group ride everyone gets a map of the route and is free to ride the route at whatever pace is most comfortable. There is no attempt made to stay together as one group of riders. This allows faster and slower riders to enjoy the same routes.

## AND MORE

Portland Bicycling offers bicycle rides every day of the year. Some are easy and social, some are more difficult and some are very long and challenging. Check the ride schedule descriptions to find something that will suit your needs. Call the ride leader if you have questions.

There is a **sign in sheet** at the start of every ride that must be signed by every rider. If you are a new rider let the ride leader know.

## FOR YOUR RIDING ENJOYMENT

- Helmets** are required on all club rides

- Drink plenty of fluids** and bring a water bottle on the ride.

- Have a spare tube**, a tire pump and tools to change a flat tire.

- Check your bike before the ride.** Are the tires properly inflated? Are the brakes and shifting working properly? Are there loose items on the bike that need to be tightened? Seek bike shop help if needed for worn brake pads, tires, or chain.

- Riders under 18** must be accompanied by a parent or guardian.

- Arrive early.** The start time listed in the ride description is the time that the ride departs.