SmartTrips Events May – September 2011

Portland By Cycle Classes Tues. and Thurs. at 6:30 pm

CLASS LOCATIONS:
Peninsula Park Community Center, 700 N Rosa Parks Way

Bethany Lutheran Church 4330 NE 37th (classroom entrance off parking lot on Skidmore)

Tues., May 17 ✳ Cycling Essentials
Peninsula Park Community Center, 700 N Rosa Parks Way

Thurs., May 19 ✳ Cycling Essentials
Bethany Lutheran Church 4330 NE 37th (classroom entrance off parking lot on Skidmore)
Have you considered bicycling more frequently but you just aren't confident how to prepare, stay comfortable and safe, and find the best routes? Come join this interactive session as veteran cyclists share their experiences.

Tues., May 24 ✳ How to Lead a Bike Ride **Peninsula Park Community Center**
You can lead a bike tour! Show off the things you love in your neighborhood and share your love of biking. Learn route planning, how to publicize and more.

Thurs., June 2 ✳ Bike Maintenance Basics **Bethany Lutheran Church**
Join us for a hands-on clinic covering basic bike maintenance, flat repair, and a few simple adjustments and cleaning techniques. Bring your bike! **Call 503-823-7083 or email jeff.smith@portlandoregon.gov to reserve your space.**

Tues., June 7 ✳ Senior Cycling Safety
Peninsula Park Community Center
Learn how to ride safely, with confidence, and enjoy cycling – an ageless activity. Join us in a bike safety class for seniors, presented by a senior. You don't have to know how to go fast – just go!

Thurs., June 9 ✳ Senior Bike Ride
Peninsula Park Community Center
Practice what you learned at the Senior Cycling Safety class! Come along for an easy-paced, social and scenic ride in North Portland. Helmets required. **Call 503-823-6114 to pre-register.**

Thurs., June 9 ✳ Shop by Bike
Bethany Lutheran Church
Do you ever take the car because you have too much to carry on a bike? Come find out how to conveniently transport groceries, packages, and kids with your bicycle. The session concludes with you building your own "bike bucket." **Call 503-823-7083 or email jeff.smith@portlandoregon.gov to reserve your space.**

Tues., June 14 ✳ Bike Maintenance Basics **Peninsula Park Community Center** See June 2 class description.

Tues., June 21 ✳ Shop by Bike
Peninsula Park Community Center
See June 9 class description.

Tues., Sept 13 ✳ All Weather Cycling **Peninsula Park Community Center**

Thurs., Sept 15 ✳ All Weather Cycling **Bethany Lutheran Church**
Sure it gets pretty wet in Oregon, but with a little extra prep you can be an all-season cyclist. Join us for this interactive session as some experienced riders share tips and techniques for staying dry, comfortable and safe riding all year 'round.

Portland By Cycle Rides Tues. and Wed. at 6 pm

July 5 ✳ Sweet Summer Cycle
Unthank Park

July 6 ✳ Sweet Summer Cycle
Wellington Park
Everyone's favorite ride – visit sweet shops and have a treat, on bikes.

July 12 ✳ Public Art Ride **Unthank Park**
We'll take a spin and find the art hidden in plain view.

July 13 ✳ Columbia Slough Watershed Ride **Wellington Park**
Explore the nature in your neighborhood on this ride.

July 19 ✳ Columbia Childrens Arboretum **Unthank Park**
Discover a hidden gem with a fascinating history.

July 20 ✳ Gateway Green Ride
Wellington Park
Take a look into the future at a proposed new bike park.

July 26 ✳ Ride the Waterfront
Unthank Park
A warm summer evening and cool river breezes make for a great ride.

July 27 ✳ Architectural Oddities
Wellington Park
Take a tour of notable, unique and quirky buildings.

Aug 2 ✳ We're Going Downtown
Unthank Park
Learn the tricks to cycling safely in and around Portland's beautiful urban center.

Aug 3 ✳ Potential Neighborhood Greenways **Wellington Park**
A look into the future – see the streets that could become Greenways!

Aug 9 ✳ Going to the River **Unthank Park**
The City's best Neighborhood Greenway + Swan Island!

Aug 10 ✳ Stormwater Gardens & Swales, Oh My! **Wellington Park**
A tour of innovative street designs that help protect our watershed.

Aug 16 ✳ Concord to Kenton
Unthank Park
Let's go see Paul Bunyan! And fun things along the way.

Aug 17 ✳ Heritage Trees Ride
Wellington Park
We'll ride some leafy boulevards to celebrate our arboreal heritage.

Aug 23 ✳ Stormwater Gardens & Swales, Oh My! **Unthank Park**
A tour of innovative street designs that help protect our watershed.

Aug 24 ✳ Alameda Ramble
Wellington Park
Trees, views, parks – everything you want in a bike ride!

Aug 30 ✳ Architectural Oddities
Unthank Park
Take a tour of notable, unique and quirky buildings.

Aug 31 ✳ A Butte of a Ride
Wellington Park
There will be climbing – consider yourself warned.

***Sept 17 ✳ Autumn Adventure**
Wilshire Park
Celebrate the cooler weather on a 25-mile ride crossing I-5 and I-205. A joint adventure of Women on Bikes and Portland By Cycle.

Bonus Ride!

Ten Toe Walks

Thursdays at 6 pm,
Saturdays at 9 am

North

May 5 ✳ Paul Bunyan to the Parks
Meet at Paul Bunyan statue, across from the MAX station, corner of N Interstate & Denver Enjoy a stroll through Kenton and Arbor Lodge neighborhoods and see Kenton, Gammons and Arbor Lodge Parks, and the Omaha Parkway. Hop on MAX at Killingsworth Station for a return trip to Paul Bunyan Square.

June 9 ✳ Illuminating Interstate
Meet at SW corner of N Interstate & Overlook Blvd Explore Interstate Avenue's roadside history on a neighborhood walk with Overlook resident Dan Haneckow with stops to discuss neon signs, motels, and Interstate's roadside past.

June 23 ✳ NP Greenway
Meet at N Willamette Blvd at N Woolsey Take a walk along the Willamette Blvd bluff and down the Waud Bluff trail to some interesting spots on Swan Island and along the Willamette River.

July 16 ✳ Walkin' Wild Columbia Slough **Meet at Paul Bunyan statue, across from the MAX station, corner of N Interstate & Denver** Leaving from Kenton, we'll discover wildlife in our backyard along the Columbia Slough.

July 21 ✳ Piedmont, Humboldt, King, Boise & Eliot Highlights
Meet at entrance to Community Center at Peninsula Park, N Albina & Rosa Parks Way Join our tour guide Laura Foster on this one-way walk, featuring a ride back along the MAX Yellow Line and showcasing historic parks, libraries and commercial centers. The route meanders along quiet streets with beautiful century-old homes.

Aug 4 ✳ Overlook Views **Meet at Overlook Park, NW corner of N Interstate & Fremont** Discover North Portland's hidden nooks that reveal spectacular views along the quiet streets of Overlook neighborhood and north to explore Killingworth's newest commercial area at N Greeley.

Sept 10 ✳ Going to the River **Meet at N Prescott MAX Station** Walk from Overlook neighborhood to Swan Island and explore scenic viewpoints of the working Willamette River and the history of Portland's harbor and shipbuilding history.

Northeast

May 14 ✳ Irvington Classic Homes & Heritage Trees **Meet at NE corner of NE 15th & Broadway** Tour one of Portland's oldest neighborhoods, stopping to admire and hear about classic architectural styles and some of our oldest trees.

May 19 ✳ Ainsworth & NE Parks Loop **Meet at SE corner of the track next to Fernhill Park, NE 42nd & Simpson** We'll start at Fernhill Park and explore special trees in the Linear Arboretum along the beautiful Ainsworth parkway.

June 4 ✳ Alameda Ridge & Stairs
Meet at NE 50th & Sandy Blvd, next to the Post Office Wind through this historic and beautiful neighborhood, enjoying views and boosting your heart rate using seldom seen public stairways.

June 18 ✳ Hollywood Farmers Market to Rose City Golf Course Loop
Meet at NE corner of NE 45th & Hancock We'll meet at the market, get some treats and head off on a nice long walk through the Rose City neighborhood and around Rose City Golf Course.

July 7 ✳ Beaumont-Wilshire Loop
Meet at SE corner of NE 33rd & Skidmore Leaving from Wilshire Park, we'll explore the vibrant neighborhood restaurants and retail shops along NE Fremont.

July 30 ✳ Alberta Arts Walk **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 art district.

Aug. 13 ✳ Cully Green Streets
Meet at SE corner of the track next to Fernhill Park, NE 42nd & Simpson Enjoy a nice walk from Fernhill Park through Cully neighborhood and stroll along the brand new Cully Boulevard streetscape project.

Aug. 18 ✳ Historic Hollywood
Meet next to the Hollywood Theater, 4122 NE Sandy Blvd Come explore old and new architecture in the heart of the Hollywood district and the surrounding neighborhood with its charming bungalows dating from the inter-war years.

Sept. 1 ✳ Historic Sullivan's Gulch
Meet at Lloyd Center MAX Station, NE 11th & Holladay Join our tour guide Laura Foster and hear the gulch's stories – geologic and human – and explore the neighborhoods along its rim.

CITY OF PORTLAND BUREAU OF TRANSPORTATION
SAM ADAMS, MAYOR

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2011 Portland Sunday Parkways

Sunday Parkways is all about healthy fun, and this year the fun happens every fourth Sunday of the month. The 2011 Portland Sunday Parkways are presented by Kaiser Permanente.

We will be kicking off the season in East Portland on May 22, 11 am to 4 pm. Sunday Parkways is a chance for you and your family to get out and enjoy a day of healthy physical activity right in your own neighborhood. East Portland Sunday Parkways will connect Lents, Bloomington, Ed Benedict and Gilbert Heights parks with a 7-mile traffic-free route that includes a long section of the Springwater Trail.

We are excited to have Portland Parks & Recreation host large outdoor Zumba and Nia fitness classes at Ed Benedict Park and Salsa, Line Dancing and Nia at Lents Park. Also new this year will be a Disc Golf demo course from Metro Parks and a Kids Bike and Safety Fair.

Be sure to come out and enjoy the fun!

NEW TIMES!
May – August
11 am – 4 pm

September
Noon – 5 pm

CITY OF PORTLAND Sunday PARKWAYS
PRESENTED BY KAISER PERMANENTE

May 22 – East Portland
June 26 – North Portland
July 24 – NW/Downtown Portland
August 28 – Southeast Portland
Sept. 25 – Northeast Portland

FOR MORE INFO OR TO VOLUNTEER
go to www.PortlandSundayParkways.org
or call 503- 823-7599.

Get Ready for SmartTrips!

The rainy days are (hopefully) behind us and it's time to get off the couch and embrace the Rose City. Portland SmartTrips, together with Portland Sunday Parkways presented by Kaiser Permanente, brings you plenty of opportunities to learn, experience, and explore Portland neighborhoods like never before. We have over 100 classes and activities – for every age, and the whole family – to choose from. Most of our classes and activities take place in North and Northeast Portland this year.

Photo by Matthew Disulito

"Get off the couch, Portland SmartTrips season is starting!"

The **Ten Toe Express** offers sixteen walks, including a tour of Irvington Classic Homes & Heritage Trees, a walk along the Willamette Bluff to explore the new NP Greenway, and the Historic Sullivan's Gulch tour with author Laura Foster.

Senior Strolls are back with twenty-two easy, pleasant and social walking experiences. Distances range from 1.5 to 2.5 miles and some even include visits to historic landmarks like the Hollywood Theater and the John Palmer House, as well as lovely gardens, parks, heritage trees and other notable sites.

Women on Bikes has more rides and clinics, including spins along the new Going Neighborhood Greenway, the Alameda Ridge, and a ride to the mighty Columbia River along the I-205 Multi-Use bike path. Clinics include Back in the Saddle – a refresher course on route planning, flat tire repair, laws, gear, or bike handling skills – and the popular Be Your Own Champion, which teaches hands-on repair and maintenance tricks.

Portland By Cycle rides are every Tuesday and Wednesday evening during July and August. These excursions include notable, unique and quirky buildings on the Architectural Oddities Tour, an exploration of a proposed new bike path on the Gateway Green Ride, and a tour of innovative street designs that can help protect our watershed on the Stormwater Gardens & Swales, Oh My! ride. Portland By Cycle also offers classes to help you lead your own bike ride, learn to shop by bike, and ease seniors back into cycling.

Finally, **Sunday Parkways** is back with another FIVE events in Portland. Be sure to join the fun – it happens every 4th Sunday of the month.

Find the dates, times and details for all of our events in the Events Calendar inside this issue. See you out there!

NORTH-NORTHEAST SMARTTRIPS

To find out more about Transportation SmartTrips programs contact Linda Ginenthal at 503-823-5266 or linda.ginenthal@portlandoregon.gov

Ten Toes Make a Difference

SIXTEEN NEIGHBORHOOD WALKS IN NORTH AND NORTHEAST PORTLAND. Ten Toes really can make a difference in your health and the Ten Toe Express walking program has 16 neighborhood walks planned for 2011. The walks happen Thursdays at 6 pm and Saturdays at 9 am, May 5 through September 10, and include explorations of the new Waud Bluff trail, the hidden stairways of Alameda ridge, and even geologic and human history on the Historic Sullivan's Gulch walk with author and tour guide Laura Foster.

FOR WALK DETAILS
see the Events Calendar
or contact Rich Cassidy at
rich.cassidy@portlandoregon.gov
or 503-823-6051.

Women on Bikes

PULL THAT BIKE OUT OF THE BASEMENT! Dust your bike off and join us for Women on Bikes rides and clinics. Women on Bikes offers you a chance to connect with other women on our beginners' 8-12 mile bike rides. You'll find out about new routes, exchange stories and tips, and share a few laughs while pedaling around Portland. View the beauty of downtown from the Willamette Bluff on the Are You Bluffing? ride or pedal to the mighty Columbia River via the I-205 multi-use path on Rollin' to the River. Most rides happen on Thursday nights.

Hands-on, women only classes also cover practical information choosing a bike, what gear to buy, basic maintenance and flat tire repair, riding technique and route planning. Events are on Saturday mornings.

FOR MORE INFORMATION on rides and clinics, see the Events Calendar or contact Janis McDonald at janis.mcdonald@portlandoregon.gov or 503-823-5358.

Senior Strolls Puts Your Best Feet Forward!

TWENTY-TWO LEISURELY STROLLS AROUND NORTH AND NORTHEAST PORTLAND designed to inspire independence and good health. Our award winning Senior Strolls program offers walks throughout the spring, summer and fall. The Strolls are offered on Wednesday mornings at 10 am and there are no age requirements. The pace is casual and you'll have time to stop and smell the roses.

A few highlights include walking tours that take in breathtaking views of the Willamette, a grand grove of trees in Farragut Park, and even visits to the historic Hollywood Theater or the John Palmer House. Meeting locations are near transit lines and stops for easy access.

FOR DETAILS ON THE STROLLS, see the Events Calendar. For more information or for a Senior Strolls brochure, contact Donna Green at donna.green@portlandoregon.gov or 503-823-6114.

Portland By Cycle

FRESH AIR. SUNSHINE. FUN. FREE! Portland By Cycle offers bike rides for adults on Tuesday and Wednesday evenings in July and August. The rides are easy-paced and highlight expanding network of bikeways. Take a tour of notable, unique and quirky buildings on the Architectural Oddities ride, or take a look into the future for streets that could become Greenways on the Potential Neighborhood Greenways ride. Helmets are required on all rides.

FOR MORE INFORMATION ON PORTLAND BY CYCLE RIDES contact Timo Forsberg at timo.forsberg@portlandoregon.gov or 503-823-7699.

We also have free classes to learn what you need to know to get out and go. Classes are offered in May, June, and September and include practical topics like Bike Maintenance Basics and Shop by Bike, as well as fun topics like How to Lead a Bike Ride.

FOR MORE INFORMATION ON PORTLAND BY CYCLE CLASSES contact Jeff Smith at jeff.smith@portlandoregon.gov or 503-823-7083.

Senior Strolls
Wednesdays at 10 am

May 11 ✳ Sacajawea Park **Meet at NE corner of NE Prescott and NE 72nd** We'll stroll to this tucked away neighborhood park named for the only female member of the Lewis and Clark Expedition. **Distance** 1.5 miles **Bus** #71

May 18 ✳ Irving Park **Meet at SE corner of NE Fremont and NE 7th** Join us on this stroll through one of Portland's oldest parks, beautiful Irving Park, the pedestrian dedicated Klickitat Mall, and the surrounding neighborhood. **Distance** 1.5 miles **Bus** #24

May 25 ✳ Interstate to Adidas Village **Meet at Patton Square Park, east side of N Interstate and N Emerson** This pleasant stroll will take us by the Interstate Firehouse Cultural Center, Adidas Village, Madrona Park, and Beach School. **Distance** 1.7 miles **MAX** Yellow Line, **Bus** #72 on Killingsworth

June 1 ✳ Wellington Park **Meet at NE corner of NE Prescott and NE 72nd** Walk to this lovely neighborhood park and back along a portion of the Roseway Parkway. **Distance** 1.8 miles **Bus** #71

June 7 ✳ Senior Cycling Class **Peninsula Park Community Center, 700 N Rosa Parks Way** Learn how to ride safely, with confidence, and enjoy cycling. This class for seniors, presented by a senior, will cover getting started, types of bicycles, maintenance, rules of the road and avoiding hazards.

June 8 ✳ King Neighborhood **Meet at SE corner of NE Alberta and NE 15th** Enjoy this easy stroll highlighting historic St. Andrews Church, heritage trees and 100-year-old homes. **Distance** 1.8 miles **Bus** #8, #72

June 9 ✳ Senior Cycling Class: Ride **Peninsula Park Community Center, 700 N Rosa Parks Way** Practice what you learned at the Senior Cycling Safety class! Come along for an easy-paced, social and scenic ride in North Portland. Helmets required. **To register, contact Donna Green at 503-823-6114 or donna.green@portlandoregon.gov by June 7**

June 15 ✳ Farragut Park **Meet at NW corner of N Lombard and N Vancouver** Come admire the grand grove of trees in Farragut Park on this stroll around this northern portion of the Piedmont neighborhood. **Distance** 1.9 miles **Bus** #6, #75

June 22 ✳ Fernhill Park **Meet on west side of NE 42nd and NE Simpson St** We'll traverse some hills in Fernhill Park and make our way around the neighborhood to the Ainsworth Linear Arboretum and the Kennedy School and Garden. **Distance** 2 miles **Bus** #75

June 29 ✳ Alberta Street **Meet at SE corner of NE Alberta and NE 15th** Check out the Alberta Arts District! You won't miss a thing as we stroll by restaurants, coffee shops and galleries along both sides of this vibrant street. **Distance** 2 miles **Bus** #8, #72

July 6 ✳ North Portland Greenway **Meet at the Swan Island McDonald's parking lot, 3110 N Going St, N Going and N Port Center Way** On this stroll we'll explore the scenic viewpoints of the Willamette River and the history of Portland's harbor and shipbuilding as we walk along the completed section of the North Portland Greenway on Swan Island. **Distance** 2 miles **Bus** #72

July 13 ✳ Rigler Community Garden **Meet at SW corner of NE Cully and NE Prescott** Join us as we see a portion of the Cully Boulevard Improvement Project, Rigler School and Rigler Community Garden on this stroll. **Distance** 2 miles **Bus** #71

July 20 ✳ Hollywood **Meet at Hollywood Transit Center, south side of NE Halsey and NE 42nd** Rediscover the charms of the Hollywood district on this stroll, including a visit to the historic Hollywood Theatre. **Distance** 2 miles **MAX** Red, Blue, and Green Lines, **Bus** #75, #77

July 27 ✳ Historic Mississippi **Meet at NE corner of N Mississippi and N Skidmore** Mississippi Avenue has something for everyone! We'll start with a visit to the historic John Palmer House (stairs involved), and then stroll along this historic street to peruse the multiple restaurants, boutiques and shops. **Distance** 2.2 miles **Bus** #4

August 3 ✳ Wilshire Park **Meet at NW corner of NE Fremont and NE 42nd** Starting in front of Beaumont Middle School, we'll meander through the neighborhood to lovely Wilshire Park and back. **Distance** 2.2 miles **Bus** #24, #75

August 10 ✳ Grant Park **Meet at Grant Park at the Beverly Cleary Sculpture Garden up the stairs to the left on the east side of NE 33rd at NE Brazee** This delightful stroll will take us through grand Grant Park, adjacent to Grant High School, and into the neighborhood. **Distance** 2.2 miles **Bus** #73

August 17 ✳ Kenton Park **Meet at SE corner of N Denver and N Interstate** Starting from the Paul Bunyan statue, we'll stroll by the commercial hub along N Denver, through Kenton Park and around the neighborhood, highlighting historic Kenton Firehouse. **Distance** 2.2 miles **MAX** Yellow Line, **Bus** #6

August 24 ✳ Rose City Cemetery **Meet outside Rose City Cemetery, 5625 NE Fremont** This stroll will take us around the hallowed cemetery grounds and through the nearby neighborhood of early 1900s homes, past the SE Asian Vicariate and Archbishop Howard School. **Distance** 2.3 miles **Bus** #24, # 71 on NE 57th

August 31 ✳ Alberta & Woodlawn Parks **Meet at SE corner of NE Ainsworth and NE 15th** We'll walk along the beautiful Ainsworth Linear Arboretum, wind through Alberta Park, and make our way to Woodlawn Park and back on this stroll. **Distance** 2.5 miles **Bus** #8

Sept. 7 ✳ Peninsula Park & Rose Garden **Meet at SE corner of N Rosa Parks Way and N Albina** Join us as we stop and smell the gorgeous roses in this treasured city park and then stroll through the neighborhood past PCC Cascade and Rosemont Commons. **Distance** 2.5 miles **Bus** #4, #44

Sept. 14 ✳ Normandale & Rose City Parks **Meet at SW corner of NE Halsey and NE 57th** Park hop with us on this stroll. We'll start at Normandale Park, home of Erv Lind Stadium, and wind around the neighborhood to Rose City Park and back. **Distance** 2.5 miles **Bus** #71, #77

Sept. 21 ✳ Irvington **Meet at NE corner of NE Broadway and NE 15th** Enjoy this stroll past beautiful homes and heritage trees as we make our way through historic Irvington. **Distance** 2.5 miles **Bus** #8, #9, #77

Sept. 28 ✳ Overlook **Meet at Overlook Park shelter, west side of N Interstate and Fremont. Parking available @ Kaiser Permanente lot on west side of Interstate just south of Fremont** We'll explore this charming neighborhood and hear interesting anecdotes from a local resident. **Distance** 2.5 miles **MAX** Yellow Line

Oct. 5 ✳ Walk on Willamette **Meet at SE corner of N Greeley and N Bryant** On this final stroll of the season we'll start at Arbor Lodge Park and walk along a portion of scenic Willamette Blvd. **Distance** 2.6 miles **Bus** #35

Women on Bikes Clinics & Rides
Thurs. 6:30 pm and Sat. 10 am

May 7 ✳ Let's Get Rollin' Clinic **Peninsula Park Community Center, 700 N Rosa Parks Way** Join our conversation on how to choose the right bike, the best gear for you and your bike, riding techniques, laws and route planning.

May 14 ✳ Be Your Own Champion Clinic **Hollywood Senior Center, 1820 NE 40th Ave** Bring your own bike and tools to this hands-on clinic. Gracie's Wrench will cover basic bike maintenance, flat tire repair and cleaning techniques.

May 22 ✳ East Portland Sunday Parkways Ride **Meet at the Girly Bikes booth at Lents Park, 1 pm** Join Girly Bikes on a fun-filled cruise along traffic-free streets.

June 2 ✳ Back in the Saddle Clinic **Kenton Firehouse, 2209 N Schofield** A refresher course on route planning, flat tire repair, laws, gear, or bike handling skills.

June 4 ✳ Let's Get Rollin' Clinic **Bethany Lutheran Church, 4330 NE 37th Ave** See May 7 description.

June 9 ✳ North Parkways Preview Ride **Peninsula Park, Meet at N Rosa Parks Way and Albina St** Take a peek at the North Portland Sunday Parkways route.

June 11 ✳ Be Your Own Champion Clinic **Peninsula Park Community Center, 700 N Rosa Parks Way** See May 14 description.

June 16 ✳ Going North Ride **Grant Park, Meet at NE 36th and Brazee** Check out the amazing Going Neighborhood Greenway.

June 23 ✳ Are You Bluffing? Ride **Fernhill Park, Meet at NE 37th and Ainsworth St** View the beauty of downtown from the Willamette Bluff.

June 26 ✳ North Portland Sunday Parkways Ride **Peninsula Park, Meet at the Girly Bikes booth at Peninsula Park, 1 pm.** See May 22 description.

July 7 ✳ Back in the Saddle Clinic **Legacy Emanuel Hospital Atrium, 2801 N Gantenbein St** See June 2 description.

July 14 ✳ Going to Fernhill Ride **Peninsula Park, Meet at N Rosa Parks Way and Albina** Ride to Fernhill Park and back via two Neighborhood Greenways.

July 21 ✳ Downtown Bike Train Ride **Grant Park, Meet at NE 36th and Brazee** Learn how to navigate your way downtown.

July 24 ✳ NW/Downtown Sunday Parkways Ride **Meet at the Girly Bikes booth at Salmon St Springs, 1 pm.** See May 22 description.

July 28 ✳ Ride the Ridge **Fernhill Park, Meet at NE 37th and Ainsworth** Spin along the Alameda Ridge and around NE Portland.

Aug. 4 ✳ Back in the Saddle Clinic **Kennedy School Community Room, 5736 NE 33rd** See June 2 description.

Aug. 11 ✳ Get Down to Downtown Ride **Peninsula Park, Meet at N Rosa Parks Way and Albina St** Learn the best routes to downtown and back.

Aug. 18 ✳ SE Parkways Preview Ride **Grant Park, Meet at NE 36th and Brazee St** SE Sunday Parkways is just around the corner, literally.

Aug. 20 ✳ Gear Up for Winter Clinic **Peninsula Park Community Center** Helpful hints on winter gear, riding techniques and bike upkeep.

Aug. 25 ✳ Rollin' to the River Ride **Fernhill Park, Meet at NE 37th and Ainsworth St** Pedal to the Columbia River via the I-205 Multi-Use Path.

Aug. 28 ✳ SE Portland Sunday Parkways Ride **Meet at the Girly Bikes booth at Laurelhurst Park, 1 pm.** See May 22 description.

Sept. 10 ✳ Gear Up for Winter Clinic **Bethany Lutheran Church, 4330 NE 37th Ave** See Aug. 20 description.

Sept. 17 ✳ Autumn Adventure Ride **Meet at NE 35th Pl and Skidmore St** Celebrate the cooler weather on a 20 – 25 mile ride crossing I-5 and I-205 (co-ed ride).

Bonus Ride!

Sept. 25 ✳ NE Portland Sunday Parkways Ride **Meet at the Girly Bikes booth at Woodlawn Park, 1 pm.** See May 22 description.