

SmartTrips Events for May and June

Portland By Cycle Classes Tuesday and Thursday at 6:30 pm



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 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, 700 N Rosa Parks Way
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 4330 NE 37th (classroom entrance off parking lot on Skidmore)
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, 700 N Rosa Parks Way
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!

Women on Bikes Clinics & Rides Thursdays at 6:30 pm, Saturdays at 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**
Lents Park, Meet at the Girly Bikes booth, 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 St
Need a little refresher on route planning, flat tire repair, laws, gear, or bike handling skills? Join us!

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

Bonus Ride!
Thurs., June 9 ★ **Senior Bike 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. Call 503-823-6114 to pre-register.

Thurs., June 9 ★ **Shop by Bike**
Bethany Lutheran Church 4330 NE 37th (classroom entrance off parking lot on Skidmore)
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, 700 N Rosa Parks Way
See June 2 class description.

Tues., June 21 ★ **Shop by Bike**
Peninsula Park Community Center, 700 N Rosa Parks Way
See June 9 class description.

June 9 ★ **North Parkways Preview Ride**
Peninsula Park, Meet at N Rosa Parks Way & 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 & 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**
Peninsula Park, Meet at the Girly Bikes booth, 1 pm
Join Girly Bikes on a fun-filled cruise along traffic-free streets.



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

Drive less. Save more.
www.DriveLessSaveMore.com

For ADA Title II or Civil Rights Title VI Accommodations, Translation/Interpretation Services, Complaints, or for additional information, call 503-823-5266, TTY: 503-823-6868, or use Oregon Relay Service: 711.

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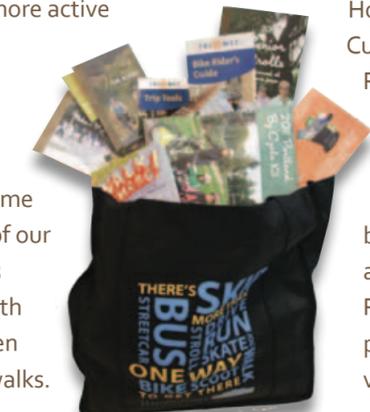
The Ten Toe Express:

A Transportation & Health Partnership

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

Brought to you by Kaiser Permanente and the Portland Bureau of Transportation, **Ten Toe Express** promotes the transportation and health benefits of a more active lifestyle.

Launched in the North Interstate SmartTrips target area in 2004, the Ten Toe Express has become one of the cornerstones of our SmartTrips program. This year we return to the North and Northeast with sixteen amazing neighborhood walks.



The centerpiece of the walking program is the walking kit, including a pedometer to count your steps, a neighborhood walking map, a guided walk schedule, and the Short Tripper coupon book for local businesses with over \$100 in savings. We hope to deliver about 6900 Ten Toe Express kits to residents who order them in Kenton, Arbor Lodge,

Overlook, Piedmont, Humboldt, Boise, Eliot, Woodlawn, King, Vernon, Sabin, Irvington, Concordia, Alameda, Grant Park, Hollywood, Beaumont-Wilshire, Cully, Rose City Park and Roseway neighborhoods.

The Ten Toe Walks are on Thursdays and Saturdays, and highlight many of the beautiful parks and natural areas in North and Northeast Portland. Many of the routes pass by or stop in for quick visits at local businesses included in the coupon book. They are also a great way to get out and enjoy the many benefits of walking.

For a walk schedule, check out GettingAroundPortland.org, SmartTrips N-NE, Ten Toe Express. For more information on the Ten Toe Express Program contact Rich Cassidy at 503-823-6051 or rich.cassidy@portlandoregon.gov.

Tell Us What You Think ...

Walking is by far the most popular form of physical activity in the U.S. And yet, while a full 41% of all trips made in the U.S. are one mile or less, fewer than 10% of all trips are made by walking and bicycling combined.

Tell us how you include, or would like to include, more walking into your busy schedule. If your story is selected, you can choose a \$50 gift card to Fred Meyer, New Seasons, Powell's Bookstore or iTunes. (Deadline for entries is June 10).

Mail your ideas on how you include, or would like to include, more walking in your busy schedule to:

N-NE SmartTrips Contest
Attn: Barbara Plummer
1120 SW 5th Ave, Rm 800
Portland OR 97204

Or email to: barbara.plummer@portlandoregon.gov



Did You Know?

It takes only 1.3 seconds for light to travel from earth to the moon, but it would take 26.3 years to walk the 238,760 mile distance at a rate of 25 miles per day. The world's longest earthbound hiking trail is the Pacific Crest Trail, which runs for 2650 miles, and is a bit closer to home.

You don't have to walk that far, though, to receive the many benefits of walking. Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year, and one study found that on average, every minute of walking can extend your life by up to 2 minutes. That's a 2 for 1 trade off!



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



Women on Bikes Rides Again

PULL THAT BIKE OUT OF THE BASEMENT, DUST IT OFF AND JOIN US for **Women on Bikes** rides and clinics. The Women on Bikes program offers a chance to connect with other women on our beginners' 8-12 mile rides. You'll learn new routes, exchange stories and tips, and share a few laughs while pedaling around Portland. View the beauty of downtown from the Willamette Bluff or pedal to the mighty Columbia River via the I-205 Multi-Use Path. Most rides are on Thursday nights.



Our women-only clinics cover practical information on choosing a bike, what gear to buy, basic maintenance, riding technique and route planning. Clinics 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.



May is National Bike Month

SINCE 1956, MAY HAS BEEN RECOGNIZED AS **NATIONAL BIKE MONTH**. The third week in May is designated Bike Week, and the third Friday of May is Bike to Work Day.

Bike Month is the perfect time to get out and ride with your family, co-workers and friends. Why not consider planning a Bike Month event at your workplace, school, church, or other community group? Biking is fun, healthy, and more and more of your neighbors are doing it. Bicycling in Portland increased 230% from 2000 to 2009 according to the League of American Bicyclists.

The League of American Bicyclists is the national sponsor for Bike Month and offers an online guide for planning and promoting your event at www.bikeleague.org.



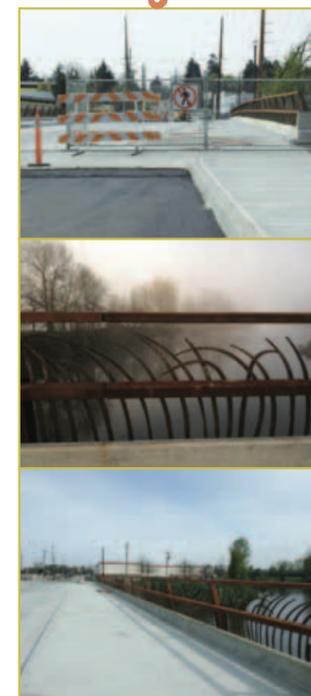
CONSTRUCTION UPDATE

Vancouver Avenue Bridge

AS OF THIS WRITING, THE LONG AWAITED **VANCOUVER AVENUE BRIDGE PROJECT** is nearing completion and should be open to drivers, pedestrians and bicyclists by May.

Additional curb and sidewalk space were included in the project to improve pedestrian connectivity to the future Columbia Slough Recreational Trail on the north bank of the slough. Bioswales have been added to keep rainwater and runoff pollutants from the roadway from going directly into the slough.

Bioswales filter harmful pollutants from stormwater runoff naturally, by percolating through varying layers of soils.



Idling Gets You Nowhere!

VEHICLE EXHAUST IS HAZARDOUS TO HUMAN HEALTH, ESPECIALLY FOR CHILDREN. Vehicle pollution is linked to increased rates of cancer, heart and lung disease and asthma. Children, whose lungs are still developing, breathe more rapidly and inhale more pollutants per pound of body weight than adults.

Vehicle exhaust is the leading source of toxic air pollution in Oregon. About 40 to 50 percent of toxic air pollutants in Oregon come from vehicles releasing sulfur dioxides, particulate matter, carbon monoxide, and other toxins that contribute to carbon dioxide (CO₂) levels.

Idling is expensive and hard on your engine. Ten seconds of idling uses more fuel than restarting your engine and just one hour of idling burns about one gallon of gas with zero miles per gallon. Finally, an idling engine isn't working at peak temperature so fuel doesn't undergo complete combustion, causing damage to engine parts.

WHAT CAN YOU DO?

- **Turn it off** if you are going to be stopped for more than 10 seconds
- **Reduce warm-up idling** – modern engines needs no more than 30 seconds of idling on winter days before driving. Driving is the best way to warm it up.
- **Spread the word** – talk to family, friends and neighbors about the benefits of reduced idling. Encourage them to join you in contributing to a healthier community, and saving money.

Share the Road – Slow Down!

MOST PEOPLE AGREE THAT DRIVING 100 MPH ON NEIGHBORHOOD STREETS IS A BAD IDEA, but few realize exceeding the speed limit by only 5 mph can be just as dangerous.



Studies show that 9 out of 10 pedestrians can survive being struck by a car going just 20 mph; however that number increases to 5 out of 10 at 30 mph, and only 1 out of 10 at 40 mph.

Speeding is a behavior where the driver knows the risk but ignores the danger. Take the **Share the Road** pledge to Slow Down on neighborhood streets.

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 of 1804 – 1806.
Total 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 surrounding neighborhood.
Total 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. **Total 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.
Total Distance 1.8 miles **Bus #71**

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 hundred-year-old homes.
Total Distance 1.8 miles **Bus #8, #72**

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 that takes us around this northern portion of the Piedmont neighborhood.
Total 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.
Total 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.
Total Distance 2 miles **Bus #8, #72**

Ten Toe Walks Thursdays at 6 pm, Saturdays at 9 am



Thurs., 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.

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

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

Sat., 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.

Thurs., 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.

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

Thurs., 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.