



GETTING AROUND PORTLAND'S NORTHEAST HUB



TRANSPORTATION OPTIONS 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.

New Northeast Portland Walking Map

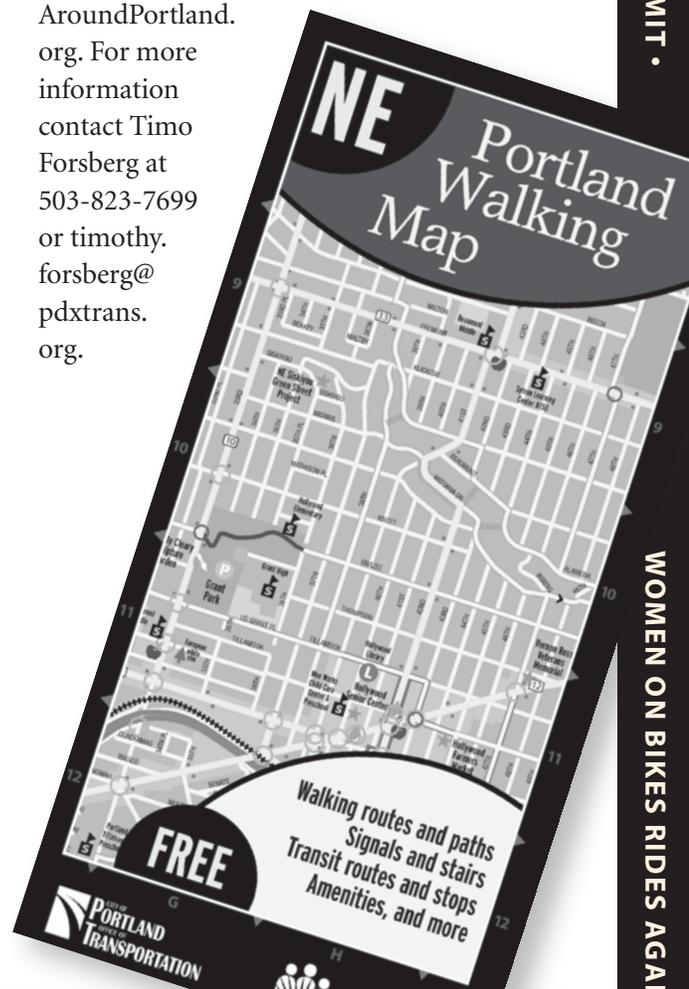
Walking – the perfect solution to getting more exercise, running errands, and discovering your neighborhood. The new NE Portland Walking Map can show you how to get there: to the store, the park, the post office and more by foot, bus and even bike. The latest in the series of Portland Walking Maps, the 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. For more information contact Timo Forsberg at 503-823-7699 or 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



LIVE SMART...PLAY SMART • PORTLAND TO HOST BIKE SUMMIT •

WOMEN ON BIKES RIDES AGAIN

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,

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

"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."

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.

- **Tour de Hub**
- Wednesday, June 14
- 6:00 - 8:00 p.m.
- Hollywood Transit Center (NE Halsey at 42nd Ave)
- **Bike Summit**
- Saturday, June 17
- 8:30 a.m. - 1:30 p.m.
- PSU Smith Center



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
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 Portland, Oregon 97204
 Commissioner Sam Adams

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**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

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, 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

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.

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.

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.