



# 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).



TAKE A LOW CAR DIET • FILL A BUCKET, NOT A TANK • DRIVE LESS, SAVE MORE • TRIMET'S TRANSIT TRACKER • OPTIONS AT BRIDGE PEDAL



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 tomor-

row 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.



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

PRSR STD  
 US POSTAGE  
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 PORTLAND, OR  
 PERMIT NO. 653

**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 Advisory 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 & Braze; 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