

Women Only Rides or Clinics

Bike Gallery

Woodstock: 4235 SE Woodstock
www.bikegallery.com
Phone: 503-774-3531

Since 1974, the Bike Gallery has been a local, family-owned business dedicated to connecting Portlanders with bikes for healthier hearts, minds and communities. Visit the website for women only clinics, rides and special events at their four Portland shops.

River City Bicycles

706 SE MLK Blvd.
www.rivercitybicycles.com
Phone: 503-233-5973

River City Bicycles offers a large selection of bicycles, clothing and accessories all under one roof. Visit website for clinic information.

Women's Group Ride

Every Saturday, 10 am

Join other women for a 20-30 mile ride. No one will be left behind.

Portland United Mountain Pedalers (PUMP)

www.pumpclub.org
Phone: 503-357-7558

PUMP is dedicated to: **Pedaling** on organized rides. **Uniting** the mountain bike community. **Maintaining** the future of mountain biking. **Promoting** safe, responsible mountain biking.

Women Only Mountain Bike Ride

First weekend of each month May – October

Join other women on a mountain bike ride on single-track trails. The rides are "do at your own pace" and will re-group to ensure no one is lost. For more information, contact Susan Martin at susan@workforce-dynamics.com or 503-703-4300.

Portland Wheelmen Touring Club

www.pwtc.com
Phone: 503-257-PWTC
pwtc@teleport.com

The Portland Wheelmen Touring Club was founded in 1971 to promote cycling and to provide a social organization for cyclists. The primary focus is recreational riding with up to two dozen rides being offered weekly.

Women's Sunday Brunch Series

See website for Sunday dates, times and locations.

Road rides created, led and paced by women.

Sorella Forte

www.sorellaforte.com
info@sorellaforte.com

Sorella Forte (Italian for Strong Sister) is open to all women who share a passion for riding their bike. The club supports women who want to race as well as recreational riders looking for people to ride with on a regular basis. Visit the website for ride information.

Community Cycling Center

1700 NE Alberta
www.communitycyclingcenter.org
Phone: 503-288-8864

Since 1994, the non-profit Community Cycling Center has provided bikes and bike-related activities to thousands of local youth and adults. Every day they use the bike as a tool for personal empowerment to help people live happier, healthier lives while building their community. Visit the website for more information.

Women's Bike Maintenance Class

See website for dates and times.

Bike Camp for Girls

See website for dates and times.

North Portland Bike Works

3951 N Mississippi
www.npdxbikeworks.org
Phone: 503-287-1098

North Portland BikeWorks is a collectively run non-profit neighborhood learning center that provides information, resources and skill sharing programs to advocate the use of environmentally sustainable, self-reliant transportation.

Women and Trans Mechanic Night

Every Wednesday, 6-8 pm

A donation-based workshop for women and Trans adults to learn how to work on bikes in a safe and comfortable environment.

REI

www.rei.com
Phone: 503-221-1938

Whether you're new to cycling or a pro, REI gladly shares their enthusiasm for getting people on bikes. Visit the website for other women events at their Portland, Tualatin and Hillsboro stores.

Intro to Cycling for Women

See website for location, dates and times.

Bike Maintenance 101 for Women

See website for location, dates and times.



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



Women ON BIKES

RESOURCE GUIDE

Clubs/Groups

Slug Velo

www.slugvelo.com
periwinklekog@yahoo.com

"We're Slow. We're Sociable!" Inspired by people who desire a group ride without the potential intimidation factor of traditional club rides. No one gets dropped, ever! Average speeds are 10 to 12 mph with rides averaging of 10 miles in winter and 20 miles in the summer. This is not a Critical Mass ride! The only statement Slug Velo chooses to make is that riding safely in a group can be great fun! They obey Oregon bicycle laws during their rides — especially signaling and riding single-file whenever necessary. Visit the website for ride information or contact Beth Hamon at periwinklekog@yahoo.com.

Community Exchange Cycle Touring Club

www.exchangecycletours.org
Phone: 503-234-0831

The Community Exchange's mission is to promote cycling as a means of cross-cultural interaction and earth-friendly transportation by providing bicycle maintenance and bicycle touring resources. Visit the website for information on classes and rides.

Portland Velo

www.portlandvelo.net

Portland Velo is Oregon's newest recreational cycling club dedicated to providing fun, safe, and social cycling experiences for Portland-area cyclists. They share a passion for the sport of cycling and strive to create an environment of cycling as part of an active lifestyle. Visit the website for ride information.



For more information,
contact Janis McDonald, 503-823-5358 or
janis.mcdonald@pdxtrans.org
www.GettingAroundPortland.org

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Community

Bicycle Transportation Alliance (BTA)

www.bta4bikes.org
Phone: 503-226-0676
info@bta4bikes.org

The Bicycle Transportation Alliance is a non-profit bicycle advocacy organization based in Portland. The BTA creates healthy, sustainable communities by making bicycling safer, more convenient and more accessible, offering tools for commuters, education programs for children, advocacy resources and volunteer opportunities.

Shift to Bikes

www.shifftobikes.org
Phone: 503-542-6900
info@shifftobikes.org

SHIFT works to express Portland's creative bike culture and highlight bicycling's positive contributions to the community. They are a communications network open to everyone interested in all aspects of bicycling. SHIFT folks plan, execute, publicize, and otherwise have a hand in an ever-widening variety of bike-related events. They share a passion for the bicycle in all its glory: as toy, as transportation, as tool for social and environmental change!

BikePortland

www.bikeportland.org
Phone: 503-706-8804
jonathon@bikeportland.org

BikePortland is a website and blog that helps cyclists connect and stay informed. The interactive site features daily news coverage, event reports and covers everything from tall bikes to City Hall. BikePortland's frequent updates, stolen bike listings, forums, links, and photos make it the place to get plugged into the vibrant Portland bike scene.

Oregon Bicycling Racing Association (OBRA)

www.obra.org
sal@obra.org

OBRA offers women cyclists the opportunity to test their competitive spirit in five different types of racing: road, track, mountain, time trial and cyclocross. Competition classes are offered for all experience levels, from beginner to professional. Visit the website for more information.

Oregon Bicycling

www.orbike.com

Their mission is simple: to promote bicycling in Oregon. They offer the most comprehensive cycling events calendar in the state, a blog for the local buzz, and a secure, online registration system for the events.

NW Bicycle Safety Council (NWBCS)

www.bicyclesafetycouncil.org

With so many sharing the road, it's critical that motorists, cyclists, and pedestrians know how to look out for one another so we all make it to where we are going, safe and sound. NWBCS helps educate the community about general topics on cycling, with emphasis on bicycle safety. Through a range of programs and events throughout the year, they involve parents, children, seniors, and everyone in between.

b.i.k.e. (Bicycles and Ideas for Kids Empowerment)

www.kidsofbike.org
Phone: 503-484-7838
john@kidsofbike.org

b.i.k.e. facilitates the development of values and life skills essential for productive citizenship in inner-city youth through bicycling, tutoring, year-round mentoring, and leadership training. For ride information or volunteer opportunities contact John Benenate.

League of American Bicyclists

www.bikeleague.org
bikeleague@bikeleague.org

The League of American Bicyclists is a national membership organization devoted to healthy communities and the freedom to ride! The League promotes bicycling for fun, fitness and transportation and work through advocacy and education for a bicycle friendly America.

Maps & Resources

City of Portland Transportation Options

www.GettingAroundPortland.org
Phone: 503-823-CYCL

There are a ton of bike maps available to help you design your route. Some of the bike maps available are Portland City, Portland Neighborhoods (N, NE, SE, Outer SE, SW), Downtown, Springwater Corridor, Forest Park, Marine Drive, Clark County, Washington County and Oregon Coast, plus some of those trickier connections. To get a full list of maps visit our website.

byCycle

www.bycycle.org
wyatt@bycycle.org

ByCycle is a free online bicycle trip planner. Their main objective is to promote sustainability and livability by promoting and facilitating alternative forms of transportation, cycling in particular.

Team Estrogen

www.teamestrogen.com
Phone: 503-924-2030

Looking for tips on riding, maintenance, or gear? Visit the website for a vast amount of information and advice from other women.

Bikely

www.bikely.com

Put very simply, Bikely helps cyclists share knowledge of good bicycle routes. It can be quite tricky traversing a car-dominated city by bicycle, particularly when you need to travel an unknown route to a new destination. But the chances are, someone has cycled that way before you. Bikely makes it easy for him or her to show you the best way.

Rails-to-Trails Conservancy

www.railstotrails.org

Rails-to-Trails Conservancy is creating a nationwide network of bicycle and pedestrian trails from former rail lines and connecting state by state listings of 1,359 rail trails.