

# LOW-COST BIKING RESOURCES

## Bikes and Repair



These are some non-profit bike-focused organizations offering low-cost repair, accessories, and bikes.



Sell used bikes



Free, low-cost, or DIY repair

### Bike Farm



1810 NE 1st Ave, Portland 97212  
971-533-7428

### Bikes for Humanity PDX



3354 SE Powell Blvd, Portland 97202  
503-496-6941

### Community Cycling Center



1700 NE Alberta St, Portland 97211  
503-287-8786 (20% discount with EBT card)

### Rosewood Bikes



16126 SE Stark, Portland 97233  
503-568-1938

## Multi-sport Helmets



Make sure to protect your noggin with a helmet that's right for the job!

These organizations offer multi-sport helmets at a lower cost. Both hospital safety centers require children to be present to get a proper helmet fitting.

### Doernbecher Children's Hospital Safety Center

700 SW Campus Dr, Portland 97239  
open Mon-Fri, 9:30am-3:30pm (or by appt)  
503-418-5666, safety@ohsu.edu

### Randall Children's Hospital Safety Center

501 N Graham St, Portland 97227  
open Mon-Thurs, 9:00am-12:00pm (or by appt)  
503-413-4600  
*please call before visiting to ensure they are open*

### Bikes for Humanity PDX

3354 SE Powell Blvd, Portland 97202  
503-496-6941, b4hpdx@gmail.com

## Accessories



Grocery superstores often have inexpensive lights, flashlights, bike lights and reflective vests. Look in the hardware or sports sections.



IKEA Portland sells child-sized safety vests at an inexpensive price. Buy reflective tape at fabric stores to make any items brighter and more visible

Buy used outdoor clothing and rain gear from second hand shops. The Dollar Store sells hats and gloves.



Next Adventure (426 SE Grand) offers affordable safety lights, reflective vests and ponchos for sale. Check out the used clothing and accessory "Trading Post" downstairs with a selection of used youth outdoor gear.

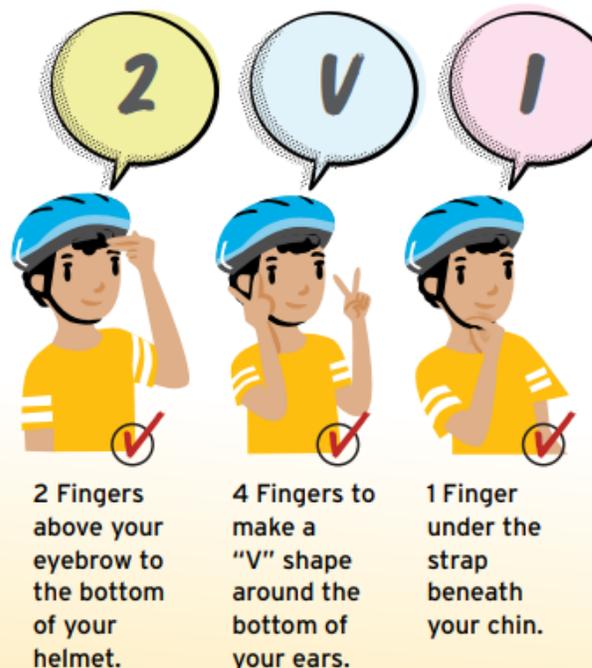


**Be creative!** There are lots of fun ways to accessorize your trip to school!

# How to Fit a Helmet: Follow the 2-V-1 Rule!

## When should you replace your helmet?

- You are in a crash
- You drop it hard on the ground
- It has a crack in it
- The foam inside is falling apart
- It is 5 years old - even if it looks fine



Graphics from Lethbridge Sport Council

## Teach your child to ride a bike: on-line resources

Talking pedals, training wheels, and lowering the seat (includes a video on how to teach basic skills):



[REI.com/learn/expert-advice/teach-child-to-ride-a-bike.html](http://REI.com/learn/expert-advice/teach-child-to-ride-a-bike.html)



"Teach Your Kid How To Ride A Bike" (posted by BikeRadar), shares pro tips for helping your child build their balancing skills and take on a pedal bike! (Available on YouTube)

**PDX Cargo Bike Gang** (ask questions, connect with other bike-friendly families):  
[facebook.com/groups/PDX.CargoBiking/](https://facebook.com/groups/PDX.CargoBiking/)

**Seattle Family Biking** (talk bikes, routes, builds, and kids): [facebook.com/groups/seattlefamilybiking/](https://facebook.com/groups/seattlefamilybiking/)

**Women Bike Facebook Group:**  
[facebook.com/groups/WomenBikeOR/](https://facebook.com/groups/WomenBikeOR/)



Details on pedaling, steering, and balancing:  
[SheldonBrown.com/teachride.html](http://SheldonBrown.com/teachride.html)

**Portland's Family Biking Guide:** [Bit.ly/FamilyBikingPDX](http://Bit.ly/FamilyBikingPDX)  
Family biking tips: [REI.com/learn/expert-advice/cycling-with-children.html](http://REI.com/learn/expert-advice/cycling-with-children.html)



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