

Weekly Rides:

Every Monday...

Monday Morning Meander: Distance 20-40 miles. Leaves at 10:00 a.m. from NE 99th and Irving, just 1 block north of Glisan Street. There are usually 2 or 3 distances available on these loops through the East County area. Non-group ride. Level B/C. Ride Leader: Bud Rice, 503.667.0683

Monday Night East Side Ride: Distance 15-30 miles. Leaves at 6:15 p.m. from Wilshire Park, NE 36th and Skidmore. Length and route will vary with the season and weather conditions. Reflective clothing is strongly recommended for early evening dusk riding. Regroup ride. Level B/C. Ride Leader: Dennis Mowdy, 503-281-6852.

Every Tuesday...

Tuesday Morning Triple Challenge: Distance 30/60/90 miles. Leaves at 9:00 a.m. from St. Matthew's Episcopal Church, 11229 NE Prescott (take the front entrance to the back parking area). Three mileage options are offered to accommodate riders' desires or the weather conditions. Non-group ride. Level C. Ride Leader: Dick Weber, 503.658.3403

Tuesday Night Classic: Distance 27 miles. Leaves at 6:00 p.m. from Wilshire Park, NE 36th and Skidmore. Average speed 18-22 mph. Lights and reflective clothing are required. Regroup ride. Level C. Ride Leader: Phil Whitmore, 503-274-9755

Tuesday Night East Side Spin Down: Distance 18-38 miles. Leaves at 6:15 p.m. from St. Matthew's Episcopal Church, 11229 NE Prescott. Take the front entrance to the back parking area. Length and route dependent on weather. Moderately paced, riders should be able to maintain 15-16 mph. Lights will be required until daylight is sufficient. Reflective clothing is strongly recommended for early evening dusk riding. Regroup ride. Level B/C. Ride leader: Joan Cullen [Member-at-Large], 503-762-1629.

Tuesday Night West Side: Distances 25-40 miles. Leaves at 6:00 pm from Tualatin City Park at Tualatin and Boones Ferry Roads in Tualatin.

Get out of the urban jungle on a different route each week. There will be a few new rides mixed in with old favorites in Washington, Clackamas, Yamhill and Marion counties. Most rides include a hill or two, with distance and terrain chosen to match weather conditions and daylight. Non-group rides. Most rides are level C/D and include high-speed pack riding. Show up early to get a head start with a less intense group. Ride leaders: Del Scharffenberg 503-353-0073, Tom Napier 503-246-1917, and Richard Marantz 503-246-7185.

Every Wednesday...

Wednesday Morning Triple Challenge: Distance 20-90 miles. Leaves at 10:00 a.m. from St. Matthew's Episcopal Church, 11229 NE Prescott (take the front entrance to the back parking area). This ride rotates through a number of routes in Oregon and Washington. Non-group ride. Level C/D. rotating ride leaders. Doug Beliel, 503-252-8810

Gorge Yourself: Come enjoy the beautiful Columbia Gorge on Wednesday mornings during the months of June, July, and August. The ride will leave from Glenn Otto Park in Troutdale at 9:30 AM. We will offer not only the usual ride to the Vista House and/or Multnomah Falls, but there will also be a featured ride each week that will explore different routes and destinations in the Gorge area. Riders can opt for their choice of mileage. Most routes will be "C" level rides. We usually meet for coffee in Troutdale at ride's end. Ride leaders: Roger Harris 503-341-6385, Dean Parsley 503-544-4937, and Jim Schuler 503-465-8951.

Wednesday Night Double Volcano: Distance 25 miles. Leaves at 6:00 p.m. from Laurelhurst Park, north entrance, 2 blocks west of SE 39th on SE Ankeny. Maintain your climbing skills on this midweek training on two of the city's most famous volcanoes: Mt. Tabor and Rocky Butte. The route includes a leg stretcher of an out and back to the Parkrose neighborhood. Regroup Ride. Level C. Ride leader, Cathy Varner, 503-788-5394 (This ride will go through the end of July.)

Wednesday Evening Group Ride: Distance 15 to 25 miles. Leaves at 6:00 p.m. from Laurelhurst Parks north entrance, 2 blocks west of SE 39th on SE Ankeny. Join us on these moderately paced group rides that travel around Portland's east side. Group ride. Level B. Ride Leader: Bud Rice, 503-667-0683.

Every Thursday...

Thursday Morning Triple Challenge: Distance 30/60/90 miles. Leaves at 9:00 a.m. from St. Matthew's Episcopal Church, 11229 NE Prescott (take the front entrance to the back parking area). Come out for a short leg stretcher or spend the day on one of the longer routes offered. Non-group ride. Level C. Ride Leader: Scott Poindexter, 971-645-0461 and Dick Fairbank, 503-285-8151

Thursday Night East Side: Distance 26 miles. Leaves at 6:00 p.m. from Wilshire Park, weather permitting. NE 36th and Skidmore. We climb Rocky Butte, ride through Maywood and Parkrose neighborhoods, and have a fast out and back along Airport Way. Lights and reflective clothing are required. Regroup ride. Level B/C. Ride Leader: Dennis Mowdy, 503-281-6852

There is no ride on the first Thursday of the month. We invite you to attend the club meeting that evening at 7:00 p.m. instead.

Every Friday...

Friday Morning Quickie: Distance 20-40 miles. Leaves at 10:00 a.m. from St. Matthew's Episcopal Church, 11229 NE Prescott (take the front entrance to the back parking area). This ride offers a variety of routes from Troutdale, the Women's Forum Park, North Portland, or Vancouver. Non-group ride. Level B/C. Ride Leader: John Peabody, 503-663-3147

Rides This Month:

Saturday, July 4 Independence Day

Saturday Morning Alphabet Ride: Distance 25-90 miles. Leaves at 9:00 a.m. from Wilshire Park, NE 36th & Skidmore. Two or more ride options will be offered. Join the regulars for the relatively flat 35-mile Kelley Point/Two-Bridge Loop, with a coffee stop midway through, or take off for the West Hills or Camas for a steeper or faster ride. Ideal for experienced riders. Non-group ride. Levels A/B/C/D. Ride leader: Bob Sahleen 503-655-1480

Springdale Breakfast Ride: Distance 30 miles. Leaves at 8:00 a.m. from St. Matthew's Episcopal Church, 11229 NE Prescott. Join us for an early morning ride up the Sandy River to the Springdale Job Corps Center, one mile beyond the Stark Street bridge. Bring \$5.00 and an appetite, and plan to have a pancake and ham breakfast to support the Springdale Kiwanis Club. Afterwards we can scope out the antique cars that will be gathered for the town's Fourth of July Parade. Great entertainment for the price! (www.corbetteoregon.com/fourthofjuly_08.htm) Regroup over Breakfast ride. Level B+. Ride Leader: Dick Weber 503-658-3403.

Torture Series – Tour de Skyline: Distance 49 miles with 5000 ft. elevation gain! Leaves at 9:00 a.m. from Wallace Park, NW 25th & Pettygrove. Join us for number eleven in the series as we climb through the west hills. This ride takes a seldom ridden route through Washington Park and continues on Skyline, Rock Creek, Logie Trail, Phillips, and Old Germantown Roads. Non-group ride. Level D. Ride leader: Cathy Varner 503-788-5394.

ROOKIE RIDE, Smith and Bybee Lakes: Distance 8 (eight) miles. Leaves at 10:00 am from the Princeton Trailhead at North Princeton and Carrey Streets off Willamette Blvd. Celebrate the Holiday with an adventurous ride along the Peninsula Crossing Trail to the Smith and Bybee Wetland Area. Bring binoculars for bird watching. Group Ride. Level A. Ride Leader: Ann Morrow, 360-608-3173 (cell).

Sunday, July 5

Sunday Morning Ride: Distance 20-90 miles. Leaves at 9:00 a.m. from the Tri-Met Park & Ride, NE 96th & Sandy Blvd. Riders meet and sign in, then ride wherever they want. Ride maps will be available. Non-group ride. Levels A/B/C/D. Ride leader: Marvin Rambo 503-774-3605

LACAMAS LAKE LOOP WELCOME RIDE: Distance 32 miles. Leaves at 9:30 a.m. from Clark College, Fort Vancouver Way in Vancouver, Wash. Travel east through Vancouver and out around LaCamas Lake. On the way back we will visit a wonderful bakery. This is a good combination of city and rural riding. Group Ride. Level B/C. Ride Leader: Ann Morrow 360-608-3173.

Sunday Morning Social: Distance 25 to 30 miles. Leaves at 10:00 a.m. from Lents Park, 1 block south of the intersection of SE 92nd and Holgate. Come out and socialize with other cyclists on these moderately paced group rides. We'll travel along at around 13/15 mph and we'll stop for a snack or something to drink part way through the route. Group ride. Level B. Ride leader: Bud Rice, 503-667-0683.

Happy Valley-Clackamas River Loop: Distance 40 miles. Leaves at 9:00 am from Lents Park, SE 92nd & Holgate. This route features a trip through Happy Valley, drops down along the Clackamas River, and returns on the west side of the Willamette. A coffee stop in Sellwood is optional. Non-group ride. Level C. Ride Leader: Scott Poindexter

Saturday, July 11

Seattle to Portland Ride: Distance 200 miles. Leaves at 6:00 a.m. from the University of Washington Campus in Seattle. This is a joint ride with 10,000 riders sponsored by Seattle's Cascade Bicycle Club. Preregistration is required. Sign in for your mileage at the end of the ride at the PWTC information booth at Holiday Park in Portland. Non-group ride. Level C.

STP Finish Line: Distance variable. Well, it really isn't an organized ride, but you do get mileage credit for riding to and from the STP Finish Line bike corral. The deal is you only get credit if you volunteer to work at the Finish Line. See the Volunteer Coordinator to sign up for the job of your choice. The early volunteers get the prime jobs! It's a great time watching and helping 10, 000 exhausted riders arrive. Lunch or dinner is provided.

Sunday, July 12

Seattle to Portland Ride: Distance 200 miles. Leaves at 6:00 a.m. from the University of Washington Campus in Seattle. This is a joint ride with 10,000 riders sponsored by Seattle's Cascade Bicycle Club. Preregistration is required. Sign in for your mileage at the end of the ride at the PWTC information booth at Holiday Park in Portland. Non-group ride. Level C.

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choice. The early volunteers get the prime jobs! It's a great time watching and helping 10,000 exhausted riders arrive. Lunch or dinner is provided.

Saturday, July 18

PWTC Ice Cream Social: Two rides are offered: a 30-miler, at 10:00 a.m. and a 20-miler, at 11:00 a.m. Both rides start at Sellwood Park, Picnic Site A, behind the ball fields. Both are non-group rides. And neither ride will burn all the calories you will eat in the ice cream social. For this ride, you only have three requirements: be a club member, know how to ride a bike, and enjoy ice cream. Well, OK, you can still ride if you don't like ice cream, and you can eat the ice cream if for some reason you can't ride a bike and you still paid your club dues. Leader: Benn Schonman, 503-775-8300

Torture Series – Dickey No Icecream: Distance 66 miles. Leaves at 9:00 a.m. from the Oregon Trail Interpretive Center on Washington Street, in Oregon City. Just off I-205 at exit 10, turn right at the first traffic light, parking is about 1/4-mile on the left. Join us on number twelve in the Torture Series as we traverse some of our favorite climbs on our way to Dickey Prairie. Non-group ride. Level D. Ride leader: Cathy Varner 503-788-5394.

Sunday, July 19

Sunday Morning Ride: Distance 20-90 miles. Leaves at 9:00 a.m. from the Tri-Met Park & Ride, NE 96th & Sandy Blvd. Riders meet and sign in, then ride wherever they want. Ride maps will be available. Non-group ride. Levels A/B/C/D. Ride leader: Rich Seifert 503-659-7516

WEST SIDE WELCOME RIDE: Distance 25-30 miles. Leaves at 9:30 a.m. from Bethany Village Shopping Center, Starbucks parking lot. Take Bethany Blvd. exit off Hwy 26. Go north 2 miles to Bethany Village. The route has gentle ascents with several miles of flat, quiet roads. Coffee and snacks after the ride. Group Ride. Level B. Ride Leader: Bruce Buffington, NW Bicycle Safety Council, 503-466-2501.

Historic Columbia River Hwy Ride: Distance 42 miles. Leaves at 9:00 a.m. from parking lot directly across from Full Sail Brewing Company (5th and Columbia) in Hood River. Take exit 62 or 63 off Interstate 84 and follow

signs into downtown Hood River. Join us for an outstanding ride where we'll enjoy the Historic Columbia River State Trail, travel through the Mosier Twin Tunnels, be awed by the panoramic views at Rowena Crest, then head down to our turnaround point at the Columbia Gorge Discovery Center (restrooms, water, and snacks available). We return the same way so you have double the opportunities to enjoy the wonders of the gorge! Non-Group Ride. Level C. Ride leaders: Karyn and John Mardis
knmardis@hotmail.com 503-280-5165

A Sandy Donut Ride: Distance 34 miles. Leaves at 10:00 a.m. from the east end of the Meadowland Shopping Center, SE 174th and Powell. Cruise out the Springwater and on mostly quiet, back roads to Joes' Donuts in Sandy. Return along Bluff Road. Non-group ride. Level B/C. Ride leader: Bud Rice, 503-667-0683.

Saturday, July 25

Saturday Morning Alphabet Ride: Distance 25-90 miles. Leaves at 9:00 a.m. from Wilshire Park, NE 36th & Skidmore. Two or more ride options will be offered. Join the regulars for the relatively flat 35-mile Kelley Point/Two-Bridge Loop, with a coffee stop midway through, or take off for the West Hills or Camas for a steeper or faster ride. Ideal for experienced riders. Non-group ride. Levels A/B/C/D. Ride leader: Frank Zuleger 503-257-5708

Torture Series – Lolo Pass: Distance 89 miles. Leaves at 8:00 a.m. from the Mt. Hood Aquatic Center parking lot, NE 17th & Kane in Gresham. The moment all Torture Series riders wait for all summer has arrived...the Grand Finale! The no more getting up early just to feel the lactic acid build up in those screaming quads of yours! Join us for number fifteen in the series as we head out towards Mt. Hood and climb up forest roads for a beautiful view of the mountain and valleys. A total of 7,000 feet of pure climbing pleasure to keep your attention. Refueling stops are scarce, so bring food and two water bottles are a must! Plan accordingly. Non-group ride. Level E. Ride leader: Cathy Varner 503- 788-5394.

AROUND THE COMPASS EXPLORER WELCOME RIDE: Distance 25-30 miles. Leaves at 9:30 a.m. from the Tri-Met Park and Ride lot, NE 96th & Sandy. This ride will use a different route each time: we may head north into Vancouver, east out to Troutdale, west into north and northeast Portland, or even south toward Milwaukie, depending on the weather and the

wishes of the riders. Group Ride. Level B. Ride Leader: Bud Rice 503-667-0683.

Snooseville Corner Ride: Distance 31/45 miles. Leaves at 9:00AM from Shute Park parking lot on SE 8th Ave, south of Maple in Hillsboro. Come on out to the west side!! Ride from Hillsboro to Roy and on to Mountindale. Take the out and back on Dairy Creek Rd to Snooseville Corner to make it 45 miles, or just skip it for the shorter 31 mile ride. Non-Group Ride. Level B/C. Ride Leader: Dave Stark 503-488-5987.

Sunday, July 26

Sunday Morning Ride: Distance 20-90 miles. Leaves at 9:00 a.m. from the Tri-Met Park & Ride, NE 96th & Sandy Blvd. Riders meet and sign in, then ride wherever they want. Ride maps will be available. Non-group ride. Levels A/B/C/D. Ride leader: Greg & Sharon Baker 503-287-7019

WILLAMETTE RIVER WELCOME RIDE: Distance 25+ miles. Leaves at 9:30 a.m. from Sellwood Park at SE 7th and Sellwood Blvd. This is a great ride with something for everyone. We will tour the Willamette River on bike paths, glide through historical neighborhoods, and take an optional climb to the top of an old volcano! Between these adventures, we'll stop for coffee and refreshments. The ride has a few ups (and downs) with plenty of scenery. Group Ride. Level B/C. Ride leader, Tom Carter 503-226-6263.

The New Deal Cafe Lunch Ride: Distance 20 to 30 miles. Leaves at 10:00 a.m. from the Tri-Met Park & Ride, NE 96th and Sandy Blvd. We'll cruise out through North and NE Portland before taking a lunch stop at the New Deal Cafe at NE 53rd and Halsey. Group ride. Level B. Ride Leader: Bud Rice, 503-667-0683.

Gorge Ride via back Roads: Distance approx 60 miles. Leaves at 9 A M from Woodstock Park, SE 47th & Steele Street. This is a delightful ride from the City to the Columbia River Gorge. The ride takes us down to the Columbia River, then by the Sandy River to Springdale. It then goes into some beautiful country via the back roads. We use Hurlburt to get us to the Women's Forum (a nice place to view the Gorge). We'll then descend on Mershon and Woodard. Troutdale will be a midway stop, a

great place for lunch and a bit of a rest. After lunch the ride takes us on
Halsey and back to the Columbia River for the trip back to Woodstock Park.
Non-Group Ride. Level C/D. Ride leader: Susan Walker 503-975-5681