



Rookie Rides

2009 Schedule

Portland Wheelmen Touring Club, Portland's premier bicycling club, offers some fun rides planned especially for families and novice riders. An adult must accompany children and all riders must wear helmets. Arrive early. Group departs at time listed.

These routes typically are not on roadways shared with cars. They are accessible for single bikes, tandems, tag-a-longs and bikes pulling trailers. They are relatively flat paths and paved.

Call or e-mail the ride leader if you have specific questions.

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| Saturday, July 4 | <u>Smith and Bybee Lakes</u> | 10:00 am | 8 miles |
| | Start at the Princeton Trailhead at North Princeton and Carrey Streets off Willamette Blvd. Celebrate the holiday with an urban to wild life refuge ride. Discover the Peninsula Crossing Trail and learn how to access the Smith and Bybee Wetland Area. Bring binoculars for bird watching. Ride Leader Ann Morrow, 360.608.3173 (cell) anniedmor@comcast.net. | | |
| Saturday, July 25 | <u>Vancouver Lake/Columbia River</u> | 10:00 am | 15 miles |
| | Start at Vancouver Lake Park. I-5 to Mill Plain (Vancouver) Take Exit 1D/Fourth Plain Blvd. Go west (left) about 5 miles and follow signs to the Lake (on your right). The parking will cost \$2. We'll ride on low traffic roads country from Vancouver Lake Park, past Frenchman's Bar Park and Caterpillar Island to the end of Old River Road and back. This will be a very scenic, family friendly ride. Ride Leader: Bill Hamilton 503-961-4184 or bill@simple.be | | |
| Sunday, August 2 | <u>Columbia River Bike Path</u> | 10:30 am | 9 miles |
| | Start at Marine Park in Vancouver. Take SR14 to Exit 1 South then East on Columbia Way. Ride west along the Columbia to Esther Short Park and back. Explore the Land Bridge, see local public art, the Old Apple Tree, Osprey nests and the old Kaiser Ship Yard. This is a pre PWTC club picnic ride. Club members will enjoy lunch after the ride at Marine Park. Ride Leader Ann Morrow, 360.608.3173 (cell) anniedmor@comcast.net. | | |

- Sunday, August 16 Willamette River Greenway Trail 10:00 am 9.4 miles
 Start at Willamette Park at the south end near the playground. Park is off Macadam Avenue/Highway 43. Cross street is Nebraska. There is a fee in the summer to park so you may want to park on the streets nearby and ride in to the park. The route will follow the Willamette River into Portland and down to the Steel Bridge and back. Explore this ever changing route and learn how you can access other fun activities by bike. Ride Leader: Ride Leader Ann Morrow, 360.608.3173 (cell) anniedmor@comcast.net.
- Saturday, August 22 Champoeg Park 10:00 am 7 miles
 Take I-5 south to Exit 278 Donald/Aurora and follow the signs to Champoeg Park. Park in the Visitor Center parking lot. There is a \$3 parking fee. We'll explore the park, see the Willamette River and check out the historic buildings. This is a great ride to bring your picnic lunch for afterwards. Watch out for the Frisbee Golf! Ride Leader: Bill Hamilton 503-961-4184 or bill@simple.be
- Saturday, Sept. 5 Springwater on the Willamette 10:00 am 7 miles
 Start on the east side of the Hawthorne Bridge. Meet near the Portland Fire District Building and check out this stretch of Rail with Trail to Oaks Bottom. You may see an Osprey or a Great Blue Heron. Ride Leader: Bill Hamilton 503-961-4184 or bill@simple.be
- Sunday, October 11 Banks/Vernonia Bike Trail 10:00 am 12 + miles
 Start near Buxton. Allow at least 90 minutes travel time. Take Highway 26 west of Portland to Fisher Road, just past the West Fork of Dairy Creek. Turn right on Fisher Road and go up the hill and follow it around the bend to the right (you are now on Bacon Road). Turn right into the trail head just after the Manning Trailhead sign. Very easy, pretty rails to trails route. Explore Stubb Stewart State Park or travel further all the way to Vernonia and back (some of this may not be suitable for anything other than a mountain bike). Ride Leader Ann Morrow, 360.608.3173 (cell) anniedmor@comcast.net.

- Bring some water
- Eat a good breakfast before the ride. You'll feel better and have more energy.
- All rides are relatively flat and "out & back" routes so you may head back whenever you want.
- Bring a snack, fruit or energy bar
- Check your bike prior to the ride. A well maintained bike will get you through the ride. Seek professional help if necessary!
- All children under age 18 must be accompanied by an adult.

For additional information contact the ride leader listed or check PWTC.com, contact Ann Morrow at Anniedmor@comcast.net or call her at 360.608.3173

IT'S NOT HOW FAR, IT'S NOT HOW FAST, IT'S HOW MUCH FUN!