

WELCOME TO PWTC

2009 Schedule

FOR NEW & DEVELOPING RIDERS

Portland Wheelmen Touring Club (PWTC) offers a series of rides called WELCOME TO PWTC. You need not be a member to participate. These rides are especially for the newer or less experienced rider but are probably too ambitious for a novice rider.



The expectation is that the rider can pedal along at about 12 to 15 mph on the flats and complete a 30 mile ride.

These rides are group rides which means the group of riders generally stays together throughout the ride. The ride leader will guide the group and offer riding suggestions as needed. These rides provide a safe and friendly opportunity for newer riders to get out and ride with other cyclists.

More information may be obtained by calling the ride leader listed.

WEST SIDE RIDE

Start: 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. 25-30 miles. Ride Leader: Bruce Buffington, NW Bicycle Safety Council, 503-466-2501.

June 20
July 19
August 15
September 12

WILLAMETTE RIVER RIDE

Start: 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. 25 + miles. Ride leader, Tom Carter 503-226-6263.

June 14
July 26
August 30
September 20

AROUND THE COMPASS EXPLORER

Start: 9:30 a.m. 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 Milwakiie, depending on the weather and the wishes of the riders. 25-30 miles. Ride Leader: Bud Rice 503.667.0683.

June 27
July 25
August 22
September 27

LaCAMAS LAKE LOOP

Start: 9:30 a.m. 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. 32 miles. Ride Leader: Ann Morrow 360.608.3173.

June 21
July 5
August 8
September 13

BONUS

Additional social and group rides are offered by Bud Rice, Bruce Buffington and other ride leaders throughout the season. Bud's Afternoon Social rides are considered to be a classic initiation to club riding.

Group and social rides are generally shorter, easier rides open to all riders. Call the ride leader listed and ask any questions you may have to assure that you are able to complete the ride.

Time and locations of any and all club rides are available in PWTC's Rider's Digest; listed on the Web Site at PWTC.com; or Ride Schedule Hot Line 503.257.pwtc.

AND MORE...

PWTC offers bicycle rides every day of the year. Some are easy and social, some are a little more difficult and some are quite long and challenging. Again, see your monthly Rider's Digest or ride listings at PWTC.com. You can call the ride leader to discuss the route in detail.

At all rides the PWTC Ride Leader will have a sign in sheet and possibly a map of the route. Approach him or her and advise them that you are a new rider. PWTC ride leaders and members will try to assist you in getting started with riding and make sure you have a fun ride.

Welcome to PWTC rides are not offered on the dates of Pioneer Century (June 6), Seattle to Portland Bicycle Classic (July 11 & 12) or the Ice Cream Social (August 18). You can join us on those dates and enjoy those rides as well.



Welcome to the Portland Wheelmen Touring Club.
Have a great time riding.

FOR YOUR RIDING ENJOYMENT:

- ◇ Helmets are required on Wheelmen rides.
- ◇ Drink plenty of fluids and bring along a bottle of water or even two.
- ◇ Bring along some food: a banana, energy bar or gel. Your body may run out of fuel.
- ◇ Bring a tire pump, tools and a spare tube for your tire. What will you do if you have a flat 15 miles from your car?
- ◇ Bring a little cash. These rides include a stop for refreshments or you just might want to phone for help or call a taxi.
- ◇ Eat a good breakfast. You'll be making your body work so give it some fuel. This is not the morning for a half a grapefruit and black coffee.
- ◇ Check your bike out prior to the ride. Is everything working correctly? How old is that chain? How do those tires look? Are the brakes still pads, or are they hard as stones? Seek professional help if necessary!
- ◇ These rides, 20 to 35 miles in length and including a stop or two, will take a few hours to complete. Keep your stress level low and don't make plans for immediately thereafter. Just enjoy the ride!
- ◇ Carry some sort of identification. An old driver's license works, or create something with your name, address, an emergency phone number and medical problems and medications. We strive to ride safely but accidents can happen.
- ◇ Riders under the age of 18 and not registered PWTC members will need to be accompanied by a parent/guardian (Sorry, it's that pesky liability stuff).
- ◇ Arrive early. Group departs at time listed.

**For more information about the
Portland Wheelmen Touring Club:**
Information Hotline: 503.666.5796

Ride Schedule Hotline: 503.257.PWTC

PWTC Web Site: www.pwtc.com