



## BIKE CAMPS BY WEEK AND LOCATION

		Community Cycling Center Bike Shop				Sellwood Cycle Repair	
4 day camp	Week 1 6/13-6/15	TBD (Pending PPS schedule)					
	Week 2 6/18-6/22	Coasters (2-3)	Wheelies (2-3)	Cruisers (4-5)	Food Cart Seekers (6-8)		
	Week 3 6/25-6/29	Pedalers (1)	Coasters (2-3)	Cruisers (4-5)	Girls Cruisers (4-5)	Wheelies (2-3)	Food Cart Seekers (6-8)
	Week 4 7/2-7/6	Coasters (2-3)	Wheelies (2-3)	Cruisers (4-5)	Food Cart Seekers (6-8)	Coasters (2-3)	Adv Cruisers (4-5)
	Week 5 7/9-7/13	Coasters (2-3)	Wheelies (2-3)	Cruisers (4-5)	Adv Cruisers (4-5)	Cruisers (4-5)	Freewheelers (6-8)
	Week 6 7/16-7/20	Pedalers (1)	Coasters (2-3)	Cruisers (4-5)	Mechanics (6-8)	Adv Cruisers (4-5)	Food Cart Seekers (6-8)
	Week 7 7/23-7/27	Coasters (2-3)	Wheelies (2-3)	Adv Cruisers (4-5)	Food Cart Seekers (6-8)	Wheelies (2-3)	
	Week 8 7/30-8/3	Coasters (2-3)	Wheelies (2-3)	Cruisers (4-5)	Food Cart Seekers (6-8)		
	Week 9 8/6-8/10	Pedalers (1)	Coasters (2-3)	Girls Cruisers (4-5)	Girls Mechanics (6-8)	Girls Cruisers (4-5)	
	Week 10 8/13-8/17	Coasters (2-3)	Wheelies (2-3)	Adv Cruisers (4-5)	Food Cart Seekers (6-8)	Coasters (2-3)	Freewheelers (6-8)
	Week 11 8/20-8/24	Pedalers (1)	Wheelies (2-3)	Cruisers (4-5)	Freewheelers (6-8)	Cruisers (4-5)	
		incoming 1st grade	incoming 2nd-3rd grade	incoming 4th-5th grade	incoming 6th-8th grade		

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# NORTHEAST PORTLAND CAMPS

## PEDALERS: 1ST GRADE

Pedalers camp is where it all starts. For most at this age, this is their first ever Bike Camp and every ride is an adventure. Pedalers camp offers a safe setting for early riders to develop their basic skills while in an environment that can accommodate the playfulness that is special to this age. As with all camps, they will learn safe riding techniques for getting them on the road, but with added emphasis on riding in parks. Campers will build confidence in their bike handling skills through fun and games and will finish with improved control over their bike and an understanding of the rules of the road. **Please note: Pedalers camp will ride on streets. To participate, riders must be able to consistently start and stop unassisted and ride in a straight line.**

**Common destinations:** Alberta Park, Wilshire Park, Fernhill Park

Skills they will develop:

- Power-starting
- Controlling speed and space while riding in a single file
- Stopping while in control of their bike
- Recognizing street signs and signals
- Safely crossing intersections
- Completing a bike safety check before riding

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike (no training wheels or scoot bikes)

Typical Mileage: 2-5 miles per day

## COASTERS: 2ND - 3RD GRADE

From exploring new neighborhoods to spanning distances they didn't know they could ride, Coasters experience the empowerment of a week on two wheels. Riders build confidence in this camp by tackling many different riding situations, both within parks and on the road. They also gain experience riding both up and downhill in conjunction with proper braking techniques. It's not all hard work though – Coasters will take breaks from their bicycles by playing games in local parks. It's a packed week of fun!

**Please note: Coasters camp will ride on streets. To participate, riders must be able to consistently start and stop unassisted and ride in a straight line.**

**Common destinations:** Peninsula Park, Woodlawn Park, Khunamokwst Park

Skills they will develop:

- Identifying types of intersections and crossing safely
- Avoiding hazards
- Shoulder check and scanning for cars
- Controlling speed riding down a hill
- Signaling and communicating with other road users
- Tube patching

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike (no training wheels or balance bikes)

Typical Mileage: 3-6 miles per day

## WHEELIES: 2<sup>ND</sup> - 3<sup>RD</sup> GRADE

For riders who have already completed the Coasters camp or frequently ride on their own, this camp will give them an opportunity to expand their riding radius and try out various riding styles. Wheelies experience the benefits of cycling by stretching to new destinations while still having an opportunity for fun and games!

**Common destinations:** Dawson Park, Peninsula Park, Arbor Lodge Park

Skills they will develop:

- Identifying types of intersections and crossing safely
- Avoiding hazards
- Shoulder check and scanning for cars
- Controlling speed riding down a hill
- Signaling and communicating with other road users
- Tube patching

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike (no training wheels or balance bikes)

Typical Mileage: 3-8 miles per day

## CRUISERS: 4<sup>TH</sup> - 5<sup>TH</sup> GRADE

Nothing compares to the joy of cruising through Portland on a bike in the summer. Cruisers get a whole week of expanding their city view by exploring the neighborhood and beyond. Each day campers decide which destinations and parks to explore as a group, developing a sense of teamwork and mutual support along the way. Trips focus on riding safely, crossing intersections, reading maps, and troubleshooting common mechanical problems. Cruisers experience the empowerment of discovering new places through their very own pedal-powered transportation. As riders challenge themselves each day, many are surprised by how far they can go on two wheels.

**Common destinations:** Farragut Park, Grant Park, Rose City Park

Skills they will develop:

- Controlling speed around other riders
- Taking left turns into bike lanes
- Riding on various surfaces
- Shifting gears for efficiency
- Map Reading and route planning
- Wheel removal and flat repair

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 3-12 miles per day

## ADVANCED CRUISERS: 4<sup>TH</sup> - 5<sup>TH</sup> GRADE

Imagine a week of longer rides and heightened bike challenges in Portland's summer sun. Campers who have already completed the Cruisers camp and mastered some basic skills will enjoy new opportunities to challenge themselves and expand their riding radius.

**Common destinations:** Overlook Park, Columbia Park, Laurelhurst Park

Skills they will develop:

- Controlling speed around other riders
- Taking left turns into bike lanes
- Riding on various surfaces
- Shifting gears for efficiency
- Map reading and route planning
- Wheel removal and flat repair

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 5-15 miles per day

# GIRLS CRUISERS: 4<sup>TH</sup> - 5<sup>TH</sup> GRADE

In the words of Susan B. Anthony, “Bicycling has done more to emancipate women than anything else in the world.” The Girls Cruisers camp is a supportive environment where girls are free to explore different types of riding, from road to trails. As they discover their individual riding styles, we empower them to build their bike handling skills and to ride confidently.

**Common destinations:** Overlook Park, Columbia Park, Laurelhurst Park

Skills they will develop:

- Controlling speed around other riders
- Taking left turns into bike lanes
- Riding on various surfaces
- Shifting gears for efficiency
- Map reading and route planning
- Wheel removal and flat repair

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 3-10 miles per day

## FREEWHEELERS: 6<sup>TH</sup>- 8<sup>TH</sup> GRADE

All young people benefit from feeling the strength and self-reliance that comes with bicycling. This is especially true for our Freewheelers Camp. This group goes the distance, covering more miles than any other camp. Using multi-use trails and greenways, the Freewheelers have the opportunity to explore the breadth of Portland and sometimes even Vancouver and Gresham. With the expert guidance of our instructors, Freewheelers choose destinations as a group, set team goals, and experience the empowerment that comes with a week on two wheels.

**Common destinations:** Cathedral Park, Mt. Tabor, Fields Park

Skills they will develop:

- Completing sharp turns
- Riding down a hill fast while in control of the bike
- Understanding of right of way
- Navigating and riding in traffic: signaling or communicating with other road users, taking the lane, etc.
- Troubleshooting problems and communicating effectively with a mechanic

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 5-20 miles per day

## FOOD CART SEEKERS: 6<sup>TH</sup>- 8<sup>TH</sup> GRADE

This camp invites campers to reflect on their personal food culture and guide them to explore other cultures through food. Using the Portland food carts as their classroom, instructors will introduce and lead discussions on different countries and their food cultures, encouraging campers to try new foods throughout the week. Campers will share their own food culture and keep a log of what they learn throughout the week. They will also learn to budget and plan their spending for each day.

**Common destinations:** Rose City Food Park, Alder Street Food Cart Pod, Mississippi Marketplace

Skills they will develop:

- Understanding different cultures, including their own through its relationship with food
- Budgeting
- Understanding right of way
- Navigating and riding in traffic: signaling or communicating with other road users, taking the lane, etc.

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 8-20 miles per day

## MECHANICS CAMP: 6<sup>TH</sup>- 8<sup>TH</sup> GRADE

This camp is designed to give middle school students a better understanding of how their bikes work and how to assess mechanical issues both in the shop and on the road. Campers will split their time between hands-on mechanical projects and going on group rides. The week includes a field trip to visit key players in Portland's bicycle economy. Not only will campers have fun outdoors on their bikes, but they'll build the skills they need to be independent stewards of their ride! Mechanics Camp is limited to 10 campers per session for a better learning environment.

Skills they will develop:

- Bike anatomy
- Review and work on each system of the bike
- Understanding right of way
- Navigating and riding in traffic: signaling or communicating with other road users, taking the lane, etc.
- Troubleshooting problems and communicating effectively with a mechanic

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 5-15 miles per day

## GIRLS' MECHANICS CAMP: 6<sup>TH</sup>- 8<sup>TH</sup> GRADE

For girls who enjoy riding bikes and are interested in diving deeper into the mechanical side of the bicycle, we offer a space to empower them with basic knowledge and technique of how bikes work and how to fix them. Guest instructors include our bike shop's very own rock star mechanics. This camp is designed to give middle school students a better understanding of how their bikes work and how to assess mechanical issues both in the shop and on the road. Campers will split their time between hands-on mechanical projects and going on group rides. The week includes field trips to visit key players in Portland's bicycle economy. Not only will campers have fun outdoors on their bikes, but they'll build the skills they need to be independent stewards of their ride!

Girls' Mechanics Camp is limited to 10 campers per session for a better learning environment.

Skills they will develop:

- Bike anatomy
- Review and work on each system of the bike
- Understanding right of way
- Navigating and riding in traffic: signaling or communicating with other road users, taking the lane, etc.
- Troubleshooting problems and communicating effectively with a mechanic

Location: Community Cycling Center, 1700 NE Alberta St.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 5-15 miles per day

# SOUTHEAST PORTLAND CAMPS

## SELLWOOD COASTERS: 2<sup>ND</sup> - 3<sup>RD</sup> GRADE

From exploring new neighborhoods to spanning distances they didn't know they could ride, Coasters experience the empowerment of a week on two wheels. Riders build confidence in this camp by tackling many different riding situations both within parks and on the road. They also gain experience riding both up and downhill in conjunction with proper shifting techniques for those with geared bikes. It's not all hard work, though. Coasters will take breaks from their bicycles by playing games in local parks. It's a packed week of fun! **Please note: Coasters camp will ride on streets. To participate, riders must be able to consistently start and stop unassisted and ride in a straight line.**

**Common destinations:** Sellwood Riverfront Park, Westmoreland Park, Johnson Creek Park

Skills they will develop:

- Avoiding hazards
- Shoulder check or scanning
- Controlling speed riding down a hill
- Communicating with other riders
- Understanding when to signal and communicate with other road users
- Tube patching

Location: Sellwood Cycle Repair, 7953 SE 13<sup>th</sup> Ave.

Gear Requirement: two-wheeled bike (no training wheels or balance bikes)

Typical Mileage: 2-6 miles per day

## SELLWOOD WHEELIES: 2<sup>ND</sup> - 3<sup>RD</sup> GRADE

For riders who have already completed the Coasters Camp or frequently ride on their own, this camp will give them an opportunity to expand their riding radius and try out various riding styles. Wheelies experience the benefits of cycling by stretching to new destinations while still having an opportunity for fun and games!

**Common destinations:** Johnson Creek Park, Westmoreland Park, Berkeley Park

Skills they will develop:

- Avoiding hazards
- Shoulder check or scanning
- Controlling speed while riding down a hill
- Communicating with other riders
- Understanding when to signal and communicate with other road users
- Tube patching

Location: Sellwood Cycle Repair, 7953 SE 13<sup>th</sup> Ave.

Gear Requirement: two-wheeled bike (no training wheels or balance bikes)

Typical Mileage: 3-8 miles per day



## SELLWOOD CRUISERS: 4<sup>TH</sup> - 5<sup>TH</sup> GRADE

Nothing compares to the joy of cruising through Portland on a bike in the summer. Cruisers get a whole week of expanding their city view by exploring the neighborhood and beyond. Each day campers decide which destinations and parks to explore as a group, developing a sense of teamwork and mutual support along the way. Trips focus on riding safely, crossing intersections, reading maps, and troubleshooting common mechanical problems. Cruisers experience the empowerment of discovering new places through their very own pedal-powered transportation. As riders challenge themselves each day, many are surprised by how far they can go on two wheels.

**Common destinations:** Milwaukie Riverfront Park, Elk Rock Island, Willamette Park

Skills they will develop:

- Controlling speed around other riders
- Taking left turns into bike lanes
- Riding on various surfaces
- Shifting gears for efficiency
- Map reading and route planning
- Wheel removal and flat repair

Location: Sellwood Cycle Repair, 7953 SE 13<sup>th</sup> Ave.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 3-12 miles per day

## SELLWOOD ADVANCED CRUISERS: 4<sup>TH</sup> - 5<sup>TH</sup> GRADE

Imagine a week of longer rides and heightened bike challenges in Portland's summer sun. Campers who have already completed the Cruisers camp and mastered some basic skills will enjoy new opportunities to challenge themselves, expand their riding radius, and try out various riding terrains.

**Common destinations:** Elk Rock Island, Willamette Park, Waterfront Park

Skills they will develop:

- Controlling speed around other riders
- Taking left turns into bike lanes
- Riding on various surfaces
- Shifting gears for efficiency
- Map reading and route planning
- Wheel removal and flat repair

Location: Sellwood Cycle Repair, 7953 SE 13<sup>th</sup> Ave.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 5-15 miles per day

# SELLWOOD GIRLS CRUISERS: 4<sup>TH</sup> - 5<sup>TH</sup> GRADE

In the words of Susan B. Anthony, “bicycling has done more to emancipate women than anything else in the world.” The Girls Cruisers camp is a supportive environment where girls are free to explore different types of riding, from road to trails. As they discover their individual riding styles, we empower them to build their bike handling skills and to ride confidently.

**Common destinations:** Elk Rock Island, Willamette Park, Waterfront Park

Skills they will develop:

- Controlling speed around other riders
- Taking left turns into bike lanes
- Riding on various surfaces
- Shifting gears for efficiency
- Map reading and route planning
- Wheel removal and flat repair

Location: Sellwood Cycle Repair, 7953 SE 13<sup>th</sup> Ave.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 3-10 miles per day

## SELLWOOD FREEWHEELERS: 6<sup>TH</sup>- 8<sup>TH</sup> GRADE

All young people benefit from feeling the strength and self-reliance that comes with bicycling. This is especially true for our Freewheelers Camp. This group goes the distance, covering more miles than any other camp. Using regional trails and greenways, the Freewheelers have the opportunity to explore the breadth of Portland and sometimes even Vancouver and Gresham. With the expert guidance of our instructors, Freewheelers choose destinations as a group, set team goals, and experience the empowerment that comes with a week on two wheels.

**Common destinations:** Waterfront Park, Mt. Tabor, Tryon Creek State Park

Skills they will develop:

- Completing sharp turns
- Riding down a hill fast while in control of the bike
- Understanding right of way
- Navigating and rides in traffic: signaling or communicating with other road users, taking the lane, etc.
- Troubleshooting problems and communicating effectively with a mechanic

Location: Sellwood Cycle Repair, 7953 SE 13<sup>th</sup> Ave.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 5-20 miles per day

## SELLWOOD FOOD CART SEEKERS: 6<sup>TH</sup>- 8<sup>TH</sup> GRADE

This camp invites campers to reflect on their personal food culture and guide them to explore other cultures through food. Using the Portland food carts as their classroom, instructors will introduce and lead discussions on different countries and their food cultures, encouraging campers to try new foods throughout the week. Campers will share their own food culture and keep a log of what they learn throughout the week. They will also learn to budget and plan their spending for each day. **Common destinations:** Pkinnik Park Food Carts, Cartopia, The Gantry Food Pod

Skills they will develop:

- Budgeting
- Completing sharp turns
- Riding down a hill fast while in control of the bike
- Understanding right of way
- Navigating and riding in traffic: signaling or communicating with other road users, taking the lane, etc.
- Troubleshooting problems and communicating effectively with a mechanic

Location: Sellwood Cycle Repair, 7953 SE 13<sup>th</sup> Ave.

Gear Requirement: two-wheeled bike with gears and handbrakes

Typical Mileage: 8-20 miles per day