

## ***Welcome to Portland Velo***



Hello and welcome to the Portland Velo Cycling Club! We're a non-profit cycling club dedicated to providing a fun, safe and inclusive environment for group cycling experiences. We founded the club in February 2006 and we've grown and improved each year since.

At our core, we're a community of cyclists who love to ride our bikes. It doesn't matter if you ride 14 or 24mph, whether you enjoy 35 mile or 75 mile rides. We don't care if your bike cost \$900 or \$9,000, if you've been riding one year or twenty. What matters to us is your passion for cycling, that you care about safety and you enjoy riding with a great group of like-minded individuals.

Our club motto – *It's All About the Ride!* – speaks volumes about who we are and what we're about. Here's just a short list of what we offer our members:

- Safe, well organized and very well attended weekly rides.
- Experienced, supportive ride leaders who know the routes and who promote safe riding.
- A large map database with most of our well-worn, most popular rides.
- A fun, welcoming environment for riders of most all abilities.
- Excellent support by a great group of club sponsors.
- Discounts at our sponsor bike store in the area.

The bottom line is that Portland Velo offers the best club cycling experience in the Metro area. Everyone has someone to ride with; groups work hard to stay together and leave no riders behind. And we all walk away smiling.

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## ***Our Values***

Here are the three founding principles of Portland Velo:

- ***It's All About The Ride***  
Our members are more interested in riding with their friends than they are in club business. We're organized to focus on providing fun, safe and rewarding cycling experiences. Period.
- ***Everyone Rides With Someone***  
Above all else, we look out for each other on the road, so that everyone comes back in one piece. Our ride leaders are the best in the area - they know the routes and the groups work hard to stay together and leave no rider behind.
- ***We All Walk Away Smiling***  
It's in everyone's best interests to keep things fun and safe. Our members support and encourage each other, and we've all made new friends along the way.

## ***Rules Of The Road***

At Portland Velo, we want all our members and guests to have a fun, safe and memorable experience. Our *Rules Of The Road* are meant to help you understand what to expect on a Portland Velo ride and what we expect from you as a ride participant. Please take a minute to familiarize yourself with the *Rules Of The Road*. If you have any questions, feel free to contact any club director or ride leader.

- Everyone likes to groove to their favorite tunes when they work out, but on Portland Velo rides, **headphone use is not permitted**. It is beyond safe and quite frankly, rude to your fellow riders.
- The same thing goes for cell phones - **cell phone use while riding is a big no-no**. Talk, text and email on your own time and in the safety of a rest stop or parking lot. If you feel compelled to talk or text during a ride, please pull over at a safe place and do your thing, however, your group is not obligated to wait while you're talking or texting so, be prepared to either finish solo or ride fast enough to catch your group.

- Yes, we do welcome recumbents, however since our club rides are road-bike oriented, **only "SWB"/short wheelbase recumbents are permitted on club rides.**
- **We strongly advise against mountain bikes on our group rides.** Our rides are road specific and as such, riding a heavy mountain bike puts you at a distinct disadvantage.
- Riding in a group requires you to have complete control over your bike at all times. Time trial/triathlon specific, aero-bar only bikes are sleek and obviously very fast, however what you gain in speed you sacrifice in bike control in group ride situations. **Please leave your time-trial/tri-bike at home.** Bikes with aero/tri clip-ons are OK to use as you still have full access to your normal controls.
- **Staying on the correct side of the centerline is not just a good idea, it's the law.** There is never a reason to cross the centerline. This action is 100% reckless and is plain stupid. A quick "on your left" will usually clear the way for you to pass safely without crossing the centerline.
- Ever ridden in a pack and hit a pothole hard that the person in front of you could/should have warned you about? Group rides are about friends looking out for each other on the road. **Please communicate verbally or through hand signals any road debris, approaching vehicles or other hazards.** It's the right thing to do.
- We are all cyclists and most of us are motorists. Be respectful of all users of the road and it will pay off in spades. **In the absence of a designated bike lane it's always safer for you and the group to ride single file.**

We ask all club members and guests to ride in a responsible, safe and law-abiding fashion. While on any Portland Velo ride you, along with everyone on that ride, represent Portland Velo Cycling Club. We ask that you respect our club and what we stand for. Please conduct yourselves in a manner consistent with our reputation which is one of riding safe, of welcoming new comers, of having fun and sharing our passion for cycling.

## ***Portland Velo Ride Offerings***

At Portland Velo, we believe our members and guests are most interested in getting on their bike and riding with their friends. We conduct our club meetings on-bike – after all this is a very social cycling club. Here are a few ways you can get involved:

### **The Saturday Ride**

This is our largest group ride of the week and one of, if not, *the* largest weekly group rides in Portland. Ride distances vary from just over 30 to 50 miles and we typically alternate weeks between relatively flat to rolling routes and routes with some real climbing thrown in. Each week we ride a different route and have designated ride leaders for every group to make sure we all stay on course and safe.

## **Tuesday and Thursday Rides**

All routes start at Wilshire Park in Northeast Portland. There are a variety of routes, mostly involving crossing the I-5 or I-205 bridges over toward Vancouver or Camas, but some out toward Troutdale and the gorge. The most common ones are posted on the PV website. Like all our club-sponsored rides, no one gets left behind. There are regroupings as needed, particularly after any climbs, and usually one restroom/nutrition stop. These rides typically have 5-15 riders. A mailing list is maintained and used to provide information about the upcoming ride, including the route and possible weather cancellation — since there are fewer riders involved, particularly during the winter, rides may be cancelled if enough riders have not responded that they wish to ride.

For more information see the PV website at <http://www.portlandvelo.net/> or, contact Terry Lawson at [lawson.terry@gmail.com](mailto:lawson.terry@gmail.com)

## **Event Rides**

Portland Velo does not officially sponsor public event rides, however, throughout the year we gather as a club and participate in “event rides” such as Monster Cookie, Reach the Beach, Oregon Gran Fondo, Mt Adams Country Tour, Bridges to Breakers, Oregon MS 150 and many others. We use both our website and the club Facebook page to announce which rides we’ll do “as a club”. Some rides, such as Monster Cookie, can see as many as 75 members participating!

## **Group Ride Guidelines**

A Portland Velo group ride is a special thing. For many of us, it’s the highlight of the week. Why is our Saturday ride so much better than the countless other group rides we’ve all tried? It’s about the ride yes, but it’s also about the people and – more to the point – The Group.

- **Safety first.** Follow the rules of the road: Stop at red lights, give right-of-way, ride to the right.
- **It’s not a race.** A group ride is just that, riding as a group, for the benefit of the group. If you want to show people how fast you can ride, get an OBRA license and participate in some of the amazing races we have nearby.
- **We don’t leave riders behind** – we take care of each other. The day you pull in a rider who bonked, or help fix a flat will surely be repaid to you or another friend who’s run out of gas.
- **Communicate.** Call out obstacles and traffic for the group. If you head back early in the route or decide to drop back to another group, make sure that you let someone know.
- **Know your limitations.** If you don’t feel comfortable stay near the back of the group. If you have a specific concern talk to the ride leader either right away, or at the end of the ride.
- **Share the work.** If you’re feeling strong, share some time at the front. A good pace-line is a SMOOTH pace-line. Keep your speed steady and ride predictably.
- **Play your part.** Ride leaders are there to help guide the group, but everyone in the group has a part to play. Ride safely, help keep the group on course and within the posted speed range.

- **Be sociable.** Make everyone feel welcome. Be friendly with those you ride with, new or well known.
- **Be open to advice.** One of the many benefits of riding in a group is getting helpful feedback from fellow riders.
- **Represent.** Like it or not, you are cycling's ambassadors. Take pride in riding safely and projecting a positive image for the club and the cycling community.

### ***What NO-DROP means at Portland Velo***

The meaning of a “no-drop” ride seems pretty simple – no rider gets left behind, and groups wait at major junctions when attacks or terrain cause groups to splinter; groups will assist with mechanicals or designate riders to do so. No rider is left out on the route alone. Groups will not intentionally ride away from any rider without articulating a strategy for getting the rider back to the start. The intent is to prevent riders from getting stranded, to encourage an ethic of looking out for each other on the road, and to give new riders unfamiliar with our routes the confidence to roll with us. Additionally, the organization of our Saturday ride, where faster groups start first, allows trailing groups to essentially act as sweepers, able to pick up and/or assist any riders who happen to lose contact with their groups.

However, “no-drop” at Portland Velo also has certain expectations for individual riders, who should be prepared to:

- **Choose speed groups accurately.** Your group will work hard to stay together. It is not fair to expect the entire group to ride below speed to accommodate a rider who chooses too fast a group and can't keep pace. Conversely, it is not fair to push the pace of a slower group.
- **Communicate!** Call out a flat. Tell the leader or someone in your group if you are struggling with the pace; the group can slow down – or you might be asked to drop back to a slower group. Try not to simply disappear off the back, leaving the group to wonder what happened to you.
- **Be aware that you are on a “group” ride.** Within any given group, stronger riders can support those with less power, thereby encouraging a spirit of teamwork and cooperation that often leads to more camaraderie and FUN.
- **Carry a cue sheet and/or map** in the unlikely event that the group loses you.

As many experienced riders can attest, it is sometimes not so simple to define “no-drop” out on the road. Portland Velo ride leaders work hard to keep groups together, and the club as a whole promotes inclusion – but PV also counts on each and every rider to help make the group ride a “no-drop” experience for all.

## ***Portland Velo Saturday Ride***

### **Starting Line (see map below)**

Evergreen Office Park  
22985 NW Evergreen Parkway  
Hillsboro, OR

- **Start Time:** 9:00am Roll Out (10:00am Dec/Jan/Feb)
- **Ride Levels:** Fit Beginner – Advanced
- **Distances:** 35-50 miles

### ***Saturday Ride Starting Location:***



The Saturday Ride is our largest and best-attended ride of the week and one of, if not, the largest weekly group rides in Portland. Ride distances vary from just over 30 to 50 miles and we typically alternate weeks between relatively flat to rolling routes and routes with some real climbing thrown in.

The Portland Velo Ride Leader Team leads Saturday rides. These folks have extensive cycling experience, excellent knowledge of the routes and are a great asset to our club. They keep the groups together, communicate regroup stops, assist in on-road emergencies and generally are the dedicated “faces” of Portland Velo.

Each Saturday we separate into distinct groups prior to the start of the ride, with the fastest groups leaving first. That way, if you get caught up in a group that's too fast for you, you can sit up, relax and wait for the next group to pick you up.

### ***Choosing a Speed Group***

Be conservative when first riding with the club. Pick a speed group you can be comfortable in. If that works – move up as desired! The mph brackets of all groups indicate the speed to expect on flat sections. Maintaining that approximate level of effort means you will be going faster on descents or with tailwinds; and slower on climbs and into headwinds.


Our groups are set up as follows:

- **14-16mph**  
This group rides at a moderate pace and includes numerous re-group points. The group may also stop for a quick refreshment break at some point on certain rides. If you are new to group rides and/or working on your fitness this may be the perfect group for you. On occasion this group may ride either an alternate route or a modified version of the planned route.
- **16-18mph**  
This group rides at a steady pace and uses drafting as a way to ride in a more efficient manner. Regroups are decided on an as-needed basis by the ride leader. It is expected that you are able to maintain a consistent 16 to 18 mph speed on the flats.
- **18-20mph**  
This is a moderate-to-fast paced group where expectations ramp up. This group rides in pace-line formation for the majority of the ride and expects those within the group to have the skills necessary for this type of group dynamic. The expectation is that you are confident about your ability to ride at this pace and that you understand how to handle yourself within a group. Regroups are at the discretion of the ride leader.
- **20-23mph**  
This is a strong group with consistently higher speeds on all terrain. Riders are expected to be able to ride in a tight pace-line, climb well and communicate effectively with other riders in the group. Comfort with group riding and good bike handling skills are as important as being fit enough to ride at 20+mph. If you have the fitness but not the riding skills, please consider riding with a different group.
- **Open**  
The Open group is for those looking to sustain speeds in the mid-to-high 20's. It should be obvious to anyone considering this group that bike handling and fitness level need to be top notch. Tight, rotating pace-lines are the order of the day in this group and climbs are ridden hard. The speed of this group can quickly get up to 25mph and higher --so pay attention and be prepared for a seriously hard day in the saddle. On occasion this group may ride either an alternate route or a modified version the planned route (usually longer with additional climbing).

**Weekly Saturday Ride Announcements**

The weekly Saturday ride is announced each Wednesday through a ride e-mail and on the PV website. The ride e-mail and the website announcements contains a route description, downloadable files for the route map and cue sheet, Garmin files from Ride w/GPS and a link to the weekly route on the Ride w/GPS club site – to study details of route. Should the ride need to be canceled for any reason it will be posted by 8:30am (9:30am during Dec/Jan/Feb) on the PV website and the PV Facebook Group site – see Inclement Weather Policy below.

**Weekly Ride e-Mail**



**Portland Velo Saturday Ride  
7/26/14**

*The week's route is Bald Peak - Holly Hill (35.6 miles & 2,238 ft). This route is pretty simple. You have 14 miles of flat to warm up, then you'll climb 600' up Bald Peak Rd - with much of it 9-10% grade. Then a screaming descent down Laurel to the store and you get to do it all over again - another 600' climb up Holly Hill Rd - but this time at more moderate slope. Then it's back to the store over another wonderful descent. Lastly it's 14 miles of flat back home - a route for those who love symmetry! Weather is predicted to be clear & sunny during the ride with temps in the low 60's to mid 70's during the ride.*

**Route Caution Areas:**  
- Mile 12.3 - 12.4: Crossing and on OR 219

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Clear											
12AM	2AM	4AM	6AM	8AM	10AM	noon	2PM	4PM	6PM	8PM	10PM
62°	58°	55°	55°	60°	68°	75°	81°	84°	84°	79°	71°

Clear

TEMP	WIND	HUMIDITY	VISIBILITY	PRESSURE
60°	6 mph (N)	76%	10 mi	1020 mb

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Attached below are the files and access to the route map on Ride w/GPS for Saturday's Ride. Just click on the desired button.

[Download - ride map, cue sheet & elevation profile](#)

[Download - Garmin tox file](#)

[Preview this week's route on Ride w/GPS site](#)



**Weekly Portland Velo Website Announcement:**

<http://www.portlandvelo.net>



### THIS WEEK'S SATURDAY RIDE

**10/11/14** - The route this week is: **Gastonia (43.3 miles and 1,115 feet)**. The route initially heads west to Verboort - where we take Porter into Forest Grove. We then head out of Forest Grove on B St and follow Old 47th to the Skoggins Valley Rd store (break). We'll continue heading south on Old 47 to Gaston and then head back to Forest Grove via Spring Hill and Fern Hill - enjoy the fall colors and the open riding. From Forest Grove we take Martin to Verboort - and then home via the "Churches". The weather for this Saturday looks to be Oregon fall-like - cloudy to partly cloudy with ride temperatures between the mid 50's to mid 60's. But, hopefully no need for fenders yet.

[Ride Map\\*](#) | [GPX File\\*](#) | [Ride Preview](#) | [Weather](#)

\* Portland Velo Members only

## ***Portland Velo Inclement Weather Policy***

We here at PV have the motto "*It's All About the Ride!*" - but sometimes Mother Nature decides that it would be best if we all stayed at home. In the Pacific Northwest we are no strangers to riding in bad weather, but heavy fog, high winds, slick road conditions and dare we say it, *snow* have sometimes hampered our ability to enjoy our famous Saturday Signature Rides.

As the season of crazy weather approaches, we've come up with the following policy for our Saturday rides:

- Decisions to cancel the PV Saturday ride will be made by 8:30 AM the day of the ride based on the weather conditions at our start location in Hillsboro.
- Reasons for canceling the ride include, but are not limited to:
  - Heavy Fog
  - Freezing Fog
  - Snow / Freezing Rain
  - Extreme Wind Conditions
- Notice will be posted on the front page of the PV website and on the Portland Velo Facebook Group pages (<https://www.facebook.com/groups/67860190290/>) at or shortly after 8:30 AM the day of the ride (9:30am during Dec/Jan/Feb).
- A PV Operations member may or may not be at the start location to further notify those who missed the web posting. (Basically if someone isn't there to hand out the maps, the ride was probably canceled!)
- ***There will be no official club ride on days we are forced to cancel***

## ***Portland Velo Race Team***



Portland Velo also encompasses a bicycle racing team that competes in many venues state-wide. The goal of Portland Velo Racing is to encourage bike riders of all abilities to try out the sport of bike racing and to support each other in becoming the best possible riders and racers – in whichever discipline, or disciplines, they choose. PV Racing also helps foster the growth of cycling and establish the members of PV Racing as a perennial force on the OBRA circuit.

PV Racing members come from all walks of life and live in all parts of the city and surrounding areas. Most are looking to find a sustainable balance between family, work and leisure and live long, happy, healthy and productive lives.

In addition to road races throughout the state, PV Racing members compete at the Alpenrose velodrome, in mountain bike events in central and southern Oregon as well as at Portland International Raceway (PIR) in North East Portland. While many start the season on the road and trails, later in the year attentions may turn to the velodrome, short-track and the ever-popular cyclocross scene.

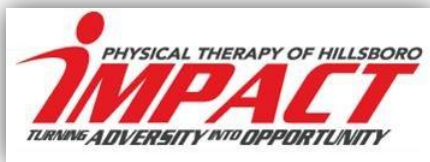
If you are interested in racing with the Portland Velo team go to the club website (racing team section) <http://www.portlandvelo.net/>. Racing Team membership is \$25 per year – in addition to annual club dues.

Feel free to contact the team director, Sasha Lacey ([raceteam@portlandvelo.net](mailto:raceteam@portlandvelo.net)), with any race team questions.

## ***Portland Velo Sponsors and Member Benefits***



Portland Velo is proud to have Western Bikeworks, (<https://www.westernbikeworks.com/>) located at NW 17th and NW Johnson, as our "title sponsor". Western Bikeworks is Portland's largest and most complete bike shop offering everything a cyclist needs from road, mountain, cyclo-cross and city bikes to clothing, footwear and accessories along with the best mechanics and "The world's most advanced fit system", The GURU fit system. As a current paid member of Portland Velo you'll enjoy a club discount on every purchase you make at Western Bikeworks. You'll also have the opportunity to attend various PV/WBW events held at the store throughout the year. (Where sale items are concerned the larger of the two discounts applies)



Impact Physical Therapy of Hillsboro, located at 4950 NE Belknap Court, Suite 107, is a team of experienced Physical Therapists who genuinely care about helping each patient return to the highest possible level of function. Impact (<http://impactpthillsboro.com/>) is a long-term sponsor of Portland Velo providing physical therapy advice and therapy to riders. Kent Bond, avid cyclist and founder of Impact also serves as the 'Ride Lead Coordinator' for the club.



**UBS**

