



# 2020 SUMMER SCHEDULE

		Community Cycling Center (NE Alberta & 17th)				Sellwood Cycle Repair (SE 13th & Miller)	
	<b>Week 1</b> 6/8-6/12	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)		
	<b>Week 2</b> 6/15-6/19	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)	<b>Coasters</b> (Grades 1-2)	<b>Food Cart Cruisers</b> (Grades 5-6)
	<b>Week 3</b> 6/22-6/26	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Cruisers</b> (Grades 5-6)	<b>Voyager</b> (Grades 9-10)	<b>Coasters</b> (Grades 1-2)	
	<b>Week 4</b> 6/29-7/3	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Cruisers</b> (Grades 5-6)	<b>Girls Mechanics</b> (Grades 7-8)	<b>Wheelies</b> (Grades 3-4)	<b>Food Cart Cruisers</b> (Grades 5-6)
<b>4 day camp</b>	<b>Week 5</b> 7/6-7/9	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)
	<b>Week 6</b> 7/13-7/17	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Food Cart Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)	<b>Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)
	<b>Week 7</b> 7/20-7/24	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)	<b>Wheelies</b> (Grades 3-4)	<b>Food Cart Seekers</b> (Grades 7-8)
	<b>Week 8</b> 7/27-7/31	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Food Cart Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)		
	<b>Week 9</b> 8/3-8/7	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)		
	<b>Week 10</b> 8/10-8/14	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Food Cart Cruisers</b> (Grades 5-6)	<b>Mechanics</b> (Grades 7-8)		
	<b>Week 11</b> 8/17-8/21	<b>Coasters</b> (Grades 1-2)	<b>Wheelies</b> (Grades 3-4)	<b>Food Cart Cruisers</b> (Grades 5-6)	<b>Food Cart Seekers</b> (Grades 7-8)		

**Note:** All grades refer to the grade the child will be entering in the fall.

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## COASTERS: GRADES 1 & 2

Welcome to Bike Camp! Coasters is where the camp journey begins for most campers with every turn of the corner revealing an exciting, new cycling adventure. Campers have the opportunity to develop their basic skills, while focusing on building confidence on the bicycle in an environment that embraces the playfulness of this special age. They will learn how to use their hands and voice to communicate turns and how to navigate a variety of stops and basic intersections alongside their peers. For most coasters, this is their first opportunity working with a group to achieve a common goal! Coasters will make frequent stops at various parks and locations around town where they'll learn new skills through engaging activities and discover what it's like to ride beyond the street they live on!

### **Lessons Include:**

- Techniques for efficient starting and stopping
- Balance and control on the bicycle
- Recognizing common street signs and interacting with them
- Basic communication for cyclists
- Performing a bicycle safety check before a ride
- Spacing and speed within a group

**Gear Requirement: Two-wheeled bicycle (no training wheels or balance bicycles)**

**Typical Mileage: 2-6 miles per day**



## WHEELIES: GRADES 3 & 4

Stop, go, left, and right, wheelies will explore intersections during this camp. They will begin to understand how cyclists communicate with other road users while they navigate new roads and interact with street signage and basic bicycle infrastructure. Wheelies will learn the basics of taking care of their bicycles from washing them during Bike Spa, properly lubricating them for smooth pedaling, to learning how to secure them when not in use. They will gain confidence as they learn how to avoid various hazards on the road and empower one another as they collectively brainstorm ways to help other cyclists minimize risks. Wheelies camp will be jam-packed with new skills, engaging activities, and opportunities to make new friends!

### **Lessons Include:**

- Safe navigation through simple intersections
- Communication with other road users and each other
- Recognizing uncommon street signs and interacting with them
- Bike security
- Basics of bicycle maintenance
- Avoiding simple hazards

**Gear Requirement: Two-wheeled bicycle with gears and handbrakes**

**Typical Mileage: 3-10 miles per day**



## **CRUISERS: GRADES 5 & 6**

Nothing beats cruising through the streets of Portland on a warm summer day. Cruisers will hit the ground rolling as they learn how to cross more complicated intersections, climb and descend big hills, and shift their derailleurs to achieve greater efficiency. Campers will ride longer distances than they have before and gain experience reading maps and planning routes. They will learn techniques for diagnosing simple problems on their bicycles, and even get the opportunity to repair a flat tire! A Cruisers week is packed full of engaging activities and opportunities to become a more confident cyclist. Cruisers will experience the empowerment of person-powered transportation, and are sure to surprise themselves with how far they can travel!

### **Lessons Include:**

- Shifting for efficiency
- Steps for making safe left and right turns
- Moving through intersections with a group
- Map interpretation and route planning
- Diagnosing simple mechanical issues
- Repairing a flat tire

**Gear Requirement: Two-wheeled bicycle with gears and handbrakes**

**Typical Mileage: 5-18 miles per day**



## FOOD CART CRUISERS: GRADES 5 & 6

**Note: A packed lunch is required on Monday and Friday. The registration for this camp includes funds to purchase lunch at a food cart on Tuesday, Wednesday, and Thursday. Packing a snack is recommended.**

With a little less cruising to make time for some snacking, Food Cart Cruisers camp will spend three of the five camp days eating at local food carts, where they'll learn a little about budgeting and what delicious treats they can find while traveling via bicycle. They will cover less miles than a typical Cruisers camp, but will gain a similar set of skills such as navigating a turn at more complicated intersections. Campers will practice shifting to achieve the greatest efficiency while riding up and down large hills or while cruising a steady flat to their next food cart. Food Cart Cruisers is a camp that is sure to put a smile on every hungry camper's face!

### **Lessons Include:**

- Shifting for efficiency
- Steps for making safe left and right turns
- Moving through intersections with a group
- Basic budgeting techniques
- Repairing a flat tire

**Gear Requirement: Two-wheeled bicycle with gears and handbrakes**

**Typical Mileage: 5-15 miles per day**



## FOOD CART SEEKERS: GRADES 7 & 8

**Note: The registration for this camp includes funds to purchase lunch at a food cart every day during camp. Packing a snack is still recommended.**

Have you ever wished you could discover Portland's food cart scene via bicycle? In comes our Food Cart Seekers camp! After all that pedaling, campers can enjoy a nice lunch of their choice at various popular food cart pods around the city. They'll have full tummies on top of the opportunity to explore different countries and their food cultures while also practicing personal budgeting strategies. Food Cart Seekers will learn similar skills as our Freewheelers camp, but with reduced mileage to make ample time for lunch. Campers will explore many nooks of Portland in search of the best food cart meal, all the while experiencing the empowerment of transporting themselves via two wheels.

### **Lessons Include:**

- Right of Way and Maintaining Predictability
- Safely passing other road users
- Basic strategies for budgeting
- Advanced techniques for avoiding hazards
- Basics of bicycle brakes and how to adjust them

**Gear Requirement: Two-wheeled bicycle with gears and handbrakes**

**Typical Mileage: 5-15 miles per day**



## MECHANICS CAMP: GRADES 7 & 8

This camp is everything that our mechanics camp is with the added benefit of a space that is designed for empowering young girls in a workshop environment. They'll have the opportunity to work on their own bicycles throughout the week discovering issues and working collaboratively to resolve them. This camp is designed for the girl that is ready to get her hands dirty and learn all about the systems of the bicycle! Girls Mechanics will have the chance to meet important women in the bicycle industry during field trips. They'll have fun riding their bicycle outdoors, and build the skills they need to be independent stewards of their ride! Mechanics camp is limited to 10 campers to provide an enhanced learning experience.

### **Campers will learn:**

- Systems of the bicycle
- Adjusting and maintenance of bicycle systems
- Troubleshooting mechanical issues
- Communicating with professional mechanics
- Right of way and maintaining predictability
- Techniques for avoiding hazards

**Gear Requirement: Two-wheeled bicycle with gears and handbrakes**

**Typical Mileage: 5-10 miles per day**



## **GIRLS MECHANICS CAMP: GRADES 7 & 8**

This camp is everything that our mechanics camp is with the added benefit of a space that is designed for empowering young girls in a workshop environment. They'll have the opportunity to work on their own bicycles throughout the week discovering issues and working collaboratively to resolve them. This camp is designed for the camper that is ready to get their hands dirty and learn all about the systems of the bicycle! Girls Mechanics will have the chance to meet important figures in the bicycle industry during field trips. They'll have fun riding their bicycle outdoors, and build the skills they need to be independent stewards of their ride! Mechanics camp is limited to 10 campers to provide an enhanced learning experience.

### **Lessons Include:**

- Systems of the bicycle
- Maintenance and adjustment of bicycle systems
- Troubleshooting mechanical issues
- Communicating with professional mechanics
- Right of way and maintaining predictability
- Techniques for avoiding hazards

**Gear Requirement: Two-wheeled bicycle with gears and handbrakes**

**Typical Mileage: 5-10 miles per day**





## **VOYAGERS: GRADES 9 & 10**

Voyagers, for our avid high school cyclists, will travel far distances as they challenge themselves to boldly go where no camp has gone before. They'll navigate downtown Portland, gaining confidence riding with traffic and communicating with other road users. Voyagers will learn about various types of multi-day cycling trips and how to prepare for them, they will even explore ways to repair their bicycle on the go. Campers will explore cycling advocacy and participate in a group project to enhance our city's cycling infrastructure. Because this camp travels long distances and in challenging environments, Voyagers is for the camper that is confident on a bicycle and willing to give it all they've got to stretch their skill set and cycling experience.

### **Lessons Include:**

- Riding in traffic and downtown
- Communicating effectively with other road users
- Types of multi-day cycling trips and how to prepare for them
- Cycling advocacy
- Roadside repairs
- Techniques for avoiding road hazards

**Gear Requirement: Two-wheeled bicycle with gears and handbrakes**

**Typical Mileage: 10-30 miles per day**