

Bike Commute Clinic

Why Bike?

- Health (mind, heart, body)
- Reliability
- Save money (\$9600/year AAA “Your Driving Costs”)
- It’s green

AAA Average Ownership Costs Per Mile

Miles per Year	10k	15k	20k
Average Cost	83¢	64¢	55¢

Laws

- Be predictable
- Taking the lane = riding in the center. Downtown Portland lights timed to 12 mph
- Bike to the right as far as is safe and practical
- Sidewalks (not Hoyt to Jefferson and Front to 13th). Go walking or jogging speed
- Lights – Front white light and rear red reflector
- “Idaho Stop” Law
- Pedal Power: A legal guide for Oregon bicyclists: TCNF.legal/pedal-power
- Take our Rules of the Road Legal Clinic!

Etiquette

- Hand signals
- Make eye contact
- When passing -- “On your left” or ding
- Yield to pedestrians



Where to Ride

- Bike lane: Ride in the middle
- No bike lane: Rule of thumb: ride in a car’s right tire path
- Sharrows (see image at right)
- Ride straight, don’t dodge between parked cars
- Door zone: 3-4 feet
- Intersections, “The Copenhagen Left”/the two-stage left turn
- Green bike boxes
- Getting green lights
- Rails: Cross perpendicularly (OK to walk across)



Route Finding

- Portland.gov “Bike and Walk Maps of Portland”
- Google maps bike directions, use Google street view
- Ride with GPS (local!), Strava Global Heatmap, Map My Ride

Gear

- Helmet: Eyes, ears, mouth fit test. Replace every 5-10 years
- Clothing: Careful of moving bike parts. “If you can move in it, you can bike in it”
- Bike-specific shorts, shoes, rain gear (Take our Winter Biking Clinic!)
- Lights: Battery op, USB-rechargeable, dynamo, auxiliary lights

Gear (cont.)

- Carry stuff: Messenger bag, backpack. Don't hang bags from handlebars
- Carry stuff: Panniers, baskets, trailers
- Optional gear: Fenders, water bottle cages, phone mount, little bags, saddle cover

Carrying Kids



Trailer, front seat, rear seat, trailer bike/tag-along/trail-a-bike, tandem, bakfiets/longjohn/frontloader, longtail, midtail, bucket bike, cargo trike

Age 0-1: Babies on bikes (AAP says no, some parents put infant car seats in cargo bikes/trailers)

1-3: Front seat, rear seat, trailer, cargo bike

4-7: Rear seat, cargo bike, trailer bike

5-10: Rear seats designed for bigger kids, cargo bike, trailer bike, tandem bike

8+: Riding independently. Or: cargo bike, trailer bike, tandem bike

- SNACKS SNACKS SNACKS
- Lower your seat and practice solo (with weight)
- Give it time (2 weeks to get comfortable/2 months to feel like a pro)
- Extra layers to keep non-pedaling passengers warm

Locks

- U-lock, chain, cable, folding lock, auxiliary cable
- Remove lights and bags
- Lock frame to rack, even for "secure" indoor
- Keyed vs. combination, strong = heavy
- Locking skewers



Basic Maintenance

- ABC Quick Check: Air, Brakes, Chain, Quick release, Check vibe
- Flat fixes: tube or patch kit, pump, levers
- Multitool, rag, snack, bandaids, gloves
- LBS = local bike shop



The Street Trust advocates for multimodal transportation options that prioritize safety, accessibility, equity, and climate justice in the Portland Metro Region.

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