

The Southeast Uplift Bike Buddy Program

"I want to bike more, but I feel nervous around cars."

"How do I carry my groceries on my bike?"

"I would love to bike to work, but I live too far away. How do I take my bike on the bus?"

The Southeast Uplift Bike Buddy Program can help you find answers to all of these questions, and more!



Southeast Uplift Neighborhood Program is a non-profit coalition of the 20 neighborhoods and eight business associations in southeast and northeast Portland south of Interstate 84. We provide support and assistance to foster greater citizen participation and livable, safe and diverse communities.



3534 SE Main Street
Portland, OR 97214

Southeast Uplift Bike Buddy Program

Building a community of
bicyclists

Southeast Uplift Bike Buddy Program



bikebuddy@southeastuplift.org

What is the Southeast Uplift Bike Buddy Program?



The Southeast Uplift Bike Buddy Program matches

experienced cyclists (Bike Mentors) with people who would like to bike more but could use some guidance (New Riders).

Here's how it works:

- Bike Mentors meet to plan the best and safest trip to work, shopping, etc., and take a test ride of the route.
- Bike Mentors show New Riders tricks to make riding more enjoyable, easy, and safe.
- Bike Mentors are volunteers who are passionate about helping others enjoy the benefits of cycling.

How can I become a Southeast Uplift Bike Buddy?

- Agree to adhere to traffic laws
- Be willing to work with others and have fun!
- Attend a 2 hour training
- Meet twice with your Bike Buddy
- Fill out the form to the right (including essay & references)
- Send it to us by snail mail or email
- Live within Southeast Uplift boundaries (see below)

Southeast Uplift Coalition Boundaries:

North: I-84

South: City/County Border

West: Willamette River

East: 82nd Ave (north of Division) &
I-205 (south of Division)



Note: Due to unpredictability of demand, Bike Buddies may not receive pairing. Regardless of pairing, we will provide everyone with bike resources.

Southeast Uplift Bike Buddy Application Form

Name: _____

Address: _____

Phone: _____

Email: _____

Languages spoken: _____

Needs/concerns: _____

If you would like to be a Bike Mentor, please attach the following additional information:

- Names and contact information (phone or email) for two personal references
- A short statement (2-3 sentences) on why you would make a good Bike Mentor

Send this form to:

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Photo Credits

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Questions: Steve, (503) 232-0010 x321