


FRIENDS OF THE CHILDREN



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For Ticket Information:
www.friendsofthechildren.org/portland

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Presented by:
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A benefit for Friends of the Children
Saturday September 3rd
Arlene Schnitzer Concert Hall

Arts & ENTERTAINMENT



The Broadway Bridge across the Willamette River, downtown, becomes a crossing just for bicycles and foot traffic for the annual Providence Bridge Pedal returning for its 16th year on Sunday, Aug. 16.

Bikes, Bridges and Wellness Expo

Providence Bridge Pedal takes off Sunday

Bikes, bridges and a bonus event are in store for the 16th annual Providence Bridge Pedal and Providence Bridge Stride on Sunday, Aug. 16. The event ends this year on the lush green turf at Jeld-Wen Field, the renovated downtown soccer stadium. After cycling and walking the majestic Willamette River bridges, participants will continue their celebration on the home field

of the Portland Timbers with the largest Providence Bridge Pedal Health and Wellness Expo to date. The entire event celebrates 16 years of gearing up by giving cyclists car-free access to – and stunning views from – the tops of the Fremont and Marquam bridges. For those who prefer to walk, Providence Bridge Stride offers a five-mile alternative that includes the Fremont and Broadway bridges. Each course ends near Lincoln High School where the Bicycle Transportation Alliance will offer valet bike parking so cyclists can join walkers at the Wellness Expo

on Jeld-Wen Field. Providence Bridge Pedal is the second-largest community bicycle ride in the country and the third largest in the world. More than 18,000 cyclists are expected to participate this year. A portion of the proceeds helps boost Providence Heart and Vascular Institute's efforts to save the lives of people suffering heart attacks or other cardiac events. Day of event registration will be held from 7 a.m. to 8 a.m. at Southwest Salmon and 16th Avenue. Online registration and registration forms for all events are available at providencebridgepedal.org. The health and wellness expo is free and will be held from 9 a.m. to 3 p.m.

Comedy Theater Movie Insanity

Curious Comedy Theater, 5225 N.E. Martin Luther King Jr. Blvd., presents the Neutrino Project, an improvised movie in which three groups are each given a camera, cast and runner. They go off and shoot scenes inspired by audience suggestions, the runners run them back to the theater and you watch the movie while it's still being shot. Promoters say the resulting video footage is absolutely insane and something you have to see to believe. The movies will be created each Friday and Saturday night during the month of August. Doors open at 7:30 p.m. and the show starts at 8 p.m. Admission is \$12 advance or \$15 at the door. For more information, call 503-477-9477.

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- June 12
- June 19
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- July 10
- July 17
- July 24
- July 31
- Aug 7
- Aug 14
- Aug 21
- Aug 28
- Sept 4
- Sept 11
- Sept 18
- Sept 25

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