

Clinic Info

Clinic Name: *Indigo Dye Workshop w/ Kailey Caldwell (she/her) of DIY Bar*

Description: Learn how to indigo dye! DIY Bar will provide: Patterns, materials, instructions, and one tea towel to dye for each person. You may also bring your own natural fiber garment and/or purchase a Joyride shirt to dye!

Takeaways: This clinic will teach folks the basic techniques of Shibori Indigo Dyeing with a variety of different folds and binds.

Clinic Name: *A Health at Every Size Approach to Nutrition for Cyclists with Shira Evans (she/her), MS, RD, CSSD, LD*

Description: Using a non-diet, Health At Every Size framework, attendees will learn nutrition principles to support their cycling and training goals.

Takeaways: How to fuel before, during and after rides. Nutrition principles to support training goals. Removing diet culture from cycling culture.

Clinic Name: *All Things Gravel Biking: a conversation w/ Annick Chalier (she/her) of Brave Endeavors and Special Blend Gravel*

Description: An overview of gravel biking skills and things to be aware of when biking on loose terrain. Open to Q & A.

Takeaways: Gain more confidence handling your bike on loose terrain.

Clinic Name: *Yoga for Joyriders w/ Jennifer and Ashley (she/her)*

Description: This is a relaxed outdoor yoga experience inviting women who want to unwind, stretch and reconnect after a day of riding.

Takeaways: The class combines gentle flow, mobility, breathwork and restorative movement to support recovery, while creating a welcoming atmosphere. Mats are provided, and all experience levels are encouraged to join.

Clinic Info

Clinic Name: *All Bodies on Bikes Group Ride - Short Route w/ Marley, Kailey, Alexa & Eliza of All Bodies on Bikes (she/her)*

Description: Join the co-founders of All Bodies on Bikes for a no-drop group ride of the shortest routes of the Joyride event on both Saturday and Sunday. We'll stick together as a group, making sure no one rides alone!

Takeaways: A friendly, inclusive group ride! We'll go at a pace that feels good for the whole group, regrouping at the top of climbs.

Clinic Name: *Drop into Delight: A Guided Forest Bathing Walk w/ Heather Burns (she/her) of Alderroot Healing & Renewal*

Description: Inspired by the Japanese practice of Shinrin-Yoku, this slow, mindful forest bathing walk invites you to drop into embodied presence and awaken your senses through a series of guided invitations. It's the perfect space to experience awe and connect with fellow participants in sweet, meaningful ways.

Takeaways: You can expect to come away from this forest bathing clinic feeling more relaxed, more embodied, more delighted, and more connected to the earth and to co-participants.

Clinic Name: *hike.Nia.hike w/ Elisabeth TUDIE Stroppo (she/her)*

Description: We gather as a group and hike along trails until we find a spot to share our silent-disco headphones set-up. We practice guided Nia Somatic Dance Fitness in nature before our hike back out to where we began.

Takeaways: Walking and chatting with others leading up to our dance. We will stop a few times to mix up the group. We will be invigorated, feel stronger, awaken our spirits and get lots of fresh air.



Weekend Guide

Clinics, Creativity, & Community

**Pleasant Hill, Oregon
Jasper State Recreation Site
June 12-14, 2026**

Friday

4:30 PM - *hike.Nia.hike* w/ Elisabeth TUDIE Stropparo - 1 hour - Meet at Clinic Area

5:00 PM - *Shakeout Ride (No Drop)* w/ Marley, Kailey & All Bodies on Bikes - 1.5 hours - Meet at Start Line

5:30 PM - *Yoga for Joyriders* w/ Jennifer Holzapfel-Hanson and Ashley Cooper - 1 hour

6:00 PM - *All Things Gravel Biking: a conversation* w/ Annick Chalier - 1 hour - Meet at Clinic Area

6:00 PM - *Live Music by AC Sapphire* - Main Stage - 2 Sets

6:00 PM - *Happy Hour* - Complimentary Drinks from Pinot Vista, Heck & Pelican Brewing- Beer & Wine Garden

7:00 PM - *Cycle Oregon Announcements* - Main Stage

Saturday - AM

7:15 AM - *Intro to Gravel Biking Skills Clinic and Ride* w/ Annick Chalier - Meet at the Skills Area

8:15 AM - *All Bodies on Bikes Group Ride (No Drop) - Short Route* w/ Marley, Kailey, Alexa & Eliza of ABOB - Meet at Start Line

Saturday - PM

1:00 PM - *Basic Bike Maintenance* w/ Shift Community Cycles - 1 hour - Meet at Clinic Area

2:15 PM - *A Health at Every Size Approach to Nutrition for Cyclists* w/ Shira Evans - 1 hour - Meet at Clinic Area

3:00 PM - *Indigo Dye Workshop* w/ DIY Bar- 3 hours drop in - Meet at Clinic Area

3:30 PM - *Drop into Delight: A Guided Forest Bathing Walk* w/ Heather Burns - 1.5 hours - Meet at Clinic Area

4:45 PM - *Yoga for Joyriders* w/ Jennifer Holzapfel-Hanson and Ashley Cooper - 1 hour

6:00 PM - *Live Recording of the All Bodies on Bikes Podcast* w/ Marley & Kailey - 1 hour - Main Stage

7:00 PM - *Cycle Oregon Announcements* Main Stage

7:30 PM - *WERQ (dance class)* w/ Eva Darling - Main Stage

8:15 PM - *Sparkle Prom Silent Disco* w/ Heartbeat Silent Disco - Main Stage

Sunday

8:15 AM - *All Bodies on Bikes Group Ride (No Drop) - Short Route* w/ Marley, Kailey, Alexa & Eliza of ABOB - Meet at Start Line

1:00 PM - *Yoga for Joyriders* w/ Jennifer Holzapfel-Hanson and Ashley Cooper - 1 hour

At all meals - *Look for the All Bodies on Bikes Meal Tables.* A friendly, weight-neutral space - we do not talk about weight loss, weight gain, earning our food, etc. You can expect to come as your full authentic self, make some friends, and enjoy a delicious meal!

Clinic Info

Clinic Name: WERQ w/ Eva Darling (she/he/they) of Pulse PDX

Description: This class is for anyone who has ever wanted to shake more ass and stop overthinking what they look like doing it. Come ready to hype other people up and discover muscles you forgot existed. All genders, all bodies, and all experience levels are welcome. If you can move, you can WERQ.

Takeaways: Main character energy. Motion in your ocean. Permission to stop chasing perfection.

Clinic Name: *Intro to Gravel Biking Skills Clinic and Ride* w/ Annick Chalier (she/her) of Brave Endeavors and Special Blend Gravel

Description: On the bike instruction and drills to work on climbing/descending/cornering skills. Followed by guided ride to practice the skills developed in the clinic.

Takeaways: Gain more confidence handling your bike on loose terrain.