



# CYCLE OREGON 2006

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Clickable, live web and e-mail links will appear as gray, underlined text, as in this example:

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# Contents

Cycle Oregon Mission Statement .....	3
Preparing for the Ride .....	4
What to Pack .....	5
Transportation .....	7
Campsite Services & Amenities .....	9
Community Information	
Umatilla (Lake Wallula) .....	13
Heppner .....	14
Starkey .....	14
Sumpter .....	14
Union .....	15
Layover Day Activities .....	15
Athena .....	15
OPB's Live Wire! Crashes the	
Cycle Oregon Party .....	16
Day-by-Day Course Summary .....	17
On the Course .....	18
A Day in the Life of Cycle Oregon .....	19
Rules of the Ride .....	20
Emergency Information .....	21
Cancellation .....	21
Questions? .....	21
Official Cycle Oregon Bike Bingo Log .....	22



## **Cycle Oregon Mission Statement**

Cycle Oregon is a nonprofit organization dedicated to bicycling enjoyment, safety and education. All proceeds from the ride go to the Cycle Oregon Fund at the Oregon Community Foundation, which helps preserve and protect the special places of Oregon and supports community development projects in the regions through which we ride.

# Preparing for the Ride

## Getting Your Bike Ready

Get your bike tuned up and adjusted to fit you before beginning to train. Efficient position and good body alignment will help you feel more comfortable. Have a professional bike technician check your position, including the points between your body and the bike: seat, shoes, pedals and hands. Poor fit is more painful than poor training. To have your bike professionally fit, contact a bicycle shop in your area.

Schedule a tune-up with your local shop a week or two before you leave on the ride. Make sure to have them check the condition and adjustment of brake pads, brake cables and gear cables as well as bearing adjustments in your hubs, headset and bottom bracket. Tires should be checked for excessive wear and cuts and nicks. Remember, old tires not only mean more punctures; they may also be unsafe.

If you are in the Portland area, contact [The Bike Gallery](#) at one of their six neighborhood locations. You can stop by anytime for a free “look-over” or diagnostic check. Sometimes the trained eye of the professional mechanic catches the otherwise unnoticed problem, and besides, estimates are always free.

## Getting Your Body Ready

Whether you’re planning to ride Cycle Oregon for the first time or you’re a battle-hardened CO veteran, getting yourself – and, especially, your body – ready for the ride is really the key to making it an enjoyable experience. Of course you’ll want to put in plenty of miles of training – including some long back-to-back days as you get close to September – but there’s a lot more to preparation if you want to do it right. Don’t focus solely on mileage at the expense of a well-rounded training program that includes strength, flexibility, endurance, nutrition, hydration and rest. Ignore one of these important elements and your ride might not be the fulfilling experience you have in mind.

The folks at TRI Level Performance/Strada have provided the following information to help you ride Cycle Oregon without spending time in the SAG wagon. Make a plan that fits your life, follow your plan and be ready for the adventure of Cycle Oregon 2006!

## Fuel

Water is important before, during and after every workout. When cycling, be sure to have 16 to 24 oz. of water before you ride. During your ride, drink liquids every 15 to 20 minutes, even if you’re not thirsty – remember, if you’re thirsty, you’re already dehydrated! After your ride, make sure to keep drinking water or recovery drinks. (Although the beer garden is a great place to quench your thirst on Cycle Oregon, beer is not technically a recovery drink; try a water chaser.)

Your food plan during training should be comprised of mostly carbohydrates (55-65%), with the remainder in equal amounts of protein and fat. You’re training hard; this is not the time for a high-protein diet. You need immediate and stored fuel, which is primarily supplied by a diet high in carbohydrates.

## Strength Training

In order to be strong in the saddle, you need to have strength not only in your legs and heart, but in the rest of your body as well. A strong core is essential to good riding posture (think seven days in a row in the saddle) and climbing ability. You should include two days a week of a full-body strength training program targeting your major muscle groups, with an emphasis on abdominal and back muscles.

## Stretching

Stretching is essential to injury prevention and improving muscle recovery. Focus on all your major muscle groups, not just your legs. Stretch after every workout, whether it was on or off the bike.







## If You Have Knee Problems

Consider installing a triple-ring crankset, using floating pedals or having your cleats fit-checked. Standing when climbing hills is tougher cardiovascularly, but easier on the knees.

## Cycling

Ride, ride, ride! While 490 miles can seem like a daunting task, training correctly will ensure that after each day's ride you'll be ready for the evening's festivities and not your pillow. Plan on increasing your mileage 10 to 15% each week over the course of your training. By mid-summer you should be riding 100 miles per week. If you start training early, you'll have no problem hitting this mileage. Begin with shorter rides back-to-back, and increase to longer days in the saddle. Work on your climbing by doing hills and rollers. At first, choose shorter hills and repeat them, then build up to longer hills with no rest. Practice spinning at 80 to 100 rpm on the flats and 60 to 80 rpm on the hills. If possible, ride with other cyclists to get prepared for the days when you'll be riding with 2,000 of your closest friends!

## Rest

Adequate rest will allow your body to recover and repair itself more efficiently. Too often, we train too much while not allowing our body and mind to recover, which can lead to interrupted sleep patterns, injury, decreased performance and burnout. Cycle Oregon is NOT the place to experience these symptoms. Take at least one day a week off from training. If you MUST do something, do something different! Taper your training two weeks prior to Cycle Oregon. Continue your eating and flexibility programs, and decrease your time in the saddle. Go out for an easy neighborhood ride and relax. You've done the work; now get ready to reap the rewards! To assist you in developing a training program, contact a fitness professional in your area.

## What to Pack

These are suggestions; feel free to bring what you feel is necessary, within the one-bag, 65-pound limit.

## Weather on the Ride

September weather in Oregon is usually beautiful, with average daily highs in the 70s or 80s and nightly lows from 30 to 45 degrees (all degrees here are in Fahrenheit). Bear in mind, however, that daytime temperatures could reach the upper 90s and plunge at night to the mid-20s. Be prepared for inclement weather, so bring warm clothing and rain gear.

## For the Bike

A helmet is required, and we recommend the use of a rear-view mirror. You also must bring two 20-oz. water bottles, minimum (or an equivalent hydration pack). Bring some simple tools with you such as tubes, tire levers, patch kit, pump and rag.

## Toiletries

Toothbrush, toothpaste, skin lotion, sunscreen, lip balm, chamois butter, soap, shampoo, feminine hygiene products, towels, washcloth, pain-killers such as aspirin or ibuprofen, antacids, band-aids, calamine lotion and insect repellent.

## Clothing

Cycling jerseys, shorts and tights, camp shorts, long pants, extra socks, short- and long-sleeve shirts, walking shoes, hat and gloves, swimwear, rain gear (water-repellant breathable fabric is best), warm jacket. Cotton is not recommended for cycling attire. Synthetics that “breathe” provide the greatest comfort and cooling or warmth. At night, you will appreciate a fleece pullover and long pants.

## Camping

Tent, rain fly, ground cloth, sleeping bag, pad, pillow, clothesline and clothespins, flashlight, extra bulbs and batteries. Veterans suggest bringing something to identify your tent from the other tents around you.

## Gear Bag

The gear bag that you bring to store your belongings should be waterproof and made of a sturdy material so that it holds up through the week. You can only bring one bag, and it cannot exceed 65 pounds. Remember, if there are no porters you will have to move your own bag – and sometimes the porters are not the varsity football team, so be considerate of them when you are packing. Lashing bags together often causes problems because they become separated and are difficult to locate. Items that will not fit into the one bag, such as lawn chairs or golf carts, will not be transported.

To ensure clothing stays dry, many tour veterans suggest that you store clothes in large plastic bags, press flat to remove excess air, then seal. Also, mark your bag in some manner (bright colored ribbon or tape) to help distinguish it from the other 1,999.

## Other:

Camera, sunglasses, earplugs (for sleeping), penknife, book, deck of cards, personal identification, cash, bank card, postage stamps, address book, journal and separate bag for dirty laundry.

You can find many other packing suggestions at [Cyclingsite.com](http://Cyclingsite.com). Click on the “Lists & Articles” button. This is a useful site built and maintained by two of our avid participants.

## Medical Suggestions

Wash your hands! The best way to protect yourself from catching or passing on a bug is to wash your hands before and after eating and using the restrooms.

## Suggested Medical Items to Bring on the Tour

Sunscreen: It's bound to be a scorcher at some point.

Lip balm: Between the wind and the weather changes, your lips will need some TLC.

Diarrhea medication: Strenuous exercise and a change in your diet can take a toll on your body.

Large tube of diaper rash ointment: Use it on your bike chamois or you'll be using it on yourself.

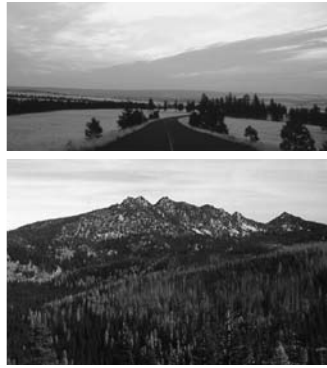
Moleskin: For blister protection.

Pre-wrap tape: To prevent painful hair loss from the removal of medical tape.

Antacids: Better to be safe than sorry.

Anti-inflammation tablets (ibuprofen): For achy joints from riding and/or sleeping on the ground, or for one too many beers at the beer garden.

Feminine protection: May be hard to come by in some places, and you won't find dispensers in the portable Blue Rooms.



## Transportation

### Flying into Portland

The Sheraton Portland Airport Hotel is the exclusive host hotel for Cycle Oregon 2006, and they are offering a special rate of \$89 for Cycle Oregon riders. For reservations call 503-281-2500. The Sheraton is the closest hotel to Portland International Airport, and they provide shuttle service to and from the airport. When making reservations, be sure to mention that you are with Cycle Oregon.

For reservations on September 7 or 8 at the Sheraton Portland Airport Hotel, [click here](#). For reservations on September 16, [click here](#).

If you're staying at the Sheraton and taking the bus to and from Umatilla (Lake Wallula), the bus will leave from and return to the hotel. If you're staying elsewhere, check with your lodging provider to see if they will shuttle you directly to the Sheraton, where the bus staging will occur.

If you're staying at the Sheraton, week-long parking is included with your overnight accommodations. For those not staying at the Sheraton, week-long parking will be available there for an additional fee. Detailed information will arrive with your bus ticket.

Taxi service is available from Yellow Cab (503-253-2277), Radio Cab (503-227-1212) or Green Cab (503-234-1414). Also, Portland has one of the best mass transit systems in the country, and you can find routes and schedules on their website at [www.trimet.org](http://www.trimet.org).

### Bus to Umatilla (Lake Wallula)

Staging for buses will take place on Saturday, September 9, at the Sheraton Portland Airport Hotel. The buses to Umatilla (Lake Wallula) will begin loading at 9 a.m. and leave as they fill. Bus tickets are required at the time of boarding. Snacks will be provided on the bus. The buses should arrive at Umatilla (Lake Wallula) approximately 4 hours after leaving Portland.

Volunteers will be available to help load your bike and luggage. To save time and minimize hassle, bikes will not be boxed but will be wrapped in blankets and loaded directly into the baggage trucks. Volunteers will be available at Umatilla (Lake Wallula) to

help unload the bicycles. The process will be reversed for the bus trip back from Umatilla (Lake Wallula).

### Leaving Umatilla (Lake Wallula) on September 16

Buses will return from Umatilla (Lake Wallula) to Portland on Saturday, September 16. The buses will leave as they fill on Saturday. Snacks will be provided on the return trip. If you are taking the bus, plan to arrive at Umatilla (Lake Wallula) early enough to enjoy the finish-line festivities and have ample time to load your bike and luggage and board the bus by late afternoon. The last bus to depart Umatilla (Lake Wallula) for Portland will be around 4 p.m. The buses should arrive in Portland approximately 4 hours after leaving Umatilla (Lake Wallula).

### Parking and Driving

Getting to Umatilla (Lake Wallula): Lake Wallula is just east of I-82 in Umatilla, approximately 180 miles east of Portland and 25 miles west of Pendleton. The driving instructions from Portland are as follows:

I-84 east for approximately 179 miles. Take exit 179 and head north on I-82. Follow I-82 for 6 miles and take the Hwy 730 exit and head east for 2 miles. Turn left on DeVore Rd., left on Deschutes Ave. (no sign) and left on West Park (no sign).

Follow the signs to Cycle Oregon. Volunteers will direct you to where you need to go: long-term, short-term or Rider Guest parking. Please have your long-term parking or Rider Guest pass displayed in the left-hand corner of your windshield. After you park and unload your gear, secure your car keys and put valuables out of sight.

Short-term parking will be available at the site. If you are taking the bus from Portland, you will be dropped off at the main entrance into camp.

You can buy a long-term parking pass in advance for \$25. [Click here](#) to buy yours today. If you plan on purchasing your parking pass at Umatilla (Lake Wallula), the fee will be \$35 and can be paid by cash or check only.





### **Bike Shipping**

If you're flying into Portland or don't want the hassle of dealing with your bike on the way to the starting point, we encourage you to ship your bike via USPS or UPS directly to the starting location at Umatilla (Lake Wallula).

Shipped bikes should not arrive earlier than two weeks before the start of the ride. If you ship your bike in a hard case, Cycle Oregon will store your case during the week and deliver it to you at a designated location at the finish line. A UPS truck will be at the finish area so you can arrange for shipping your bike home as soon as you finish the ride.

Here is the address for shipping your bike to Umatilla (Lake Wallula):

Cycle Oregon  
c/o UPS  
28723 Westport Lane  
Hermiston, OR 97838

### **Check-In and Packet Pick-Up**

After you arrive at Umatilla (Lake Wallula) and have settled in, you'll need to check in and pick up your rider packet. The rider packet will contain a wristband, bike number, luggage tag and course maps. Please bring a photo ID and be prepared to sign a waiver. You must sign the waiver in order to receive your packet.

The packets are given out in alphabetical order. Once we affix your wristband, it should not be removed unless you choose to leave the ride. Until you have checked in and are wearing a wristband, you will not be identified as a participant and will not have access to meals, course support, etc. If you leave the ride, it is important that you check in with Rider Services to let them know you are leaving.

### **Check-In Hours**

Friday, September 8 from 6 p.m. to 8 p.m.  
Saturday, September 9 from 10 a.m. to 8 p.m.  
Sunday, September 10 from 6 a.m. to 8 a.m.

### **Arriving Early or Late**

If you need to arrive early this year, camping will be available at the site. If you're signed up for the Tent & Porter Service, those tents will be up and ready to be used Friday night. No food will be available, so you'll need to go into town to get what you need. We will be around, so find a Cycle Oregon staff member or volunteer if you have questions. If you arrive on Sunday, you must have your bag into the baggage truck by 8:30 a.m., as the trucks leave by 8:45 a.m. You can pick up your rider packet that morning.



# Campsite Services & Amenities

## Campsite Basics

Each day Cycle Oregon provides a campsite complete with many services and amenities that make each night an enjoyable and comfortable experience. Please note: Some of these amenities will require additional purchases.

## Camping

Bring your own tent or, for an additional fee, use one of ours. Every overnight site will have an area designated for camping – the “tent city,” as it’s affectionately known.

## Tent & Porter Service

The [Joe’s Tent & Porter Service](#) is already sold out. If you’ve gotten one of the coveted spots in Joe’s Outdoors Tent & Porter Service, when you arrive in camp each day head directly for the Joe’s tent area, where a spiffy 9’ x 8’ Cycle Oregon tent has been set up for you. Your luggage is already inside. You’ll have the same tent all week, set up by 2 p.m. each day, marked with your tent number. One or two chairs will be provided with each tent. Sleeping bags and pads are not provided, so please don’t forget to bring yours.

## Baggage Transport

Your baggage will be transported by Interstate Distributor Company. Each rider may bring one bag (duffle bags are ideal). Your bag must not weigh more than 65 pounds, so please take the time to weigh your bag and pack accordingly (we ask you to be considerate of the volunteers who will be handling the bags each day). This weight limit includes your tent and sleeping bag. Riders may not lash their bags together. Lawn chairs, golf bags or any other items that will not fit in one bag will not be transported.

Participants must pick up and deliver their own gear from the baggage trucks at each overnight camping area. Truck trailers are numbered and fitted with stairs. Remember to note the number of the trailer in which you load your gear so you can locate it easily at the next site. Local volunteers are usually available to carry bags from the trucks to the campsite and, again in the morning, from the campsite to the truck. We encourage you to tip the porters (\$1.00 per bag is suggested), as this benefits local volunteer groups.

Riders who stay in a motel are responsible for getting their bags to and from the baggage trailers. Baggage must be loaded by 8:30 a.m. each morning and unloaded by 8 p.m. each night. The final baggage truck leaves camp by 8:45 a.m. Although you will receive a baggage ID tag to match your rider number, please mark your gear bag (including tent and sleeping bag) with additional personal identification tags. A distinctive tag, such as fluorescent tape or a colorful ribbon, will help you locate your bag among the 1,999 others.

## Meals

Cycle Oregon will provide three meals per day during the event. Both dinner and breakfast are served at the overnight site, and lunch is served on the course.

Meal times:

Breakfast: 5:30 a.m. - 8:30 a.m.

Lunch: 9:30 a.m. - 1:30 p.m. (served on the course)

Dinner: 4:30 p.m. - 7:30 p.m.

## Showers

Hot showers will be provided at each overnight site. The showers come with dressing rooms, sinks and even a laundry area to hand-wash clothes. Please remember to bring a towel or two, as we do not provide towels or toiletries.

## Rider Services

Rider Services is the Cycle Oregon customer service department. You will find the Rider Services trailer in a visible location near the entrance to each overnight campsite. This is the place to ask questions, get help solving a problem, meet friends, leave a note on the message board or locate missing items at lost & found.

## Cycle Oregon Retail

The Cycle Oregon Retail tent is where you’ll pick up your pre-ordered jersey, buy extra meal tickets or shop for additional Cycle Oregon merchandise. Look for the Cycle Oregon Retail tent near Rider Services.

## Medical Services

A medical tent will be set up at both the overnight site and each lunch spot. There is no charge for medical services on the course or at the overnight site. We will not transport you to a medical facility unless it is a critical situation. If you require services from a local medical facility, you will be financially responsible.

We will designate a camping area adjacent to the medical tent with electrical hookup for those who use equipment such as a CPAP (sleep) machine. The medical crew will also carry your equipment from site to site. Please contact Ingrid prior to the event in September to make specific arrangements.

[Ingrid@cycleoregon.com](mailto:Ingrid@cycleoregon.com) or 503-287-0405 ext. 103

## The Widmer Brothers Beer Garden

Each night’s campsite will feature a beer garden with hand-brewed ales by Widmer Brothers Brewing Company of Portland. The Widmer Brothers Beer Garden is open daily from noon to 10 p.m.

## Cycle Oregon Wine

Eola Hills Winery, an award-winning winery, produces a commemorative Cycle Oregon wine each year. You may purchase wine by the glass or the bottle at the Widmer Brothers Beer Garden. Cases may



also be purchased, with the option to ship them home or pick them up at the finish.

### **Pizzicato Gourmet Pizza**

Mmmmmm mmmm good... this is a delicious feature of Cycle Oregon. Pizzicato Gourmet Pizza will be sold daily in the Widmer Brothers Beer Garden. Pizza and beer after a long day's ride – have you died and gone to heaven?

### **Other Food Vendors**

You scream, I scream, we all scream for ice cream. And not just any ice cream – this is the best of the best. Ben & Jerry's will peddle their wares at each overnight spot. Other food available for satisfying those after-ride cravings includes smoothies made with special care by Super Dave, espresso coffee and local community specialties.

### **Nightly Announcements**

Every evening at 7:30 p.m., the Cycle Oregon community gathers around the ODS Main Stage. The evening meeting is part communion and part comedy. It's a great opportunity to get the latest weather forecast, hear tips about the next day's route, learn about the places we're visiting and catch up on some local folklore. Best of all, it's always followed by terrific entertainment.

### **Entertainment**

Cycle Oregon showcases some of Oregon's most talented performers, from country rockers to clog dancers, blues divas to jazz cats. Performances are scheduled each day on the ODS Main Stage. Performances by local community members begin as early as 2:30 p.m. and last until about 6 p.m. After the nightly announcements at 7:30 p.m., we bring out our headliner act – these are some top-notch performances you won't want to miss.

Back by popular demand, Brett Flemming will teach a series of bicycle skills clinics each night at 7 p.m. on the Main Stage.

Look for:

- Lake Wallula – Riding Skills (meeting location to be announced)
- Heppner – Gear Shifting
- Starkey – Flat Tire Repair
- Sumpter – Gear Shifting
- Union – Advanced Riding Skills (meeting location to be announced)

[Brett Flemming's Bio](#)

### **Massage Services**

The majestic mountains of Oregon seem mighty tall when you're pedaling up them. After a long day in the saddle, bring your tired legs down to the massage area. Our therapists use a variety of Swedish, deep-tissue and sports massage styles to keep you riding happy all week. Massage relieves muscle pain and tightness by stimulating circulation, clearing out the toxins that build up with

extreme exertion, and stopping spasms before they stop you from riding. Massages can be tailored to your pressure preferences and to the areas where you need it most.

Massage rates are \$40 for a half-hour and \$70 for a full hour. We accept VISA, MasterCard, check or cash. Massage appointments begin filling in May and June, so call ahead to be sure you get the times you want. You can make appointments directly with your favorite therapist or sign up at the massage area at each overnight site. A little hint: When you're choosing where to pop your tent for the night, you may want to set up away from the massage area, as our music is loud and lively and we're open until 11 p.m. [Click here](#) for a list of massage therapists who will be along for the ride.

### **Club NIKE (Yoga)**

Club NIKE will have instructors teaching yoga and stretching classes each afternoon. Yoga is an excellent way to tame sore muscles, relax and stay flexible after a long day's bicycle ride. The yoga classes are designed to give a complete overhaul of the entire body system using asanas (poses), stretching and conscious breathing for deep relaxation, flexibility and stamina. Classes are free to all Cycle Oregon riders.

### **Bike Repair**

The Bike Gallery supplies a team of bicycle technicians who provide mechanical support on the route and at each overnight location. Technical support is available for emergency repairs of well-maintained equipment. It is your responsibility to make sure your bicycle arrives in good condition. Labor is usually free, compliments of Cycle Oregon and The Bike Gallery, while cyclists pay for all parts. Labor charges may apply if your bicycle does not meet pre-ride requirements. Any repairs performed along the route will be basic in nature and designed to get you to camp for the evening.

### **Bike Retail**

The Bike Gallery has a retail site at each overnight location. It is complete with cycling attire, accessories and any other odds and ends you may need.

### **Bike Detail**

Bike detailing is a fee-based service provided by the Community Cycling Center (the funds earned support their youth bicycle programs). They offer several levels of bike-cleaning service. The detail service is available on a first-come, first-served basis.

Detail services:

- Full bike cleaning and detailing: \$35
- Bike detailing (no drive train): \$25
- Drive train only: \$15
- Extra-cruddy fee: \$25
- Extra recumbent/tandem fee: \$25

### **Flash Pro Photo**

A team of professional photographers will be on the course each day taking pictures. Pictures will be displayed at each overnight site. You can purchase individual pictures or an entire Cycle Oregon commemorative photo book.

### **Community Hospitality Booth**

Each community hosts a hospitality booth where you can get extensive information about the community, including planned activities, restaurants, hotels, local history and other information you may need.

### **Finish Line at Umatilla (Lake Wallula)**

Get ready for a fantastic finish-line party. Umatilla is going all out to show Cycle Oregon riders a great time. The ride will end at Umatilla (Lake Wallula) on the banks of the Columbia River. Relax over a barbecue lunch while listening to some great local music. Trade stories about the week's adventures and revel in the feeling of having just ridden 490 miles.

Before leaving Athena on Saturday morning, you will need to make sure your bag is put into the baggage truck designated for where you will finish the ride and depart for home. Baggage trucks will go to two locations on Saturday, either the finish line or the long-term parking area.

The finish-line truck is designated for those participants who are riding the bus back to Portland or being picked up at the finish line by family or friends. There will be short-term parking near the finish line for them. There will also be parking in the same location for Rider Guests who are picking up their riders. Follow the Rider Guest and short-term parking signs once you come into Umatilla (Lake Wallula).

If you have your car in long-term parking, stop at the finish line, enjoy the festivities and have a bite to eat. When you've had your fill, take the short ride to long-term parking. You'll find your bags and a hot shower waiting for you. The showers at the finish line and long-term parking will close Saturday at 5 p.m.

### **Rider Guests**

Some riders like to share their Cycle Oregon experience with friends and family members who do not bicycle. Cycle Oregon welcomes Rider Guests, and we do our very best to accommodate their needs. Rider Guests drive to each overnight location. To enhance the safety of riders and their overall experience, Rider Guests will be asked to take alternate roads to the overnight site wherever possible.

Rider Guest campsites will be as close to the rider venues as possible. Full hook-ups (water, electricity and dumping stations) are provided when available. This year, hook-ups are available at Heppner and Sumpter.





A pre-registration fee of \$125 for cars/vans or \$175 for RVs/trailers is required for each Rider Guest vehicle. This fee must be received by August 18, 2006. Rider Guests who register during the ride will pay \$150 for cars/vans or \$200 for RVs/trailers. Rider Guests can purchase a meal ticket in advance that includes seven breakfasts and seven dinners. Adult meal tickets are \$150 for the week; tickets for children under 12 are \$125. Week or individual meal tickets can be purchased during the ride from the Cycle Oregon Retail booth. To register your friend or family member, please [click here](#).

Registered Rider Guests will receive a packet in August that includes driving instructions, site maps, a vehicle permit and meal tickets (if purchased). Cycle Oregon has two volunteers who serve as Rider Guest liaisons. They will make sure you are well looked after and answer any questions you have during the week.

### **Daily Menus**

Menus for each day's meals will be available on our Web site in August. We're working to put together the best possible combination of fuel, flavor and variety.

If you have special dietary needs, please let us know by contacting Ingrid by August 9.

[Ingrid@cycleoregon.com](mailto:Ingrid@cycleoregon.com) or 503-287-0405 ext. 103





## Community Information

### Umatilla (Lake Wallula)

#### Welcome

We welcome each and every one of you to Umatilla. If you're unfamiliar with eastern Oregon, we're located along the majestic Columbia River, 180 miles east of Portland – *on the dry side!* We're so excited to have you stay in our community – not just once, but twice.

If you would like to do some fishing, please stop by our information booth on site, and we'll see if we can arrange something for you. The same goes for you wine and golf enthusiasts!

We'll have vendors on site selling items such as metal artwork, corn on the cob, espresso, watermelon (Hermiston melons, of

course), handmade jewelry and more. We'll also have bottled water, with a custom label designed specifically for Cycle Oregon 2006 by one of our fourth-grade students!

If there is anything we can do to make your stay more pleasant, please ask – we strive to make your Cycle Oregon experience the best we can.

Welcome and enjoy your stay; and please come back again, anytime!

Mary, Dave, Lavon, Brian, Maureen, Larry, Stephen and Mel –  
Local Cycle Oregon Committee

# Heppner

## Welcome

Heppner is excited to welcome Cycle Oregon back for the third time and the second overnight. We have grown older and obviously wiser since we hosted you in 1990! No more scrubbing 2,000 potatoes in a front yard and farming them out to every oven in town! Heppner is looking forward to seeing some familiar faces as you explore our town, with its “haunted” county courthouse, and visit the museum to learn about how citizens in 1903 survived the devastation of a flood that took more than 200 lives. It’s rumored that some of you will enjoy the pub with the 100-year-old bar that traveled around the Horn. Once you’re back to your tents, we’ll turn out the lights for you so you can experience stars going on forever!

In Heppner, the question is: “Are you tough enough?” We’re in the midst of Oregon’s Rugged Country, made up of sixth-generation ranchers. The land where five canyons converge was purchased by George Stansbury in 1869; in 1872, J. D. Morrow decided it should be a trading center. He entered into a partnership with Henry Heppner, and here we are. Irish, Swedes and Chinese were among the early settlers in our community. Now we have leprechauns joining you to dance on the giant shamrock in the middle of our downtown, and cowboys – the real deal.

Though Heppner is not on the way to anywhere, we’re in the heart of Morrow County. Those of you who really would like a quieter lifestyle might take a look at some of the available business or home sites in town. We’d love to include some of you in the Heppner phone directory! Though it’s been said we’re like Grandma’s apple pie, we also have wireless and have moved into the 21st century.

We’ll see you September 10 in Heppner, when you can see for yourself if you’re tough enough!

## Cycle Oregon Activities

- Local entertainment ranging from Irish to hoedown
- Theatrical depiction of Heppner more than 100 years ago
- “Haunted Courthouse” tours
- Willow Creek Water Park, weather permitting – 12:00- 4:00
- Willow Creek Country Club – golf
- Shamrock Lanes and possibly Irish Road Bowling
- “Are You Tough Enough” challenges

# Starkey

## Welcome

Starkey extends a warm welcome to Cycle Oregon. We’re pleased to be hosting the event for the first time. It’s a challenge to host 2,000-plus people in our small town (the people here, maybe 30 in all, are easily outnumbered by the local elk population), but it’s also exciting.

We’ll be hosting the riders and camp on 35 acres of private ranch owned by Greg Tsiatsos. (We have the distinction of being the only host site to use a ranch for the camp.) The “downtown” of Starkey is the Starkey Station, the only retail establishment in the area. It’ll be open when riders pass through, and we’ll have several community vendors set up there as well.

We sincerely hope that Cycle Oregon riders, staff and volunteers enjoy our beautiful setting, as well as our small-town hospitality. We’re looking forward to meeting all of you this September!

# Sumpter

## Welcome

We’re excited to welcome Cycle Oregon to Sumpter, a small town with a big history. This will be our second time as a host town, so we know what fun it is – and what we’re faced with. When we hosted in 1995, the host towns were responsible for preparing the food for dinner that night and breakfast the next morning. With a population of about 170 people, it was quite a logistical feat to pull it off. Let’s just say we’re relieved that we’re not responsible for the food this time – it’ll give us more resources to provide activities, and the chance to meet riders other than in a food line.

Our theme for this year’s Cycle Oregon visit is “Gold and Ghosts along the Byway.” It’s a chance to show people our rich history as a mining town and our evolution into the cozy community we enjoy today. We’ll be closing down our Main Street to provide a good site for the main stage and a community party, and we’re planning plenty of fun activities, like rides on the Sumpter Valley Railroad, tours of our historic Sumpter Dredge State Heritage Park (home of a YUBA-style gold mining dredge) and some good old-fashioned ghost-and-gold-town fun.

We’re proud of our historic community and the beautiful setting, and we’re glad that everyone involved in Cycle Oregon will have the chance to learn why we think this is a great place to live. We’ll be waiting for you!

# Union

## Welcome

Welcome to Union. Our beautiful, agrarian community is nestled between the Blues and the Wallows, where the deer and the antelope really do play. We enjoy a quiet, unhurried lifestyle where cattle drives and rodeos are normal occurrences. In this town, we support our high school sports teams – whether we have kids on them or not. As you spend two days at our new Bobcat Athletic Complex, you'll see what we mean. It was built by volunteers who had a vision for our children and our town.

We are excited to share our town and its rich history. When you live in Union, in just an hour or less you can be in Pendleton to see a concert at the Wildhorse Casino, skiing at Anthony Lakes, four-wheeling in the Eagle Cap Wilderness, fly-fishing on the Grande Ronde, steelhead fishing on Catherine Creek, hunting for turkeys on Mt. Emily... well, you get the idea. There's a lot to do here. We are putting together a selection of activities for you so you can see the unequalled beauty of this area and the history of Union County, and even have a chance to talk to the outfitters and packers in the area to plan your next outdoor excursion.

Come look us over. Meet the people who make this community special.

## Cycle Oregon Activities – Layover Day, Sept. 14

### Community market at the Eastern Oregon Livestock Show Grounds

- Local Realtors to provide information about local investment properties
- Area outfitters, guides and lodges to provide information about Eastern Oregon recreational opportunities
- Local antiques
- Products from local RV manufacturers

### Monte Carlo afternoon

Guilt-free gambling at the Stock Show clubhouse

### Two Rivers Train Run

Take a train journey and enjoy wild scenery you can't see by car – or bike. A five-hour trip plus a shuttle bus, includes lunch; must sign up by August 15 at [visitlg@eoni.com](mailto:visitlg@eoni.com).

### Special tours and activities at the Union County Museum

- Historic tour of Union in a horse-drawn hay wagon
- Union-Wallowa County Historic Railway excursion  
[www.eaglecaptrain.com](http://www.eaglecaptrain.com)

### Special tour of Cove, Oregon

- Gilstrap Winery
- Artesian Blue Water – Janus Industries tour
- Cove Warm Springs pool
- Special Cherry Blossom barbeque

### Special tour of Hot Lake Springs

- Historic Hot Lakes Hotel restoration
- A real geothermal basin, once the site of the Hot Lakes Sanitorium
- New home of David Manuel's bronze gallery

### Special day of golf at Buffalo Peak Golf Course

- 18 holes with cart - \$30/person plus \$9 club rental
- 18 holes walking - \$20/person plus \$9 club rental
- 9 holes with cart - \$20/person plus \$5 club rental
- 9 holes walking - \$12/person plus \$5 club rental

For more info: [www.buffalopeakgolf](http://www.buffalopeakgolf), or call 1-800-202-5920.

### Explore Beautiful Union County

[www.visitlagrande.com](http://www.visitlagrande.com)

## Athena

### Welcome

I would like to welcome Cycle Oregon 2006 to Athena, one of the best-kept secrets in Oregon. We have some of the best climate in the state, and I know you can't find nicer people with which to associate. The local businesses are all mom-and-pop places, and they can provide you with just about anything. Just remember, it's great to Scot in Athena. Thanks for visiting our little town.

Dave Lynde  
President, 2004-2006  
Athena Chamber of Commerce

### Cycle Oregon Activities

- Community market at City Park  
Baked goods, wine tasting, fresh fruits and vegetables, crafts
- Hot-air balloon rides
- Helicopter rides



# Lock Up Your Bikes and Hide the Beer - OPB's Live Wire! is Crashing the Cycle Oregon Party!

Live Wire!, Oregon Public Broadcasting's unique radio variety show, is bringing its posse to Union to join Cycle Oregon for a two-hour live extravaganza of music, sketch comedy and conversation with some of the West's most talented and eclectic guests and performers.

Live Wire! isn't just a show, it's a happening. Recorded on a real stage in front of a live audience, it's a show where you're never quite sure what might happen next. From Portland's mayor popping in to juggle, to audience members dressed as giant evil bunnies, to on-air head shavings or cupcake tastings, Live Wire! captures the unique essence of Oregon. Past guests who have graced the stage and air- waves include screenwriter Gill Dennis (Walk the Line), author Dan Savage, entertainment guru Chuck Barris and musical legends Thomas Lauderdale and China Forbes of Pink Martini, Kristin Hersh (Throwing Muses), Laura Love and John Wesley Harding.

## Why Cycle Oregon?

We admit it – we really just need a vacation. But where to go? We heard about Cycle Oregon and thought, “Now those cyclists, they know how to have FUN!” (We dated one in college once and, well, YOU know!) So we read the brochure and saw the promise of cold beer, gourmet food, lots of night stars and great music. The only downside was – and, okay, you're gonna laugh at this – the bicycling part. We mean, what kind of people ARE you? You actually seem to enjoy sitting on a teeny tiny, itty-bitty piece of leatherette foam for hours on end, alone with your big important thoughts, apparently comfortable in the wild armed with nothing but an Allen wrench and a scary Lycra outfit.

No way, we thought. We'll just stay home and watch The Family Guy. But then Jonathan Nicholas suggested that we drive! Well, we were so tickled at this obviously brilliant reinterpretation of the term “cycle” in Cycle Oregon that we offered to do a Live Wire! show for all of you from the ride!

So join us on September 14 in Union, along with host Courtenay Hameister, house band Ralph Huntley and the Muttonchops and original sketch comedy with the cleverly costumed-for-radio Faces for Radio Theater, for a stellar lineup of great guests, soulful songs and bad bicycle puns. The show will be recorded live and edited for broadcast throughout the state September 30 at 8 p.m. Guest lineup to be announced – check [www.livewireradio.org](http://www.livewireradio.org) for updates! This special extravaganza is sponsored by those wanderlusty folks at [traveloregon.com](http://traveloregon.com).

## Catch a Show this Summer!

Curious about Live Wire!? We have a 2-for-1 ticket special for Cycle Oregon members to attend a taping this summer! Show dates are July 20 at 7 p.m. and August 17 at 7 p.m. Live shows run approximately 2 ½ hours. Go to [livewireradio.org/cycleoregon.htm](http://livewireradio.org/cycleoregon.htm) for a downloadable coupon.





# Day-by-Day Course Summary

## Day 1 – September 10

**Umatilla (Lake Wallula) to Heppner (69 miles)**

Ease into your week-long adventure with a relatively flat morning, leaving the majestic river and rolling out through some of the richest agricultural land in the Northwest. Cross over I-84 (it'll be a long while before you see this much car traffic again) and into historic Echo, a popular stop for emigrants along the Oregon Trail and home of 10 different buildings listed in the National Register of Historic Places. Then begin a long, gradual incline – interrupted by fueling up at lunch – before spinning down into Heppner. Celebrate a successful first day when you hit camp, but don't get carried away – the courthouse in Heppner is famously haunted, and you don't want to end up spending any significant time there.

## Day 2 – September 11

**Heppner to Starkey (83 miles)**

Today you'll wake up your legs for real. Use the first five miles, starting out in the wide-open wheat country of Heppner, to get warmed up. Because from Mile 5 to Mile 31 you're going to climb nearly 3,000 feet – one of the biggest climbs of the week. Find some salvation in the fact that you'll be doing that climbing on the spectacular Blue Mountain Scenic Byway, a Forest Service road that offers splendid isolation and panoramic views. Put it this way: This day's route features far more cattle guards (13) than turns (1), and the number of cars you'll see is probably somewhere in between. Once you've hit that high point, it's basically a long coast for 17 miles, dropping 2,000 feet into Ukiah for lunch. Then in the afternoon you'll repeat the process, only less strenuously: a long gradual hill and then an exhilarating descent into Starkey. You've proved yourself today.

## Day 3 – September 12

**Starkey to Sumpter (53 miles)**

Start out today by following the pristine Grande Ronde River. You'll climb back above 5,000 feet by Mile 19 and then spend the majority of the day on a mile-high cycling high. By the way, have some fun challenging your pals as you climb to the high point of the day: Chicken Hill, just after Mile 22 ("Last one to the top is a..."). Along the way today you'll pass through Granite, the last town in Oregon to get individual phone service. After a gradual nine-mile climb out of Granite you'll glide down into Sumpter, once a bustling gold-mining town that had phone service a century ago, when it was a stop on the Sumpter Valley Railway. At that time it also had 16 saloons (and just four churches) for 3,000 people – something to contemplate as you sip the beer you so richly deserve tonight.

## Day 4 – September 13

**Sumpter to Union (77 miles)**

Now that you've really got your mountain legs under you, time for a summit assault. Start by experiencing the crest between Sumpter and Granite from the reverse point of view, then power

your way up to Anthony Lakes Ski Resort, the highest base-elevation ski area in Oregon. At more than 7,000 feet, it's the high point of the week and the perfect place to stop for lunch and congratulate yourself on your climbing skills. Then bomb down the 4,000-foot descent like an Olympic skier (a safety-minded skier, that is) and cross under Interstate 84 into North Powder. Mouth a prayer of thanks that you're here and not on a freeway somewhere, and then roll into Union, where a meal, a massage and music are calling your name.

## Day 5 – September 14

**Union-Baker City-Union Option (91 miles)**

You know what Tour de France riders do on the "rest days," right? They ride! And so can you, if you'd prefer a relatively flat near-century to a day of lolling around camp. (Of course, no one would blame you if you lolled.) And with this loop course, if you ride today you don't even have to move your tent. Start with a cruise up picturesque Catherine Creek, the only serious elevation gain of the day – it'll seem leisurely after your first four days – and then drop down into the Antelope Valley and cross the Powder River. From there roll on to lunch in Baker City, with its eclectic turn-of-the-century architecture. After lunch, skirt the foothills of the magnificent Elkhorn Ridge as you head to Haines and its painstakingly restored historic downtown. Then it's back to camp in Union – and the party will still be there when you get back.

## Day 6 – September 15

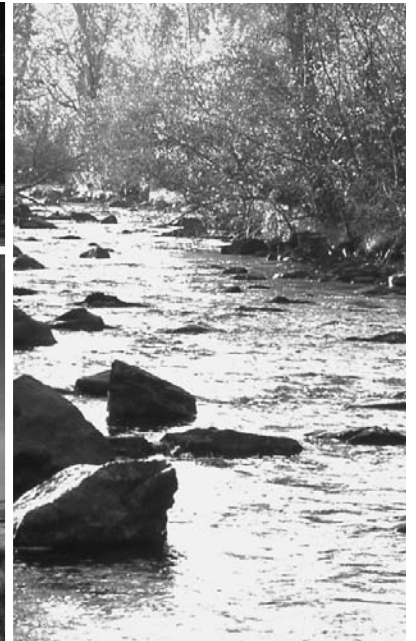
**Union to Athena (79 miles)**

Fully rested and rejuvenated after two nights in Union, head out this morning for a pleasant zig-zag through the peaceful Grande Ronde Valley, re-encountering the meandering river a half-dozen times before lunch. But you're going to work for that lunch, because once again it's being served at... a ski area! (Spout Springs, to be exact.) By this point in the week you'll have the springy legs of a mountain goat, and as you shovel down hundreds and hundreds of guilt-free calories you'll revel in that wonderful climber's reward: gazing down upon where you've come from. Then it's a carnival-ride descent of nearly 3,500 feet into the peaceful wheat fields surrounding Athena.

## Day 7 – September 16

**Athena to Umatilla (Lake Wallula) (49 miles)**

To most people on the planet, a 50-mile ride sounds daunting under any conditions. For you, though, today's finishing leg will barely raise a sweat on your brow. Three or four hours of wide-open spaces, mostly gentle downhill, through sleepy towns like Helix and Holdman. What will you do with your extra time? Sleep in, linger over breakfast, take a nap under a tree... or just roll into the finish with plenty of time to knock back a few cold beverages and tell some tall tales of your week's adventures.



## On the Course

### Course Support

Cycle Oregon prides itself on providing a fully supported ride. Our course is complete with the following services and amenities.

### Course Hours: 6:30 a.m. – 6:30 p.m.

Course support services are available only during the course hours. All Cycle Oregon riders must be off the course by 6:30 p.m. – no exceptions. Any cyclist(s) still on the course after 6:30 p.m. will be given a ride to camp.

### Lunch Site

Lunch is provided on the course each day, usually near the halfway point. Lunch sites will be complete with food, beverages, restrooms, water, bike mechanics, gear drop and a medical attendant. Lunch is open from 9:30 a.m. to 1:30 p.m.

### Gear Drop

Each day at lunch, you can drop off a limited amount of clothing to be taken to the evening's campsite. This service is for small items such as jackets, tights, leggings, gloves, etc. No half-eaten sandwiches, half-stuffed panniers or other oddities will be transported.

### ODS Rest Stops

At least one, usually two, rest stops will be available along the route each day to provide water, beverages and nutritious and delicious snacks. ODS Rest Stop signs alert riders when one is just a mile ahead. You can also see the location of each ODS Rest Stop on the maps that will be inside the rider packet you will receive at Umatilla (Lake Wallula).

### Water Stops

In addition to the ODS Rest Stops, two or three water stops per day will provide water and restrooms.

### SAG Wagons

There will be SAG wagons on the course each day. They are available to transport cyclists as needed due to mechanical problems or medical injuries. They also have extra water and snacks, if needed. If at any time you need assistance, please signal a SAG wagon with a "thumbs down" signal. If you do get into a SAG wagon, you may not be transported directly to camp. The SAG wagons usually wait to go to camp until they are full.

### Bike Patrol

Volunteer bike patrol officers ride the Cycle Oregon course each day. They are a great source of information and assistance and enhance the overall safety of the ride by interacting with riders who may pose a hazard by unlawful or unsafe riding.

### Oregon State Police

Four OSP motorcycle patrol officers accompany Cycle Oregon each day. They provide a moving network of safety patrol and communications between the tour and the communities through which we ride. These officers have full authority to enforce the motor vehicle code of Oregon – which, remember, includes bikes.

### Bike Mechanics

The Bike Gallery will provide mechanics on the course, at ODS Rest Stops and at lunch. They will make basic repairs in order to get you to an overnight campsite. All mechanical services are provided compliments of The Bike Gallery and Cycle Oregon. Cyclists will incur any charges associated with parts or extensive repairs.

# A Day in the Life of Cycle Oregon

<b>5:30 a.m. - 8:30 a.m.</b>	Breakfast is served at the campsite. Cycle Oregonian passed out in breakfast line. Tents taken down and bags packed and brought to baggage trucks by 8:30 a.m. Rider Services trailer opens at 5:30 a.m. for questions, problems and locating lost & found items. Bike repair services are available.
<b>6:30 a.m.</b>	Route officially opens. Please do not start before this time, as course support is only available during the course hours.
<b>6:30 a.m.</b>	Water and ODS Rest Stops open.
<b>9:30 a.m. - 1:30 p.m.</b>	Lunch open. Food, beverages, water, restrooms, bike mechanics, gear drop and medical assistance are available at the lunch stop.
<b>11 a.m. - 1 p.m.</b>	Baggage trucks arrive at next overnight site.
<b>12 p.m. - 4 p.m.</b>	Majority of riders arrive in camp. Pick up baggage, set up tents, shower and relax. Enjoy the amenities of camp and explore the communities. Tent & Porter Service participants get to skip the first two steps and just locate their tents before showering and relaxing.
<b>3 p.m.</b>	Gear drop arrives and can be picked up at Rider Services.
<b>12 p.m. - 9 p.m.</b>	Rider Services trailer open for questions, lost & found, problems, communication with other riders via the bulletin board and picking up the daily Cycle Oregonian and Oregonian.
<b>12 p.m. - 10 p.m.</b>	Widmer Brothers Beer Garden open. Beer, wine and pizza available for purchase.
<b>1 p.m. - 9 p.m.</b>	Cycle Oregon and Bike Gallery retail tents open for business. Other food vendors like Ben & Jerry's and Super Dave Smoothies open. Community booth open to provide information about the community and scheduled activities. Massage services available by appointment. Check schedule for yoga classes. Bike repair services are available. Medical services are available around the clock.
<b>2:30 p.m. - 6:30 p.m.</b>	Local entertainment on the ODS Main Stage.
<b>6:30 p.m.</b>	Route closes for the day. Any cyclist still on the course after 6:30 p.m. will be given a ride to camp.
<b>4:30 p.m. - 7:30 p.m.</b>	Dinner served at the overnight site.
<b>7:30 p.m.</b>	Nightly announcements.
<b>8 p.m.</b>	Entertainment on ODS Main Stage.



## Rules of the Ride

**The number-one priority of Cycle Oregon is your safety. Therefore, here are a few rules we insist you follow:**

1. Helmets and two 20-oz. water bottles (or equivalent) are required on Cycle Oregon. The use of rear-view mirrors is recommended as a safety measure.
2. Cycle Oregon uses a group of “Bike Patrol” volunteers who provide an on-course presence and are a good source of information or assistance during the ride. They enhance the overall safety of the ride by interacting with riders who may pose a hazard by unlawful or unsafe riding. Heed their advice.
3. By Oregon law, bicyclists are operators of vehicles and must comply with all traffic laws. Cycle Oregon reserves the right to expel any participant who demonstrates a reluctance to ride in a safe and lawful manner. Riders who violate safety laws in the Oregon motor vehicle code are also subject to citation by law enforcement officials.
4. The course will be clearly marked. If you leave the official course, you are not part of the ride and will not receive any services or support. Riders must leave camp each day by 9 a.m. The course closes at 6:30 p.m. each day. All riders must be off the course at that time – no exceptions.
5. We try to direct as much vehicle traffic as possible off the route. Nevertheless, the tour travels on public highways. Therefore, ride no more than two abreast. Ride beside a pal only where it is safe to do so, and where you do not block traffic or force other riders to swing far out to pass.
6. Never draft behind a vehicle. Pace lines are prohibited in areas of high vehicle or cyclist traffic, and are limited in size to a maximum of seven riders. Be especially careful at railroad tracks, cattle guards and busy intersections. Flaggers and safety vehicles may be stationed in areas of special concern.
7. Call “ON YOUR LEFT” to alert a rider you intend to pass. The call “CAR BACK” passes the message forward when a vehicle is approaching from behind. Use arm signals to indicate turns. Point out potholes, broken glass and other hazards to those behind you. Signal your intention to stop, and pull off the roadway.
8. Cycle Oregon enjoys an 18-year reputation for leaving our campsites, lunch spots, rest stops and course spotless. Please dispose of all trash in the appropriate places.
9. The Cycle Oregon course is open from 6:30 a.m. to 6:30 p.m. Course support vehicles are available only during course hours. Any cyclist(s) still on the course after 6:30 p.m. will be given a ride to camp.
10. Cycle Oregon includes at least two roadside water stops each day, along with assorted drinks at meals and all ODS Rest Stops. Still, the responsibility for carrying sufficient water and remaining properly hydrated is yours. Make sure you drink extra fluids before, during and after the ride to reduce the risk of dehydration. While in the saddle, you should consume an average of one liter of fluid for each hour of riding. Drink before you become thirsty. By the time you feel thirsty, you are already slightly dehydrated. Muscle cramping can also be a sign of dehydration. If at any time you run low on water, signal a SAG wagon with a “thumbs down” and ask for a fill-up. Do not be tempted by roadside rivers and streams, as the water may contain bacteria or parasites.



# Emergency Information

In extreme emergencies, family members can contact a rider by calling the Oregon State Police at 541-776-6111. Please ask them to send an urgent message to Cycle Oregon officials. Bear in mind that it may take up to 12 hours to locate a rider and relay a message.

## Extensive Communications

HAM radio operators provide emergency and logistical communication for Cycle Oregon. A HAM radio operator rides in every Cycle Oregon vehicle so that event managers, medical services and all staff are in touch at all times.

## Oregon State Police

Four OSP motorcycle patrol officers accompany Cycle Oregon each day. These officers have full authority to enforce the motor vehicle code. They can be contacted for any emergency issues on the course.

## Ambulance Service

MetroWest provides four Advance Life Support ambulances that give around-the-clock medical support on the course and in camp. If you require medical attention on the course, you should notify a SAG wagon, ambulance or staff vehicle with the “thumbs down” signal.

Please note: There is no charge for medical services rendered by MetroWest on the course or at the campsite. MetroWest will not transport you to a medical facility unless it is a critical situation. If you require transport using MetroWest, a local ambulance or helicopter, you will be financially responsible for any resulting charges. You are also financially responsible for any services provided by local medical facilities.

You can help in an emergency. If you witness an accident on the course, please do the following:

1. Do not move the injured rider, especially if you suspect a head or spinal injury.
2. Notify a passing ambulance, SAG wagon or staff vehicle with the “thumbs down” signal.
3. Take care of yourself. Do not step into the path of vehicle traffic.
4. Keep the injured person calm.
5. Once a Cycle Oregon official is on the scene and you have given a statement, please continue on the ride.

## In-Camp Emergencies

Medical: Go to the medical tent, as a medic will be on call at all times.

Evacuation: PA announcements throughout the campsite will alert the riders to prepare for evacuation. Please go immediately to the ODS Main Stage for instructions.

Severe Weather: Harsh weather may warrant the use of contingency facilities for shelter, if available. Details will be announced from the ODS Main Stage.

# Cancellation

## Cancellation/Transfer Policy

The cancellation deadline for receiving a refund has been extended (see Cancellation Policy below). No transfers will be accepted. A “true” waiting list will be implemented when the registration for Cycle Oregon closes. If the number of registrations drops below 2,000 because of cancellations, individuals will be offered a spot on the ride in the order in which they signed up on the waiting list.

## Cancellation Policy

If you can't make the ride, submit a written cancellation by Friday, August 25, 2006 for a refund, less processing fees of \$100 for rider registration, \$25 for bus tickets (round-trip), \$25 for Tent & Porter Service and \$25 for Rider Guest registration, as applicable. From August 26, 2006 until the event begins, the cancellation fee is \$250 for rider registrations with a written notice. There will be no refunds for bus tickets, Tent & Porter Service or Rider Guests after August 25, 2006. No refunds for ride cancellations after September 8, 2006. There are no refunds for parking at any time. Please submit cancellation letters to Ingrid Nylen, Cycle Oregon, 2124 N. Flint Ave., Portland, OR 97227.

# Questions?

Contact Ingrid at [Ingrid@cycleoregon.com](mailto:Ingrid@cycleoregon.com) or 503-287-0405, ext. 103.

# Official Cycle Oregon Bike Bingo Log

Remember those great summer vacations of your childhood? You know, crammed into the back seat of an un-air-conditioned car with several siblings, barreling across the country in search of the next captivating historical marker? (No? Well, perhaps you had a different sort of childhood. Too bad.) One of the ways to stave off the suffocating boredom of vacation life before digital toys was a slick little game called Car Bingo. You would keep a keen eye out for the items along the way that matched your Bingo card. And the first one to get Bingo got... well, nothing. But it was way better than singing show tunes with Mom.

Given the backroads nature of this year’s Cycle Oregon route – evoking those blue-highway trips of youth, but so much more fun than driving to some town in Kansas to see the world’s biggest ball of twine – we thought we’d put a little wrinkle on the classic backseat game. So: [Bike Bingo!](#)

As you cruise along the scenic byways of this year’s ride, get together with friends or family for a little game of your own. Below you’ll find a few descriptions, hints and even warnings about the items you’ll be looking for in Cycle Oregon Bike Bingo.

SPACE **B-1 Utter Bovine Indifference**

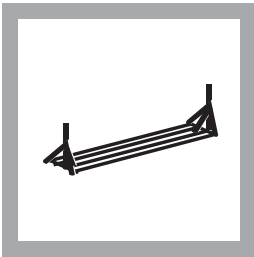


This one should be pretty easy: pick a cow, any cow. And, as you glide by a pasture full of large, peaceful ruminants, ask yourself: “I wonder what they’re ruminating about right now?”

**Bonus Points For:** Actual cud-chewing as you pass by.

DAY
MILE/LOCATION
NOTES

SPACE **I-1 13 Cattle Guards in Less Than 10 Miles**

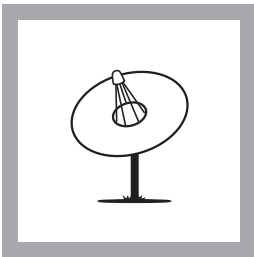


Hint: We’ve talked in previous Cycle Oregon information about which day you might find this. And we’re pretty sure we got the numbers right, but give yourself this one if you see more guards than mile markers over any stretch longer than five miles.

**Bonus Points For:** Bunny-hopping the entire guard. (On second thought: don’t.)

DAY
MILE/LOCATION
NOTES

SPACE **N-1 Huge Satellite Dish**



When you camp out on your Cycle Oregon adventure, you’ll look up at the starry nighttime sky to find inspiration. If you lived in places this rural, you’d point something up there to find home entertainment.

**Bonus Points If:** The dish is taller than the house it serves.

DAY
MILE/LOCATION
NOTES

SPACE **G-1 Crusty Local Feller**

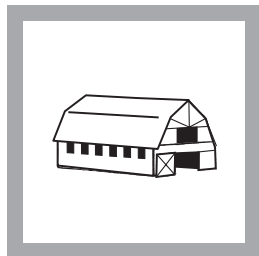


This colorful rural icon can often be found on wooden porches in front of small-town general stores. A good source of information on local hunting, fishing, weather and local history.

**Bonus Points If:** He lived here before there was a post office.

DAY
MILE/LOCATION
NOTES

SPACE **0-1 Gravity-Defying Old Barn**



These architectural wonders, built in times when “sturdy” meant sturdy, just don’t know when to give up. After 50 or 70 or a hundred years, they hang on to structural verticality far beyond what looks possible. Rule: Must be leaning at least as much as the Tower of Pisa.

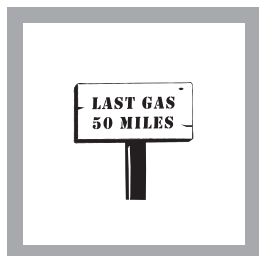
**Bonus Points If:** The sheer force of the air-wake of your bike causes it to finally topple.

DAY

MILE/LOCATION

NOTES

SPACE **B-2 “Last Gas” Sign**



A great reminder that it doesn’t take a car to make it to the next town, even out here. Congratulate yourself that the fuel you’re burning on this trip doesn’t cost \$3 a gallon. Just be glad it doesn’t say “Last Food and Drink 50 Miles.”

**Bonus Points If:** The sign is a clever reference to a café’s food offerings.

DAY

MILE/LOCATION

NOTES

SPACE **I-2 Honest-to-Gosh Cowboy**



The romantic notion of the true western cowboy is easy to channel in the far reaches of Oregon. As you roll into town, it’s easy to imagine that you’re coming in off a long and dusty cattle drive. See, you’re not that different from the real cowboy. Well, except for the Lycra.

**Bonus Points If:** He tips his hat to you.

DAY

MILE/LOCATION

NOTES

SPACE **N-2 Flowers You Don’t Know the Name of**



Let’s be fair: We’re not talking about the Latin names here. Actually, this is kind of a backward category, because it rewards you for what you *don’t* know. But don’t try to take advantage by playing dumb – we think you know what an iris is.

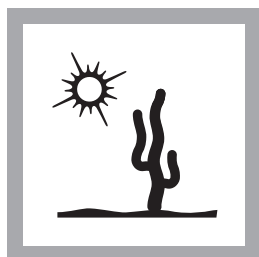
**Bonus Points For:** Discovering and naming a new species.

DAY

MILE/LOCATION

NOTES

SPACE **G-2 Wavy Heat Lines**



If you do see these, we hope it’s because you’re about to cross a beautiful, open expanse of land on a bright and sunny day. With a tailwind. And that they’re not cycling-induced hallucinations (see: unicorn). Hey, that’s not a mirage ahead – it’s an ODS Rest Stop.

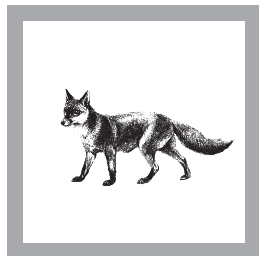
**Bonus Points For:** Riding on water across that lake you see in the road up ahead.

DAY

MILE/LOCATION

NOTES

SPACE **0-2 Wily Coyote**



If you actually do see a Wile E. Coyote, whatever you do, don't get into a thing with him where he's chasing you. Because that Acme company makes some dangerous products, and you wouldn't want him to hurt himself.

**Bonus Points If:** He's suspended in midair, holding a little sign that says "Uh oh!"

DAY

MILE/LOCATION

NOTES

SPACE **B-3 Hairpin Turn**



Who on a bike doesn't love hairpin turns? (Well, as long as they're going downhill.) Just remember: You on a bike can go through them faster than a person driving a car. So give the car a big head start or you miss out on the fun.

**Bonus Points If:** You find two left-hand hairpins in a row. (Think about it.)

DAY

MILE/LOCATION

NOTES

SPACE **I-3 More Than Four Cars**



In one hour, that is. And let's add some clarification: They must be moving down the road. Collections of slowly rusting pieces of roadside art don't count. And neither do Cycle Oregon support vehicles.

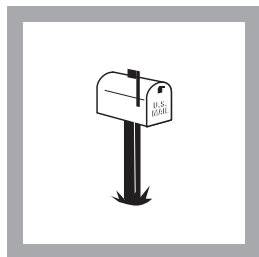
**Bonus Points If:** All four drivers wave at you.

DAY

MILE/LOCATION

NOTES

SPACE **G-3 Mailbox with No Home in Sight**



Remember, you're in the type of country where "the neighbors" might be a 20-minute drive away. Driveways here are longer than some of your training rides. Rule: Must be a single box; subdivisions don't count.

**Bonus Points If:** The mail flag is up.

DAY

MILE/LOCATION

NOTES

SPACE **0-3 Tractor on the Highway**



People say life moves a little more slowly in the country. And when you get behind one of these babies chugging down the road, you gain a little insight into why. Hint: If a tractor passes you and steadily pulls away, you might be bonking.

**Bonus Points If:** It's an open-air model, not one of those sissy deals with air conditioning and a CD player.

DAY

MILE/LOCATION

NOTES



SPACE **B-4 Furry Woodland Creatures**



You're likely to see any number of these on the ride. So maybe you should refine this item, giving points based on size, or cuteness, or photogenic-ness of the animal. Or how likely it is to eat you. Whichever.

**Bonus Points If:** Your camera video-clip appears on "When Animals Attack."

DAY

MILE/LOCATION

NOTES

SPACE **I-4 Water Pump**



Just a little reminder that life wasn't always about pushing a button and getting what you want. In our day, you had to work to get your water, by gosh. Now all you do is pedal up to some wide spot in the road and people are there to serve you water. What's the world coming to?

**Bonus Points If:** Vandals stole the handle. (Clever Bob Dylan reference.)

DAY

MILE/LOCATION

NOTES

SPACE **N-4 Cycling-Induced Hallucination**



One of the benefits of riding really, really hard is the new things you get to see. When reality fades and the unicorns show up, think about using the SAG wagon. But first, mark your Bingo card. Trolls, phantom pizza-delivery guys and fat-Elvis sightings count, too.

**Bonus Points For:** More than one person seeing the same hallucination.

DAY

MILE/LOCATION

NOTES

SPACE **G-4 Teetering Grain Silo**



A close cousin to the Gravity-Defying Old Barn, this rural landmark is another example of Things They Just Don't Build Much Anymore.

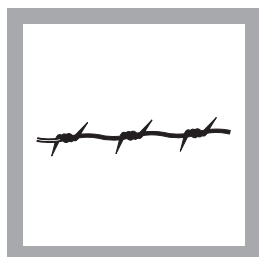
**Bonus Points If:** You remember that scene in "Witness."

DAY

MILE/LOCATION

NOTES

SPACE **O-4 Over a Mile of Barbed-Wire Fence**



In the old days, these fences were made of wood. But that sure used up a lot of trees. So they invented barbed wire, which combines enclosure and punishment in one handy product. Plus, interesting things get stuck on it, like tumbleweeds, plastic bags and the occasional stray pieces of unmentionables.

**Bonus Points For:** Touching it to see if it's electrified.

DAY

MILE/LOCATION

NOTES

SPACE **B-5 Busy Beaver**



The official state animal of Oregon, the beaver is actually pretty elusive as far as seeing one goes. So you might not get this one. And if you find yourself on hands and knees at the edge of a meadow pond, or maybe even submerging your head for a better look, you're taking this way too seriously.

**Bonus Points If:** The beaver you see is actually busy.

DAY

MILE/LOCATION

NOTES

SPACE **I-5 Abandoned Gold Mine**



Considering we're staying in Sumpter, once a bustling gold-mining town, this isn't as hard as it might seem. A warning, though: If you go poking around old mines, you might just encounter a wild-eyed guy named Clem who has no idea what year it is.

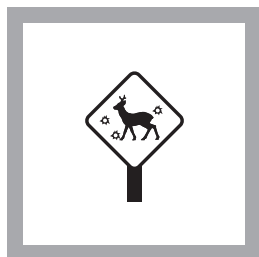
**Bonus Points If:** Clem invites you to stay for dinner.

DAY

MILE/LOCATION

NOTES

SPACE **N-5 Roadside Practice Target**



If you don't see one of these, you might want to try an easier game, like tic-tac-toe. What is it about these poor defenseless signs that makes guys with guns want to shoot at them? Could it be the animal pictures? You don't think that they think... no, there's not that much beer in the world.

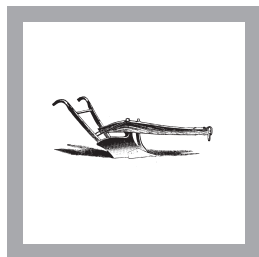
**Bonus Points For:** Spotting a "Unicorn Crossing" sign.

DAY

MILE/LOCATION

NOTES

SPACE **G-5 Retro Farm Equipment**



As you whimper about having to climb another piddling five miles of mountain pass, stop to consider the level of effort it took to pilot an old-fashioned plow. Feel better? And they didn't have granny gears on those puppies, either.

**Bonus Points If:** You don't use your easiest gear all week.

DAY

MILE/LOCATION

NOTES

SPACE **O-5 Neat Old Car for Sale**



You know those stories about people finding dusty-but-pristine '57 Thunderbirds and '65 Mustangs in old barns? Those days are over, my friend. It's called eBay, and everyone's using it. So you'd better look for rusty '78 Ford pickups or faded IROC Camaros.

**Bonus Points If:** You spot an Italian sports car.

DAY

MILE/LOCATION

NOTES