



2005 LEWIS & CLARK
BICENTENNIAL

RIDER HANDBOOK



Mission Statement

Cycle Oregon is a non-profit 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.

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And so, at last, you're ready. Abs firmed. Legs shaved. Buckskins pressed and folded. Now comes the fun part. Through seven September days, we get to bask in all the bounty of this vast enticing landscape, out where the West is still wild. Cowboy canyons. Ancient forests. Streams thick with trout and promise. As if all this weren't enough, along

our way we'll be greeted by folks who still think the proper way to treat strangers is to invite them to slow down, sleep over, share stories, eat an extra helping of pie. Meanwhile, your friends back home remain convinced you're out here getting in touch with your inner Meriwether, roughing it like some Spandex Sacagawea. Why bother them with tiny

details? The massage tent. The beer garden beneath the stars. Better we focus on the challenge. All along our route, from cattle ranch to coastal village, hundreds of volunteers have been busy all summer, planning a welcome we'll never forget. The table is set. The rest is up to you.

**Jonathan Nicholas
President, Cycle Oregon**

Getting You and Your Bike Ready to Roll

So, you've set a goal to ride Cycle Oregon this year. Now how do you plan on reaching that goal? Riding your bike? Well that's a start; however, to fully prepare your body for the ride, you should include all aspects of health and fitness: strength, flexibility, endurance, nutrition, hydration, and rest. Too often we skip one of these important elements and we fall short of our full potential!

Get your bike tuned up and adjusted to fit you before beginning to train. Efficient position and good body alignment will aid in your comfort. Have a professional bike mechanic check your position, including the points between your body and the bike seat. Poor fit is more painful than poor training.

FOR MORE DETAILS ON TRAINING, PLEASE CLICK HERE TO LINK TO 'PREPARING FOR THE RIDE.'

WHAT TO BRING

Packing well is a very important component of Cycle Oregon. We suggest you bring the following items: helmet (mandatory), two water bottles or equivalent hydration pack (mandatory), mirror, bike tools, toiletries, first aid kit, variety of cycling and camp clothing, camping gear, etc. For maximum comfort we suggest you bring a waterproof gear bag. Remember, you can only bring one bag and it can not exceed 65 pounds.

FOR A COMPLETE PACKING LIST CLICK HERE TO LINK TO 'WHAT TO PACK'.

Transportation

FLYING INTO PORTLAND

The Sheraton Portland Airport Hotel is the exclusive host hotel for Cycle Oregon 2005 and they are offering a special rate of \$79 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, make sure you mention you are with Cycle Oregon.

BUS TO BOARDMAN

Staging for buses will take place on Saturday, September 10. If you are staying at the Sheraton Hotel, the buses to Boardman will leave from the Hotel, beginning at 9 am and leave as they fill. Everyone else taking the bus to Boardman will leave from a designated parking lot at Portland Airport (detailed information will arrive with your bus ticket). Buses will leave at three different times, 9 am, 11 am or 1 pm. We will send an email in early August asking you to choose a departure time. Bus tickets are required at the time of boarding. Snacks will be provided on the bus. The buses should arrive in Boardman approximately 3 hours after leaving Portland.

The Bike Gallery and Community Cycling Center will provide volunteers at the staging area to help load your bike and luggage and, if necessary, park your car. New this year: 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 in Boardman to help unload the bicycles. The process will be reversed for the bus trip home from Astoria.

Now available, you can park in Boardman and take a bus back on September 17 from Astoria to Boardman. The cost is \$100 and includes transportation for you, your bike and bag and parking in Boardman.

TO ORDER A BUS TICKET, CLICK HERE TO LINK TO 'ADD. SERVICES.'



FRONTIER WISDOM
FOR DISCOVERING CYCLE OREGON

PROPER CARE AND MAINTENANCE OF YOUR POSTERIOR WHILE RIDING ON CYCLE OREGON

The time spent in the saddle by the Lewis and Clark Corps of Discovery made up only a fraction of their entire expedition. Not so for our journey. For some riders, their hindquarters may have never seen such a trial.

Fortunately, modern science is constantly developing new knowledge and ideas specifically geared to the comfort of man's posterior. On the Lewis and Clark Expedition, a bicycle seat would have been made from metal or wood (yeah—ouch), possibly with a leather cover for the captain's mount.

Technology has since brought enhanced comfort to explorers' bottoms through form and materials (see figures). Gel seats and high-tech foam offer superior cushioning properties over wood and leather.

Fabric technology has also made remarkable strides in the past two hundred years. For overall comfort, spandex shorts are preferred by a wide margin of cyclists over traditional cotton, wool, and buckskin.

Cycle Oregon recommends that all cyclists use the best seats available to them and that they consider bringing a pair of shorts with chamois padding. A sore posterior can make for bad spirits, and recovery can be slow. Also, for riders who participate in skinny dipping or other outdoor activities in the nude, take all necessary precautions to prevent sunburn on the you-know-where.



19th Century saddle



Modern Bicycle Seat



BIKE SHIPPING INFORMATION

If you are 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 Boardman. Please send it to the following address:

Boardman Park and Marina
C/O Cycle Oregon
1 Marine Dr. at Boardman Park
Boardman, OR 97818

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 the bike shipping area at the UPS truck at the finish line in Astoria.

GETTING TO BOARDMAN

Boardman is just off I-84, approximately 170 miles east of Portland and 50 miles west of Pendleton. The driving instructions are as follows:

Take I-84 East for approximately 162 miles. Take exit 164 at Boardman. At the top of the ramp take a left at the stop sign onto Main Street. Cross over I-84 and go 0.5 miles. Take a left after the bridge over the railroad tracks. Go 0.3 miles to Boardman Park & Marina.

ONCE IN BOARDMAN

Once you arrive in Boardman, 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 site.

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.

Purchasing long-term parking passes and a rider guest registration in advance will save you time and money. If you plan on purchasing your parking pass in Boardman, the fee will be \$35 and can be paid by cash or check only.

TO BUY A PARKING PASS OR REGISTER AS A RIDER GUEST CLICK HERE TO LINK TO 'ADD. SERVICES.'

CHECK-IN & PACKET PICK-UP

When you arrive in Boardman and have settled in, you'll need to check-in and pick up your rider packet. The rider packet will contain a wrist band, 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 9 from 6:00 pm to 9:00 pm
Saturday, September 10 from 10:00 am to 8:00 pm
Sunday, September 11 from 6:00 am to 8:00 am

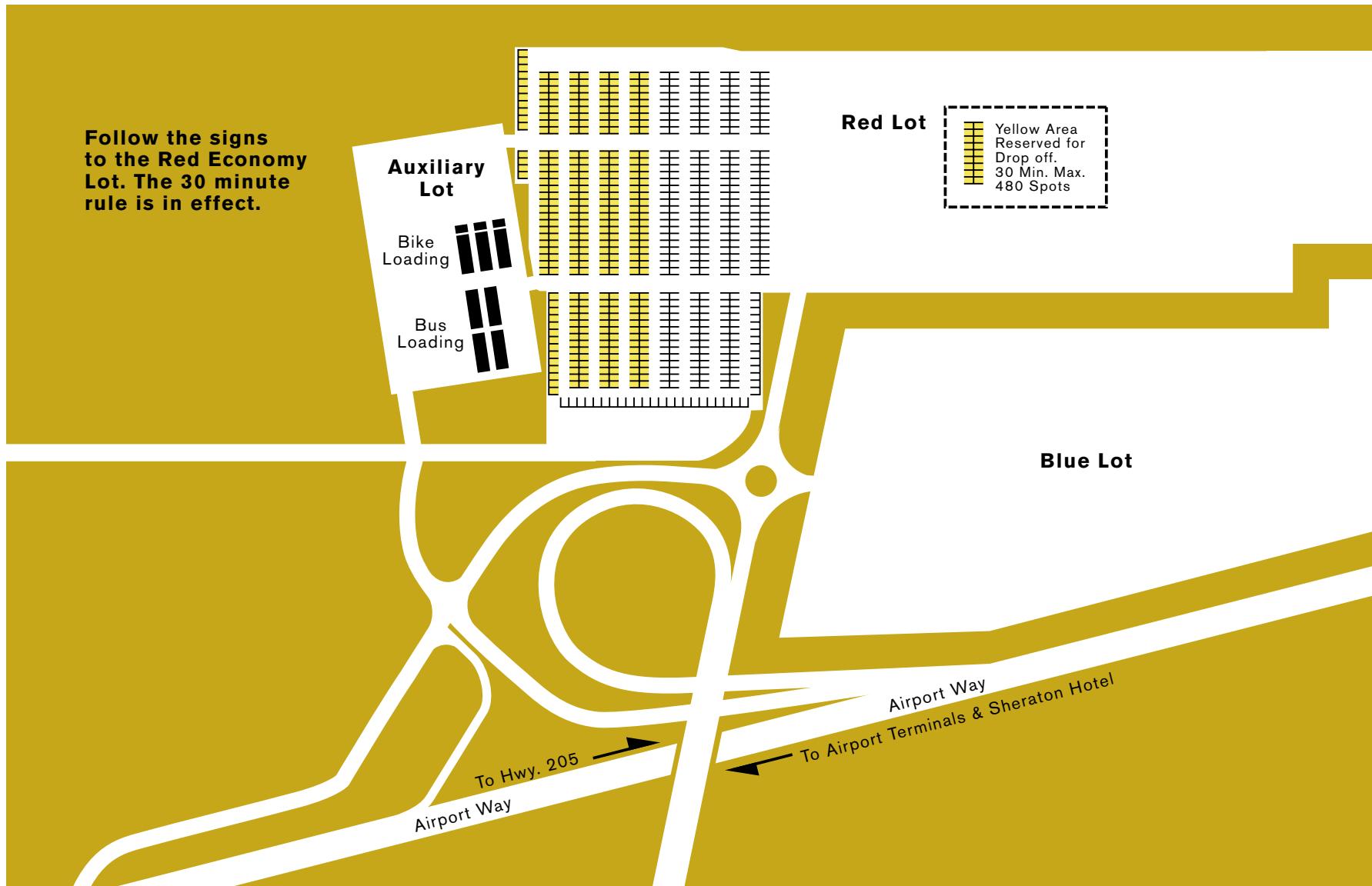
ARRIVING EARLY OR LATE

If you need to arrive early this year, camping will be available at the site. No food will be available, so you'll need to go into Boardman to get what you need. We will be around so find a Cycle Oregon staff or volunteer if you have questions. If you arrive on Sunday, you must have your luggage in the baggage truck by 8:30 am as the trucks leave by 8:45 am. You can pick up your rider packet that morning.

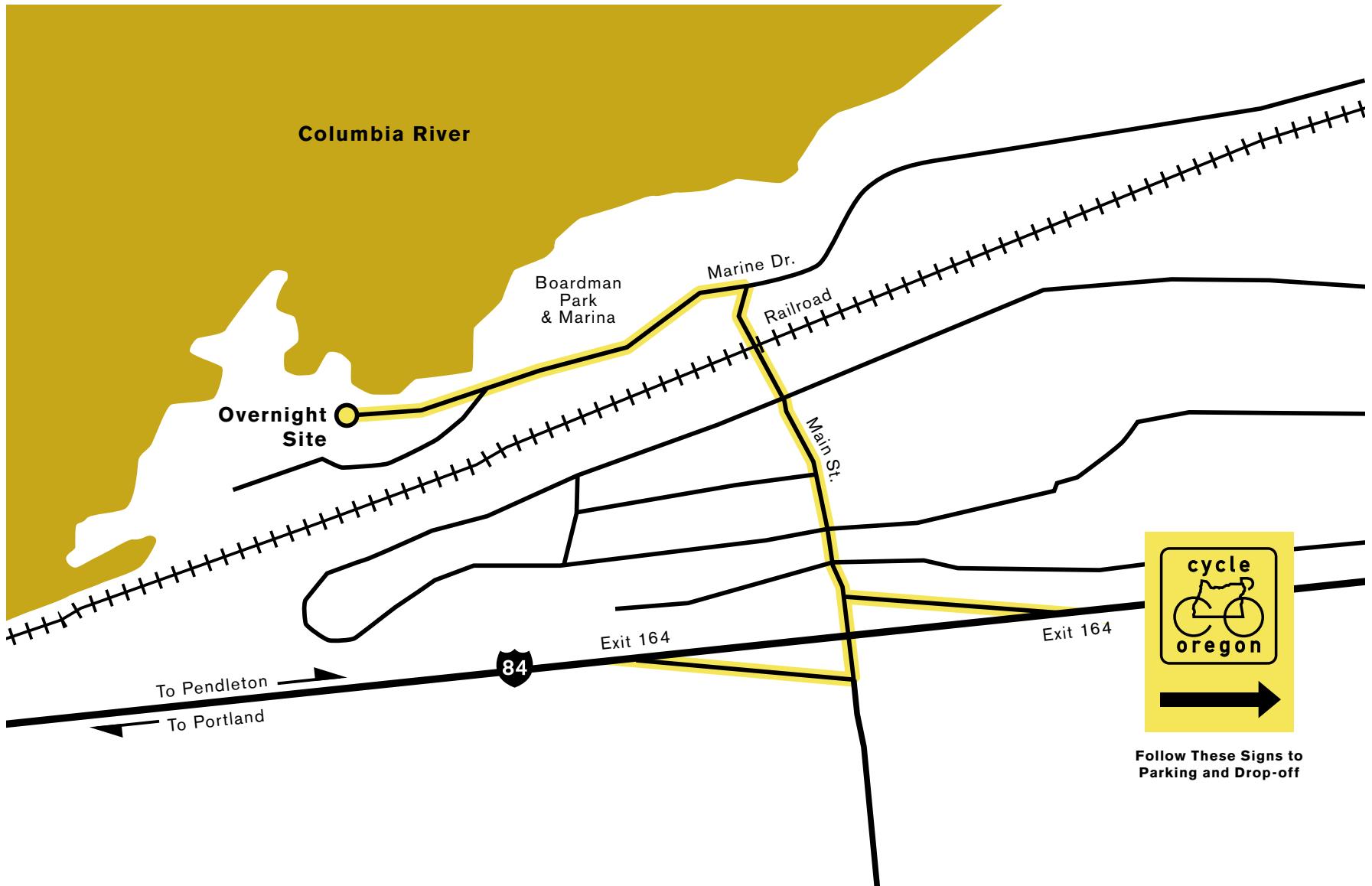
LEAVING ASTORIA ON SATURDAY OR SUNDAY, SEPTEMBER 17 OR 18

Buses will return from Astoria to Portland on Saturday, September 17, and Sunday, September 18. The buses will leave as they fill on Saturday. Sunday's buses will leave at noon. Snacks will be provided on the return trip. If you are leaving on Saturday, plan to arrive in Astoria 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 Saturday bus to depart Astoria for Portland will be around 6 pm. If you leave on Sunday, plan to arrive at the bus staging area 30 minutes ahead of the departure time so you can load your bike and luggage. The buses should arrive in Portland approximately 3 hours after leaving Astoria.

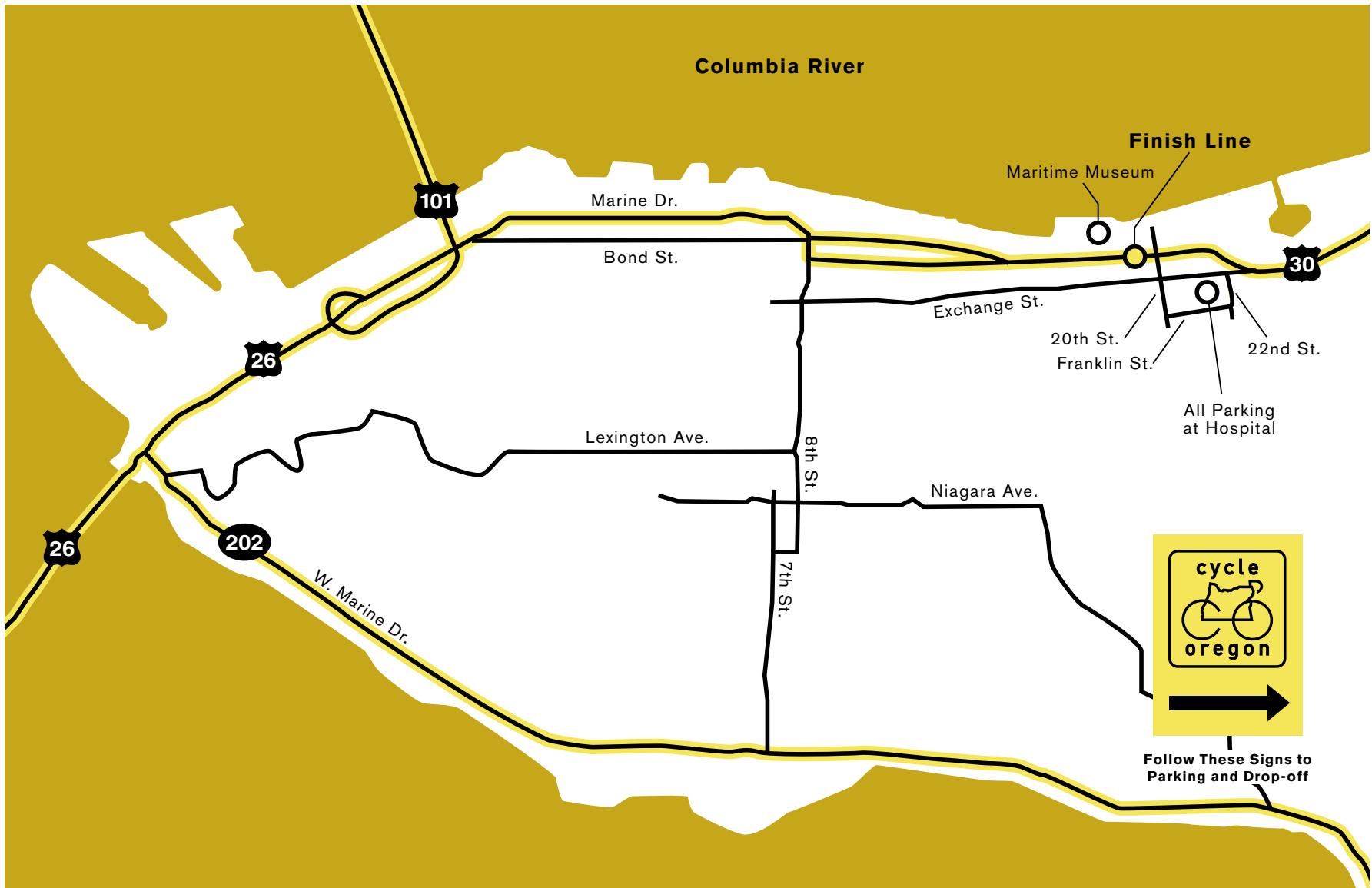
Portland Airport



Driving to Boardman



Driving to Astoria



Services

CAMPsite DETAILS

Each day Cycle Oregon provides a campsite complete with many services and amenities that make each night an enjoyable and comfortable experience. Camp will include the following services: Rider services, baggage transport, breakfast and dinner, hot showers, bike repair, bike detail, retail area, nightly announcements, entertainment, beer and wine garden, yoga and massage therapy.

FOR MORE DETAILS ON OUR CAMPsite SERVICES AND A COMPLETE LIST OF MASSAGE THERAPISTS, PLEASE CLICK HERE TO LINK TO 'CAMPsite BASICS.'

JOE'S OUTDOORS TENT & PORTER SERVICE

Imagine this: on arrival in camp, instead of heading to the baggage truck to sort through hundreds of bags looking for your bag, you head directly for a shady grove of trees where a Cycle Oregon tent has been set up for you. Waiting inside: your bag! The following morning, when you are ready to hit the road, just repack your bag, zip up your tent and you are back in the saddle for another wonderful day of riding. Now you have a little extra time to enjoy that pristine mountain climb or the winding river road or grab a few more minutes of sleep in the morning.

THERE ARE STILL A FEW TENTS LEFT. IF YOU WOULD LIKE TO SIGN UP FOR THE TENT & PORTER SERVICE, CLICK HERE TO LINK TO 'ADD. SERVICES.'

If you are already registered for the Tent & Porter Service, you will pick up your tent number and baggage tags at the Tent & Porter check-in table in Boardman after you have picked up your Rider Packet. Each person who is registered for tent & porter will receive two baggage tags. If you are sharing the tent, please give your tent mate the second baggage tag and let them know what the tent number is. If you would like to camp near friends, plan to arrive together to check in so you can be assigned adjacent tents.

FOR MORE INFORMATION ABOUT THIS SERVICE CLICK HERE TO LINK TO 'JOE'S OUTDOORS TENT & PORTER SERVICE.'

RIDER GUESTS AND MEAL TICKETS

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 alternative roads to the overnight site.

Rider guest campsites will be as close to the rider venues as possible. This year full hook-ups (water, electricity and dumping stations) are available at Boardman and Champoeg State Park.

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 6, 2005. 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 and \$125 for children under 12. Week or individual meal tickets can be purchased during the ride from the Cycle Oregon Retail booth.

Registered rider guests will receive a packet by August 14 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.

IF YOU WOULD LIKE TO REGISTER A RIDER GUEST OR PURCHASE A MEAL TICKET CLICK HERE TO LINK TO 'RIDER GUESTS.'

COURSE SUPPORT

Cycle Oregon prides itself on providing a fully supported ride. Our course is complete with the following services and amenities: bike mechanics, water stops, ODS rest stops, lunch stops, medical support, gear drop, bike patrols, course signage, and SAG wagons.

COURSE HOURS ARE **6:30 AM – 6:30 PM**

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

FOR MORE DETAILS ON COURSE SUPPORT CLICK HERE TO LINK TO 'COURSE SUPPORT.'



FRONTIER WISDOM FOR DISCOVERING CYCLE OREGON

CLEAN YOUR PLATE AND DRINK YOUR WATER

At their journey's beginning, the Lewis and Clark's dinner menu consisted of a three-day rotation of salt pork and flour, salt pork and Indian meal, and corn and "voyagers grease" (lard, deer tallow, and bear fat). For breakfast and lunch: leftovers. Vegetarian members of the Corps had to forage off of the trail, subsisting on sticks, grass, and berries (in season). By journey's end, any picky eaters in the group were very, very weak.

Given our modern expedition's menu, President Jefferson would've made the journey to Oregon personally. Far from being weak from hunger, dining so well often leaves Cycle Oregon riders having to lose several "vacation pounds" after going home (even after riding more than 400 miles in a single week), and vegetarian entrees get equal billing.

The original Corps of Discovery was also rationed four ounces (2 2/3 shots) of whiskey at the end of each day. Although they may not have known then that every one-percent loss in body weight due to dehydration leads to a two-to-three percent loss in performance, nobody was really too eager to rehydrate after an evening's gill of ardent spirits. Dirty drinking water along the trail left every member of the Corps to deal with dysentery at one time or another, and treatment was dispensed as one of Dr. Benjamin Rush's laxative pills, dubbed "Rush's Thunderbolts" by the Corps.

Things are different now, and we promise to provide plenty of clean drinking water. Frequent water stops eliminate any need to drink from rivers, creeks, or roadside puddles. So always be sure and stay well hydrated both on-and-off the course, and especially after an extra beer ration. In case of dysentery, laxatives will be provided.

Menus

NOTE: MENUS WILL CHANGE ORDER ON SOME DAYS

SATURDAY, SEPTEMBER 10

Dinner- BOARDMAN
3 Cheese Tortellini with or without Grilled Sausage
Zucchini and Tomatoes
Lemon Poundcake
Garlic Bread

DAY 1 SUNDAY, SEPTEMBER 11

Breakfast- BOARDMAN
Bacon
Filled Pancake Rolls
Scrambled Eggs
7 Grain Hot Cereal
Bagels
Pears
Beverage Bar

Lunch provided by Pizzicato - IONE
Turkey Breast and Provolone Focaccia Sandwich
Grilled Vegetable Focaccia Sandwich with peppers, onions, zucchini, olives, tomatoes, and provolone cheese
Cold Pasta Salad
Potato Chips
Fruit
Brownie
Condiment Bar

Dinner- CONDON
Roast Loin of Pork with apples, rosemary, garlic and stone ground mustard cream sauce or
Stuffed Portabella Mushroom
Veggie Entree
Scalloped Potatoes
Green Salad
Buttered Peas
Dinner Roll
Cheesecake

DAY 2 MONDAY, SEPTEMBER 12

Breakfast- CONDON
Sausage Links
Scrambled Egg with Red Peppers
Oatmeal
Danish
Bananas
Beverage Bar

Lunch- WASCO
Asian Noodle Salad with Chicken
Asian Noodle Salad with Veggies and Tofu
Roll
Chips
Fruit
Chocolate, Chocolate Chip Cookie

Dinner- THE DALLES
Grilled Citrus Glazed Salmon
Grilled Citrus Glazed Tofu
Rice Pilaf
Mixed Veggies
Green Salad
Corn Bread
Dark Forest Cherry Mousse

DAY 3 TUESDAY, SEPTEMBER 13

Breakfast- THE DALLES
Ham
Cheese Blintz
Scrambled Eggs
Hash Browns
Muffin
7 Grain Hot Cereal
Peaches
Beverage Bar

Lunch- VIENTO STATE PARK
Tuna Salad/Cheddar on Whole Wheat OR
Egg Salad/Cheddar on Whole Wheat
Potato Salad
Salt/Vinegar Chips
Oatmeal Cookie
Fruit
Condiment Bar

Dinner- CORBETT/ROOSTER ROCK STATE PARK
Chicken Stir Fry
Veggie Stir Fry with Tofu
Glazed Carrots
Green Salad
Garlic Bread Sticks
Chocolate Cake

DAY 4 WEDNESDAY, SEPTEMBER 14

Breakfast- CORBETT/ROOSTER ROCK STATE PARK
Sausage Links
Biscuits and Gravy
Scrambled Eggs
Bagels
Oatmeal
Pears

Lunch- BARTON PARK
HOT LUNCH-BBQ!
BBQ Chicken Breast
Veggie Burgers
Baked Beans
Coleslaw
Wheat Roll
Fruit
Oatmeal Raisin Cookie
Condiment Bar

Dinner- CHAMPOEG STATE PARK
Grilled Halibut
Veggie Kebobs
Cheese Risotto
Broccoli
Green Salad
Wheat Dinner Roll
Strawberry Shortcake

DAY 5 - LAYOVER DAY CHAMPOEG STATE PARK OPTIONAL RIDE TO THE OREGON GARDENS**

Breakfast- CHAMPOEG STATE PARK
Bacon
Hash Browns
Cheese Omelet
Oatmeal
Danish
Chunk Pineapple
Beverage Bar

**Lunch at The Oregon Gardens
LUNCH WILL BE SERVED ON THE COURSE ONLY
(No-host food options will be available at Champoeg State Park for those who prefer to give their bike a day's rest.)
Croissant Club Sandwich
Veggie Wrap
Spinach Salad
Pasta Salad
Fruit
Cookie

Dinner provided by Pizzicato- CHAMPOEG STATE PARK
Gourmet Pizza
Penne Pasta with Marinara
Caesar Salad
Focaccia Bread
Carrot Cake

DAY 6 FRIDAY, SEPTEMBER 16

Breakfast- CHAMPOEG STATE PARK
Kielbasa
Au Gratin Potatoes
Scrambled Eggs
Danish
Fruit Salad
7 Grain Hot Cereal
Beverage Bar

Lunch provided by Pizzicato - VERBOORT
Ham and Provolone Focaccia Sandwich
Grilled Vegetable/Provolone Sandwich with peppers, onions, zucchini, olives, tomatoes
Cold Pasta Salad
BBQ chips
Fruit
Brownie
Condiment Bar

Dinner provided by Pizzicato - VERNONIA
Chicken Parmesan
Eggplant Parmesan
Veggie Caesar Salad Pasta
Mixed Green Salad with Vinaigrette
Focaccia Bread
German Chocolate Cake

DAY 7 SATURDAY, SEPTEMBER 17

Breakfast- VERNONIA
Ham
French toast
Scrambled Eggs with Cheese
Bagel
Oatmeal
Peaches
Beverage Bar

Lunch- JEWELL
Baked Potato Bar with lots of fixings: cheese, chili, sour cream, chives, salsa, stroganoff, scallions, butter, etc.
Fruit
Cookie

Dinner- ASTORIA
At the finish line you will be greeted by the folks from Astoria who are proud to bring you "A Taste of Astoria" that will feature local fare from six of the best restaurants in Astoria.



2005 Host Communities

Boardman

Welcome to Boardman! It would be hard to miss one of the greatest land features of Oregon – the Columbia River! The River has long been the subject of tall tales, songs and dreams. Be prepared to use all of your senses to experience this gateway to Eastern Oregon. While in Boardman we know you will soon come to love the river, parks and our many outdoor sports opportunities – many local residents live here for just those reasons.

Just as travelers on the Old Oregon Trail and the Lewis and Clark Expedition paused, rested and then continued to the Willamette Valley and Astoria, we hope you will enjoy the area, rich in warmth and friendliness. Enjoy your stay, good luck with your event, return when you can.

Kind personal regards and best wishes.
Dean Kegler
President, Boardman Chamber of Commerce

ACTIVITIES IN BOARDMAN

SATURDAY, SEPTEMBER 10

Talented Eastern Oregon artists and craftspeople will exhibit and offer their work for sale at the Community Market located at the Boardman Marina and Park. Look for Sweet Memory Bears, textile artwork, vibrant and lively handcrafted Raku ceramics, expressionist watercolors and acrylics; local authors, western theme watercolors, livestock and pet portraits from treasured photos; handcrafted gemstone jewelry; and serving pieces bead-woven jewelry and ornament covers garden art; and wood scroll art. Also available in the Community Market will be a special one day commemorative postage cancellation mark, and a cheese tasting. Riverside High School students and 4-H project clubs will offer commemorative 2005 Cycle Oregon items as fundraisers for student projects. Shipping will be provided.

Adjacent to The Community Market, "hands on" educational displays will be provided by Blue Mountain Wildlife Rehabilitation, Tamastalikt Cultural Institute, Oregon National Guard "Lewis & Clark Discovery Boxes," and historic re-enactors – black powder men.

Surrounding the Community Market will be vendors offering lunches and light refreshments: freshly prepared and authentic Hispanic foods; a chuck wagon featuring hamburgers and hot dogs with all the fixings, corn dogs, BLT's, salads, cookies, candy, snow cones, and sodas. Various student organizations will offer a variety of fresh fruit, fruit sundaes, cold lemonade and power beverages, trail mix and power bars.

The Tillicum Club will offer trail mix, fresh Oregon apples, colossal cowboy cookies and raffle tickets for two oversized lap quilts – one a memorial for cancer friends and the second depicting life on the Columbia River and Indian heritage. Proceeds from the raffle will return to the Boardman community.

Jennings Photography will be on hand to photograph cyclists on a vintage bicycle with the Columbia River as a backdrop. The photos will be printed on mock magazine covers, and reprints will be available. Photo postcards will also be available.

Enjoy ongoing musical entertainment at the Cycle Oregon Stage: a variety of local vocalists, musicians, and dance troupes will provide afternoon entertainment.

Community Activities will take place at Greenfield Grange #579 from 9 am to 9 pm, September 9th and 10th. Grange members will host a Quilt Show and Bake sale with quilting supply vendors and instructors in attendance at its building located at 201 1st NW in Boardman. Modestly priced Salad and potato bars, fried chicken and ham dinners will be available. "Special Kids" fundraising efforts to purchase sports equipment for special needs youth will include a

breakfast served from 7 am – 11 am, and afternoon wood crafts and bake sale.

A shuttle operated by Operation Graduation 2006 volunteers will provide regular service to the local Pharmacy, U.S Post Office and Main Street Restaurants. And finally there are kayak and pedal boat rentals at the Marina Park.

BUSINESSES IN BOARDMAN

RESTAURANTS

C&D Drive In	(541) 481-4981
Poppy's Pizza	(541) 481-3399
LaSerenata Mexican Restaurant	(541) 481-2028
Dodge City Inn	(541) 481-2441
Lyndard's Spud Cellar	(541) 481-4855
Riverfront Lodge	(541) 481-6800
Nomad	(541) 481-2765
Taqueria Apatzingan	(541) 481-3120

LAUNDROMAT

Boardman Laundromat	(541) 481-3511
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MOTELS/HOTELS/RV PARKS

Riverfront Lodge	(541) 481-6800
Dodge City Inn	(541) 481-2441
Econo Lodge	(541) 481-2375
MJ's Motel	(541) 481-3723
Riverview Motel	(541) 481-2775
Driftwood RV Park	(541) 481-2262 (800) 684-5543

BANKS

Bank of Eastern Oregon	
ATM Cash Machine	(541) 481-3445
Banner Bank	
ATM Cash Machine	(541) 481-9201



Boardman Family Foods
ATM Cash Machine (541) 481-7422
All gas stations have ATM cash machines.

AUTO REPAIR/PARTS

Boardman Auto Repair (541) 481-3456
Boardman Auto Parts (NAPA) (541) 481-6200

MEDICAL/1ST AID

Columbia River Community Health Clinic (541) 481-7212
Ambulance (541) 481-3473

PHARMACY

Boardman Pharmacy & Hardware (541) 481-9474

Condon

The City of Condon welcomes Cycle Oregon riders and support personnel to our Historic Community. Condon's Main Street was designated as a Historic District in 1998 and the community has worked hard to preserve the historic integrity of its main street businesses.

Condon's Main Street has had several buildings totally renovated, inside and out. We invite you to take a look at the Hotel Condon with its quietly dignified presence and understated elegance, and Country Flowers with its old time soda fountain, flowers and gifts. While you are in Condon, we invite you to tour the Gilliam County Historical Museum, located next to Burns Park. There are several buildings including a school house, jail, cabin, even a three hole outhouse, that have been moved to this location, some board by board, others were just picked up and moved.

During your stay in Condon we will have local entertainment and vendors set up at the camp site and along Main Street.

Enjoy your visit in Condon!

ACTIVITIES IN CONDON

For Cycle Oregon, Condon will host a street party on Main Street. There will be a local beer garden and BBQ as well as wine tasting and an art demonstration

area. Shuttles will be offered from the overnight site into town or you can walk as it is only a few blocks.
TIME: 2:00 pm to 9:00 pm
COSTS WILL VARY

BUSINESSES IN CONDON

FOOD AND LODGING

Condon Elks Lodge	(541) 384-3331
Food & Libations	
Condon Motel	(541) 384-2181
Lodging	
Country Café	
Food	(541) 384-7000
Country Flowers	
Food, Espresso	(541) 384-4120
Hotel Condon	
Food, Libations & Lodging	(541) 384-4624
JB's Drive-In	
Food	(541) 384-3922

OTHER SERVICES:

Bank of Eastern Oregon has an ATM available
Two Boys Meat & Grocery
B&C Grocery
Murray Condon Pharmacy, Gifts and Espresso
Texaco Gas Station
Fatland's Tire Factory & Gas Station

The Dalles

Nestled along the banks of the mighty Columbia River is The Dalles, Oregon. The scenic Columbia River Gorge is at its finest, with breathtaking views coupled with a modern and progressive city that honors a proud history while keeping pace with tomorrow's needs. The Dalles offers a glimpse into another time through our murals, museums and historic sites that tell a story of a land rich in resources and diversity.

Embrace our area as you ride through some of the most beautiful terrain that Oregon has to offer. See the Columbia River for its strength and beauty, listen to the wind at your back on your way through our magnificent hills, taste the fruits of our labor and smell the clean fresh air in the bright sunshine. Then plan to come back, you will always be welcome.



The cherry orchards that surround the town provide the largest sweet cherry crop in the world. These orchards are neighbors to many vineyards and lavender fields. The winds of the Columbia provide ideal conditions for windsurfers and nearby tributaries provide great fishing, whitewater rafting and kayaking experiences.

We are confident that you will see why so many of us proudly call this area home... for the beauty and bounty of the land, the friendliness of its people and the gorge winds that keep our skies clear and sunny!

ACTIVITIES IN THE DALLES

Shuttle service from the campsite at Sorosis Park will serve all who want to explore the town. There is no charge for this service but donations to help defray costs and aid our newly consolidated high school with their uniform fund will be appreciated.

THE SHUTTLES WILL DEPART AND RETURN AT THE ENTRANCE OF THE OVERNIGHT SITE AT SOROSIS PARK.

TIME: 2:00 pm to 8:00 pm
NO COST

Historic Downtown The Dalles offers excellent walking tours of our residential and commercial areas. The downtown area is also the home for our "talking murals". Keys for the murals can be purchased at the Hospitality Booth.

TIME: ALL DAY/EVENING
NO COST

"THIS FORT ROCKS"

And to prove it, the downtown area will feature a wine tasting event. Several gorge wines will be available for you to sample. Tickets available at the event or can be purchased at the Hospitality Booth.

TIME: Tasting is available from 3 pm to 7 pm
COST: Tickets are \$5 for five tastes, \$1 thereafter for a single sample

Take your photo on an old high-wheel bike in front of

the original 1859 Wasco County Courthouse. Visit the courtroom, jail, and historical exhibits while you are there. Admission is free. Bring your own camera or have us take a Polaroid shot. Contributions to the Courthouse are always welcome.

TIME: ALL DAY
NO COST

Discover the contents of Lewis and Clark's "Cargo." Learn about the cultural and natural history of the Gorge at the official interpretive center of the Columbia River National Scenic Area. At 4:00 pm you have the opportunity to listen to Dr. Ken Karzmizki, Director, as he presents his findings of his Lewis & Clark research. Shuttles to the museum will begin at 2:00 pm.

TIME: Shuttles begin at 2 pm and presentation begins at 4 pm.
COST: \$5

EOLA HILLS WINEMAKER'S DINNER AT THE COLUMBIA PORTAGE GRILL

Day 2 at The Dalles, Eola Hills Wine Cellars will host a Winemaker's Dinner at The Columbia Portage Grill. A five course meal paired with Reserve wines from Eola Hills Wine Cellars will start at 6:00 pm with music, wine and appetizers on the deck overlooking the Columbia River. Mingle with other riders and have a chance to talk with Eola Hills Winemaker Steve Anderson. Dinner will feature seasonal favorites from Oregon including salmon, hazelnuts, pears, and huckleberries.

For the best experience, we have an all-inclusive package, staying at The Shilo Inn. The dinner and hotel package includes delivery of your bags to and from camp. Leave that morning and head straight to the hotel at the end of your ride. Enjoy the outdoor pool, indoor spa and sauna, along with transportation to and from camp.

Winemaker Dinner: \$85.00

All Inclusive:

(Double occupancy) \$159.00

(Single occupancy) \$199.00

All rates are based on per person. Limited space available. Reservations must be cancelled by August 22nd for a full refund.

For questions and reservations contact Angela at (503) 932-5822 or angela-buller@eolahillswinery.com

BUSINESSES IN THE DALLES

BANKS/ATMs

Bank of America
115 East 4th Street

Bank of The West
120 East 4th

Columbia River Bank
316 East 3rd Street

Northwestern Mutual Financial Network
515 Liberty Street

LODGING

American Hospitality Inn
100 West 2nd Street (541) 296-9111

Best Western River City Inn
112 West 2nd Street (541) 296-9107
or (888) 935-2378

Budget Inn
118 West 4th Street (541) 296-5464

Comfort Inn
I-84 at Hwy 197 (541) 298-2800

Cousins' Country Inn
2114 West 6th Street (541) 298-5161

Inn at The Dalles Motel, The
3550 SE Frontage Road (541) 296-1167

Motel 6
2500 West 6th Street (541) 296-1191
or (800) 222-2244

Rooster Rock State Park (Corbett/ Troutdale)

ACTIVITIES IN CORBETT/TROUTDALE

Troutdale will host a magical evening in their historic downtown area. The businesses will offer an array of activities throughout the day and into the evening.

SHUTTLE SERVICE WILL BE AVAILABLE TO AND FROM TROUTDALE.

TIME: 2:00 pm to 9:00 pm

COST: MOSTLY FREE EVENTS

WINE TASTINGS

Columbia River Cellars
135 E Historic Columbia River Hwy

Celebrate Me Home
319 E Historic Columbia River Highway

Troutdale Antique Mall
359 E Historic Columbia River Highway

BEER TASTING

Liberator Brewing
411 E Historic Columbia River Highway

DESSERT AND FOOD TASTINGS

Green Door Antiques
113 W Historic Columbia River Highway

Little Gondola
119 E Historic Columbia River Hwy.

Troutdale General Store
289 E Historic Columbia River Hwy.

LIVE MUSIC AND ART

Columbia River Gallery
305 E Historic Columbia River Hwy.
Caswell Gallery
301 W Historic Columbia River Highway

Has No Horse
255 E Historic Columbia River Hwy.

Front Porch Originals
277 E Historic Columbia River Hwy.

Café Bono
177 E Historic Columbia River Hwy.

LEWIS AND CLARK EXHIBITS

Premier Investments
219 E Historic Columbia River Hwy.

Harlow House Museum
726 E Historic Columbia River Hwy.

MUSEUMS/EXHIBITS

Rail Depot Museum
473 E Historic Columbia River Hwy.

TOURIST/TRAVEL INFO

W Columbia Gorge Chamber of Commerce &
Visitors Center
330 E Historic Columbia River Hwy.

LODGING

Brickhaven B & B
38717 E Historic Columbia
River Highway (503) 695-5126

*Best Western Inn and Suites
23525 NE Halsey (503) 491-7700

*OFFERING SPECIAL CYCLE OREGON PACKAGE

*Holiday Inn Express
1000 NW Graham (503) 492-2900

*OFFERING SPECIAL CYCLE OREGON PACKAGE

Comfort Inn and Suites
477 NW Phoenix Dr. (503) 669-8610

Travelodge
23705 NE Sandy Blvd (503) 666-6623



FRONTIER WISDOM FOR DISCOVERING CYCLE OREGON

WHAT TO WEAR ON CYCLE OREGON

Oregon's long history with fanciful fashion sometimes sweeps people up in an enthusiastic rush to fit in. Home state to both the Oregon Trail and earthy stuff like the Oregon Country Fair and late Merry Prankster Ken Kesey, people often think of Cycle Oregon as being linked to other Oregonian culture that has little to do with our ride. Thus, we are inclined to offer some practical advice on garment selection for Cycle Oregon.

One word: spandex. Well, actually, two words: spandex and helmet (seriously, safety first!). Since the late sixties, athletes of all kinds have taken advantage of spandex's unique properties of flexibility, breathability, and low friction. Hailed by cyclists as a gift from the gods, spandex quickly replaced wool and cotton in cycling wear to revolutionize the aerodynamics, comfort, and attractiveness of cyclists' behinds. Going beyond a simple recommendation, Cycle Oregon holds spandex aloft as the beau ideal fabric for clothing – of any kind.

Cycle Oregon also discourages its participants from wearing garments that, although true to certain aspects of Oregonian culture, could raise safety and comfort issues. Costumes in the spirit of Lewis and Clark are charming, but buckskin doesn't breathe as well as spandex, tends to chafe, and can get really hot. And yes, *Animal House* was filmed in Eugene, but togas are discouraged in particular. Loose fabric can get caught in moving parts, and Cycle Oregon has thus far avoided complaints of indecent exposure in its host communities. Hippie-inspired adornments are OK if safety is not compromised. However, to prevent infection in case of a fall, all riders of both sexes are strongly encouraged to shave their legs.

Layover Day: Champoeg State Heritage Site

Klahowyal Welcome to historic Champoeg.

The Friends of Historic Champoeg and our park staff are delighted to host your layover day. Expect a day of relaxation that also provides plenty of fun activities to help you get a glimpse of Oregon's past. Descriptions of this very spot set in motion the 19th century's "Oregon Fever," and Champoeg became the doorway to the exploration and settlement of the Willamette Valley. We hope to provide you a doorway to a greater understanding of why so many saw this place as Eden.

While you relax under the shade of centuries-old oak trees, imagine all that went on here. Kalapuya people came here to camp, gather food, trade and celebrate. Fur trappers and traders came here to rendezvous and prepare for expeditions. American settlers came here to farm the land and start new lives. It was here in 1843 that the first government was established, paving the way for the Oregon Country to become a U.S. Territory, then a state.

Take the time to walk around the Park, and imagine how different it may have looked 150 years ago when Champoeg was a bustling town. A devastating flood in 1861 swept the town down the river, but if you take the time to stop and listen, the stories from Champoeg's past will come alive.

Enjoy your stay, and enjoy all our neighbors that have come together to make your Champoeg experience a memorable one.

Dennis Wiley, Park Manager

LAYOVER DAY ACTIVITIES AT CHAMPOEG

FARMSTEAD LIFE: WORK AND PLAY

Donald Manson Farmstead - Behind the Champoeg Visitor Center
TIME: 11:00 am to 4:00 pm
NO COST

Champoeg State Heritage Area is known for its incredibly rich history, and for the imaginative and creative way that it shares this history with its visitors. Join our costumed interpretive staff and volunteers as they bring the past to life on the Donald Manson Farmstead, which includes one of the oldest barns in Oregon, as well as the beautiful 1860s Kitchen Garden. Get a glimpse into 1860s farm life by participating in chores, women's work, parlor games, music and dancing.

1860s KITCHEN GARDEN

Donald Manson Farmstead – Behind the Champoeg Visitor Center
TIME: 11:00 am to 4:00 pm
NO COST

Ever heard of Love Lies Bleeding, Shoo-fly, Four o'clocks, Cardoon, Broom Corn, or Salsify? Join us in the garden, see these gorgeous plants, and find out how early Oregon families utilized their garden harvest as food, for medicine and to beautify their homes. Costumed staff and volunteers will lead short tours, answer questions and tell stories. Demonstrators will be on hand to show how seeds were saved and explain how harvested vegetables and herbs were stored for winter. A variety of seeds collected from our garden will be available for sale.

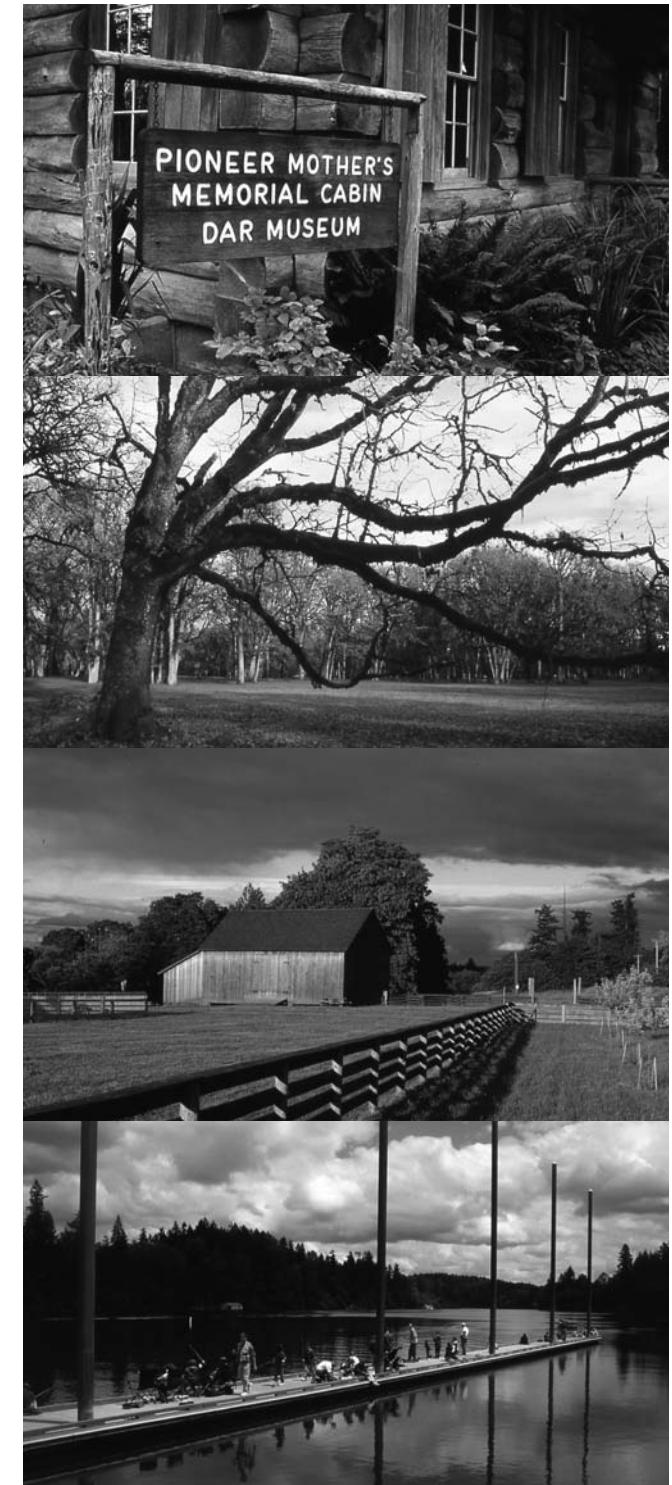
THE BIRTH OF OREGON DISCOVERY STATION

Meet at Pioneer Memorial Building (Pavilion) in the Riverside Day Use Area
ANYTIME BETWEEN 12:00 pm - 2:00 pm
NO COST

The fact that you are at Champoeg State Heritage Area is the result of one of the most important events in Oregon history. A vote, held here at Champoeg in 1843, resulted in the formation of the first American government in the Pacific Northwest, and eventually, statehood for Oregon! Join an interpretive ranger and visit the exact spot in the park where Oregon was "born". You'll discover the people and events that happened in history that still affect us today.

CHAMPOEG TOWNSITE DISCOVERY STATION

Meet at Champoeg Townsite trailhead near the Pioneer Mothers' Memorial Cabin.
ANYTIME BETWEEN 11:00 am - 1:00 pm
NO COST



Join an interpretive ranger and stroll along Napoleon Street in "downtown" Champoeg to discover a bustling town that rivaled Salem, Oregon City and Portland in importance in the mid-1800s. Find out what happened to this growing town, and examine the "treasures" found here that give us a glimpse into Willamette Valley pioneer life.

BECOME A CHAMPOEG "JUNIOR RANGER"

Meet at the main stage and stroll 1/4 mile to the Campground Program Area
For children of all ages, but targeted for kids 6 to 12 years old.

TIME: 6:00 pm to 7:30 pm

NO COST

Children are invited to join a park ranger for a hike and other activities that will help them discover Champoeg history and nature. They can even earn an Oregon State Parks Junior Ranger award! Children must be accompanied by an adult.

NATURE WALK: "RESTORING EDEN"

Meet at the Dining Tent
TIME: 6:30 am to 7:30 am
NO COST

Join the Park Manager for an early morning walk to explore the cultural landscape that attracted humans to this site for millennia. You may get a chance to see bluebirds while also learning about the Park's projects and plans to restore wetlands, prairies and oak savannahs.

FUR TRAPPER ENCAMPMENT

On the riverbank
TIME: TBA
NO COST

In the early 1800s, French Canadian fur trappers traveled the rivers throughout the Oregon Country in search of beaver and other fur-bearing animals. Champoeg soon became one of their favorite places to camp, rest and trade. Come and meet a few of these voyageurs at their encampment by the river. Hear their stories about life in this wild place, and see if they live up to their reputation as being colorful, boisterous and fun loving. If you're lucky, you may even hear a song or two!

COMMUNITY SHOWCASE

TIME: 10:00 am to 6:00 pm
NO COST

Champoeg State Heritage Area is surrounded by vibrant communities – small, large, suburban and rural. Come discover these special places at our Community Showcase, and enjoy lunch, dinner or dessert from a local establishment. For information on specific communities, please check the following websites:

Sherwood www.sherwood.ci.us
Woodburn www.woodburnchamber.org
Canby www.canbyareachamber.org
Aurora www.auroracolony.com
Wilsonville www.wilsonvillechamber.com
Newberg www.chehalemvalley.org

LOCAL WINE SHOWCASE

TIME: Beginning at 11:00 am
TASTING FEES WILL VARY

Winemakers in this part of the Willamette Valley produce a variety of exquisite wines. Join us at the picturesque and relaxing Local Wine Showcase to sample a few of the wonderful wines the area has to offer.

CHAMPOEG MUSEUMS AND PRESENTATIONS

MUSEUMS

Champoeg Visitor Center & Museum Bookstore

TIME: 9:00 am to 5:00 pm

Discover the region's rich history at the Champoeg Visitor Center. Exhibits tell the story of the Kalapuya native people, the French Canadian fur trappers, and the American settlers. Why did they all consider Champoeg a paradise?

The Museum Bookstore carries a large collection of books on Northwest history, as well as seeds from our heirloom garden, cards, toys, snacks, and mementos. Buy an annual Oregon State Park Parking Pass at the Visitor Center. \$5 from every pass supports the Friends of Historic Champoeg!

PIONEER MOTHERS' MEMORIAL LOG CABIN MUSEUM

Owned and operated by the Oregon State Society of Daughters of the American Revolution

TIME: 10:00 am to 5:00 pm

NO COST

This museum is located on the Park's bike trail, along the Willamette River, East of the Pavilion, in the Riverside Day Use Area. It is a classic log cabin built in 1931 that is filled with artifacts that belonged to Oregon pioneers of the 1850s. It houses a unique collection of handcrafted items, furniture, ironware, dishes, utensils, tools, and guns. Tour guides will be in pioneer attire and will answer your questions about the area's history. Refreshments will be served and a gift shop is available.

ROBERT NEWELL HOUSE MUSEUM COMPLEX

Owned and operated by the Oregon State Society of Daughters of The American Revolution

TIME: 9:00 am to 5:00 pm

NO COST

The Robert Newell House Museum Complex, located one block west of the Park entrance (via bike trail from the Visitor Center) includes the restored 1850s Newell House, Butteville Academy and Butteville Jail. Early morning visitors will be greeted by re-enactors portraying life in the Oregon Territory of the 1850s and will be tantalized by biscuits cooked in a Dutch oven and served with homemade butter and honey. Visitors may revisit throughout the day for living history portrayals of Robert Newell and friends. Robert Newell played an integral part in early Champoeg and Oregon history.

PRESENTATIONS

CHAMPOEG VISITOR CENTER AUDITORIUM ARCHAEOLOGY AT CHAMPOEG

Dr. David Brauner, OSU Archaeologist
ANYTIME BETWEEN 2:00 pm – 4:00 pm
NO COST

What was life like in Oregon for a settler in the 1830s and 1840s? There are few images and scant written documents. Come to the Visitor Center and meet Dr. David Brauner, a faculty member in the Department of Anthropology at Oregon State University. He'll share, through photos and artifacts, his most recent archaeological investigations at Champoeg. The recent discoveries in the Park have revealed an amazing archaeological find: a mostly intact home site dating from the early 1830s to the 1850s. A site of this nature has never been found on French Prairie. Dr. Brauner's work at Champoeg and the surrounding French Prairie is re-writing the history of the early settlement of the Willamette Valley.

BLUEBIRDS IN THE NORTHWEST

Lynn Ahern, Prescott Bluebird Recovery Project
ANYTIME BETWEEN 10:00 am - 12:00 pm
NO COST

Western bluebirds, the beautiful songbird, are making a comeback in the Pacific Northwest. A PowerPoint presentation will give you fun facts about the bluebird. This presentation also includes information about bluebirds in the Park and ways you can help support this threatened songbird. In addition, a bluebird display and information table located at the Visitor Center will be available throughout the day, from 10:00 am to 4:00 pm on Thursday Sept 15.

SLIDE SHOW PRESENTATION: FIRE AT CHAMPOEG

TIME: 12:00 pm to 1:00 pm
NO COST

For thousands of years, until the 1840s, the Indians of the Willamette Valley kept the forest at bay by setting annual fires, creating a new ecosystem more favorable

to people, animals and plants. In 2003, Park personnel decided to once again set fires in order to maintain and restore a remnant of that ecosystem. How would it go? Would flames leap into the treetops? Would it catch at all? No one was certain . . .

MEET THE AUTHOR

David Herlihy

ANYTIME BETWEEN: 4:00 pm – 5:00 pm

NO COST

Meet David Herlihy, author of Bicycle. Hear about the history of the bicycle and get your new book signed. Copies will be available for sale.

A VARIETY OF CULTURAL AND NATURAL HISTORY VIDEOS WILL BE SHOWN IN THE VISITOR CENTER AUDITORIUM BETWEEN PRESENTATIONS.

NO COST

9/14, 9:00 am to 5:00 pm

9/15, 9:00 am to 10:00 am

9/15, 1:00 pm to 2:00 pm

OTHER RECREATION OPPORTUNITIES

CANOE THE "WILD" WILLAMETTE

Champoeg Boat Dock

TOUR TIMES: 9:00 am, 11:15 am, 1:30 pm, 3:45 pm

COST: \$35.00 PER PERSON- RESERVATIONS NEEDED

Join the Willamette Riverkeepers for a two-hour canoe paddle on the Willamette River. Learn about the Willamette in the Champoeg area, and current river issues. Trip leader, canoe, paddles, life preservers, and water will be provided. This is a great opportunity to learn from the foremost leaders in Willamette River protection and restoration. \$35 per person. Please call (503) 223-6418 for reservations.

PONTOON BOAT RIDES

Champoeg Boat Dock

DEPARTURE TIMES: 7:00 am, 10:00 am, 1:00 pm, 4:00 pm

NO COST

Relax and enjoy a view of Champoeg State Heritage Area from the Willamette River. Take an hour-long trip on a pontoon boat and learn some of the early history of this area. Life preservers provided. No reservations necessary. Can accommodate ten individuals on each trip. First come- first served. Donations for gas will be appreciated.

VISTA BALLOON ADVENTURES

TIME: 5:30 am to 9:00 am

COST: \$160 PER PERSON- RESERVATIONS NEEDED

Hot air balloon scenic flights will be taking off from the

Park. This package includes a one-hour flight and a lovely catered breakfast. For reservations, call Vista Balloon Adventures Inc, (503) 625-7385 or (800) 622-2309

PORLTAND ROSE HOT AIR BALLOONS

TIME: 5:30 am to 9:00 am

COST: \$160 PER PERSON- RESERVATIONS NEEDED

See the beautiful Willamette Valley from a different viewpoint. Flights will take off at sunrise from the Park. The one-hour flight is followed by a champagne picnic brunch. For reservations, call Portland Rose Hot Air Balloons, (503) 638-1301.

HEIRLOOM ROSES GARDEN TOUR & ICE CREAM TREAT

Heirloom Rose Gardens

GUIDED TOURS: 10:00 am, 12:00 pm, 2:00 pm, 4:00 pm

NO COST

Hop on your bike for a scenic four-mile ride to Heirloom Rose Gardens. Tour Heirloom Roses' ten beautiful rose gardens with over 4,000 varieties in various settings. Guided tours every two hours on the hour (see above). Self-guided tours all day long from 9:00 am to 6:00 pm. Browse through our gift shop and rose greenhouse. Enjoy ice cream treats at the end of your tour. Maximum of 50 on each guided tour. Pick up a map at the hospitality booth.

HISTORIC ST. PAUL TOUR

"La Tournée Française de Prairie"

The French Prairie tour by The St. Paul Mission

Historical Society

CHURCH TOURS: 12:00 pm to 4:00 pm

NO COST

Your tour begins when you get up in the morning. You will be standing in one of Oregon's most famous historical areas, the French Prairie. The French Prairie flows around the City of St. Paul and is formed by the farms, woodlands and prairies of the north Willamette Valley. Your self-guided tour will take you through the lands of many native tribes, the first European settlement, century homes and farms, the city of St. Paul and the St. Paul Catholic Church. Guided tours will be available at the Church from 12:00 pm to 4:00 pm.

It all begins with a right turn out of the Park, and into the "La Tournée Française de Prairie." Don't miss this trip through the history and culture of the area. A detailed map is available at the hospitality booth.

TEE TIME

Chehalem Glenn Golf Course, Newberg

COST: \$15 for 9 holes, \$28 for 18 holes. Call 503-538-5800 after August 31 for a tee time.

Ride a scenic seven miles to one of the area's newest golf courses, Chehalem Glenn in Newberg. Relax on

the greens and enjoy the gorgeous surroundings. Cycle Oregon participants receive a special discounted rate.

Vernonia

Welcome to Historic Vernonia, a city with a proud past and a bright future! The City of Vernonia was incorporated in 1891, and our history is deeply rooted in the timber industry and its part in the development of our beautiful state. Since those early years the community has evolved to include a wide variety of businesses and attractions. Vernonia offers the convenient proximity to the amenities of the metropolitan area while being far enough off the beaten path to unwind in the peaceful countryside. We offer a quality of life that is truly unique.

This past decade has seen Vernonia undergo a remarkable facelift through the leadership of the City and the efforts of many persistent volunteers. Our ongoing downtown revitalization, the new City Hall and Library buildings, the beautiful Scout Cabin, and the Vernonia Pioneer Museum are but a few of the projects that have instilled Vernonia with a strong sense of community. We are also very proud of our extensive recreational facilities: a public swimming hole, a full-service RV park, the Banks-Vernonia Linear Park Trail, and Vernonia Lake, to mention a few. A burgeoning art community and the upcoming construction of a new Middle School, a Learning Center, and new Senior Center all combine to further contribute to improving our quality of life.

Vernonia offers a diversity of activities sure to please everyone. Biking, hiking, camping, fossil-digging, hunting, fishing, bird-watching, shopping, and the joy of raising a family away from the hustle and bustle of the big city – it's all here. Annual festivals include the River Fest in the spring, Vernonia Friendship Jamboree in the summer, the Salmon Festival in the fall, and our Country Christmas. In Vernonia, we love to celebrate what we have and we can't wait to share it with others.

We are thrilled to have the opportunity to be a part of Cycle Oregon 2005. We truly hope to make your brief stay a memorable event!

Sincerely,
Sally Harrison
Vernonia Mayor



ACTIVITIES IN VERNONIA

SHUTTLE SERVICE

A shuttle will be available for the downtown area and another shuttle for outlying events from 2:00 pm to 5:30 pm for a nominal fee.

TIME: 2:00 pm to 5:30 pm

COST: SMALL FEE

VERNONIA LAKE / THE OLD MILLPOND

The Oregon American Lumber millpond, once home to one of the world's largest electric sawmills. Volunteers will be giving an oral history about the mill & remaining artifacts and its importance in Oregon history

TIME: 2:00 pm to 5:30 pm

Paddleboat rentals also available

A CHOCOLATE WALK

Savor the "Sweetness" of your last Cycle Oregon evening strolling through Vernonia and sampling chocolates as different as the many shops offering them. Our merchants are creating a memorable experience for you, offering everything from a" chocolate fountain" to "homemade" German chocolate cake!

Maps will be available at the information booths.

TIME: Beginning at 2:00 pm and continuing into the evening.

COST: VARIES

GREY DAWN GALLERY - FALL SHOW OPENING

TIME: 4:00 pm to 10:00 pm

NO COST

Come and experience firsthand the internationally acclaimed work of Landscape photographer Christopher Burkett. Christopher's work has been selected for numerous exhibits, from the Smithsonian Institute in Washington, D.C. to the Center of Photography in Tokyo, Japan, and in 2004 he was honored to receive the Hasselblad Masters award. Burkett's work is widely sought by numerous corporate and private art collectors. This is truly traditional photography at its

finest! Christopher will personally be with us for the opening of this special fall exhibit. He will be available to visit, answer questions, and sign books. While at the gallery you will also be able to sample the delightful chocolates and coffee from Oregon Coffee Roasters. You won't want to miss this show!

www.greydawngallery.com

Free shipping throughout the Continental U.S. on all gallery purchases over \$100.

NEW MOON LLAMA FARM TOURS

1300 Alder St

TIME: Tours available all day Friday.

NO COST

Tours take approximately 30-45 min. Take a tour of the Llama farm & meet the 34 llamas and two alpacas who reside here.

www.newmoonllamas.com

VERNONIA PUBLIC LIBRARY

701 Weed Ave

TIME: 10:00 pm to 6:30 pm

NO COST

The Library will be showing film clips from "The Ring of Fire" movie starring David Janssen. This movie was filmed almost entirely in Vernonia in the 1960s, and features burning a good portion of the old Oregon American Mill.

MINI LOGGING SHOW

Hawkins Park (in front of main stage)

TIME: 6:30 pm to 7:00 pm

NO COST

Amateurs & Professionals will be showing off logging skills and giving demonstrations of custom equipment.

35TH ANNUAL QUILT FAIR & BAZAAR

St. Mary's Church, "Built with Love & Scraps"

TIME: 10:00 am to 9:00 pm

COST: \$1 per person

The Quilt Fair showcases both old and new quilts, as well as a wonderful selection of quilts available for purchase. St. Mary's famous homemade soups, rolls and pies available for sale also.

For more info: (503) 429-7871

VERNONIA PIONEER MUSEUM

We are located at 511 Bridge St.

TIME: 12:00 pm to 6:00 pm –

TOURS ON THE HOUR

NO COST

Vernonia Pioneer Museum will present Living History Presentations

FARMWOMAN'S NURSERY

2121 N. Mist Drive

TIME: 10:00 am to 8:00 pm

NO COST

You'll want to come and hear the charming history of Farmwoman's Nursery and the 105 year old red barn, tour the delightful gardens and sample Lorna's homemade German Chocolate cake!

THE SCOUT CABIN

Come and see what Cycle Oregon has done for Vernonia in the past!

BUSINESSES AND SERVICES IN VERNONIA**ATMS/BANKS**

US Bank
905 Bridge St. (503) 429-6271

WAUNA Federal Credit Union
622 Bridge St.
PO Box 98 (503) 429-8031

Bridge St. Mini Mart
490 Bridge St. (503) 429-4661

BEAUTY PARLOR/BARBER
Spiralz
712 Bridge St. (503) 429-8484

Northwest Barbers
831 Bridge St. (503) 429-4000

CITY/GOVERNMENT
City Hall
101 Bridge St.
www.vernonia-or.gov
(503) 429-5291

US Post Office
716 Jefferson Ave. (503) 429-3501

Vernonia Chamber of Commerce
1001 Bridge St.
www.vernoniachamber.org
(503) 429-6081

DENTIST
Chris Scheurman, OD
622 Bridge St. (503) 429-7008

ESPRESSO
Black Bear Coffee Co. / Deli
831 Bridge St. (503) 429-0214

Bridge Street Espresso
1010 Bridge St. (503) 429-0103

FAST FOOD
Bridge St. Mini Mart
490 Bridge St. (503) 429-4661

GALLERIES
Grey Dawn Gallery
879 Bridge St.
www.greydawngallery.com
(503) 429-2787

PHOTOGRAPHERS/FILM DEVELOPING

Vernonia Photo
859 Bridge St. (503) 429-4710

PET STORE

Creatures
736 Bridge St. (503) 429-7387

REAL ESTATE OFFICES

John L. Scott, Nancy Shenk
(503) 429-7103

Oregon Reality Co.
825 Bridge St. (503) 429-4300

Vernonia Realty & Insurance Center
953 Bridge St.
www.vernoniarealty.com
(503) 429-6203

GIFT SHOPS

Ally's This and That / Lolley's Dolly's
728 Madison Ave. (503) 429-3492

Buckleberry Cottage
902 Bridge St.
www.buckleberrycottage.com
(503) 429-0706

Celestial Tyedye/
Serenity Gardens Herbals
715 Bridge St.
www.celestialtyedye.com
(503) 429-4671

Clever Cricket
711 Bridge St. (971) 998-2223

Country Collectibles & Antiques
854 Bridge St. / 503-429-0215

Etcetera
902 Bridge St. (503) 429-0335

Karmel's Flower Patch
859 Bridge St. (503) 429-9273

Morning Mist / Out on a Limb
919 Bridge St. (503) 429-7003

HARDWARE/EQUIPMENT REPAIR
NAPA - Vernonia Auto Parts
292 Bridge St., (503) 429-1414

Vernonia Hardware
1131 Nehalem (503) 429-5651

Vernonia True Value Hardware
834 Bridge St. (503) 429-6364

LAUNDROMAT

Vernonia Scrub Tub, Inc.
Bridge Street (503) 429-1093

LODGING

Vernonia Inn
900 Madison Ave.
www.vernoniainn.com
(503) 429-4006

MASSAGE

Massage Therapy, Marie Krahn, LMT
18731 Mellinger Rd.
(503) 429-5180

New Day Massage & Bodyworks
847 Madison Ave. (503) 709-4677

MEDICAL CLINICS

Providence Medical Group
510 Bridge St. (503) 429-9191

MARKETS

Vernonia Sentry Market
735 Jefferson Ave. (503) 429-3811

Bridge St. Mini Mart
490 Bridge St. (503) 429-4661

NURSERIES/PLANT SALES

Farmwoman's Nursery
2121 N Mist Dr. (503) 429-8200

Karmel's Flower Patch
859 Bridge St. (503) 429-9273

NEWSPAPER

The Independent
725 Bridge St. (503) 429-9410

PARKS / RECREATION

Airport Park (503) 429-0967

Anderson Park (503) 429-2531

Hawkins Park (503) 429-5291

Shay Park (503) 429-5291

Vernonia Lake (503) 426-6018

Lee's U-Catch
54658 Nehalem Hwy S.
(503) 429-2450

Vernonia Golf Club
15921 Timber Rd. (503) 429-6811

SERVICE STATIONS

Bretthauer Fuel/Propane
791 Bridge St. (503) 429-3462

Bridge St. Mini Mart
490 Bridge St. (503) 429-4661

RESTAURANTS

The Buckhorn (Bar/restaurant)
934 Bridge St. (503) 429-3751

Cedar Side Inn (Bar/food)
Bridge St. (503) 429-5841

Country Kitchen & Pizza Diner
342 Bridge St. (503) 429-6523

Leonetti's Pizza and Grill
721 Madison Ave. (503) 429-5018

The Lyon's Den (Bar/food)
733 Bridge St. (503) 429-0606

New Hong Kong Restaurant
669 Mist Dr. (503) 429-5062

Spartree
62467 Nehalem Hwy. N
(503) 429-0191

TOURIST ATTRACTIONS

Vernonia Pioneer Museum
511 Bridge St. (503) 429-3713

Banks - Vernonia Linear Trail
www.oregonstateparks.org
(503) 324-0606

VETERINARY OFFICES

Midway Veterinary
805 Bridge St. (503) 429-1612

Valley Veterinary Clinic
58376 Hwy 47 (503) 556-3084

Astoria

Greetings,

Welcome Cycle Oregon. It is our pleasure as Mayor and Chamber of Commerce Executive Director to welcome you to beautiful Astoria after 425 miles of cycling in the territory of Lewis and Clark. We hope that you have enjoyed your ride.

Astoria is the oldest American settlement west of the Rocky Mountains and was established in 1811. Astoria and Clatsop County have a rich heritage to share. We hope you will have time to visit some of our historic sites such as Fort Clatsop where the Lewis and Clark expedition spent the winter of 1805-1806; the Astoria Column, where key events in the city's history are depicted; and the Columbia River Maritime Museum which has a magnificent display of boats, artifacts and collections that describe the history of the region at the mouth of the river.

The citizens of Astoria also share the excitement of being the destination city for your ride in 2005. We are proud of our region and we hope that you enjoy your stay and come visit us again.

Sincerely,

Willis L. Van Dussen
Mayor of Astoria

Skip Hauke
Executive Director
Astoria-Warrenton Chamber of Commerce

FINISH LINE ACTIVITIES IN ASTORIA

Astoria is going to host the best FINN-ISH line in Cycle Oregon history! Cyclists will be treated to a Taste of Astoria as local restaurants combine efforts to present you with a delicious celebratory meal after a long week on two wheels. A beer and wine garden along with local entertainment will also be included in this fabulous FINN-ISH line celebration.

Many of the operating hours listed below are based on the summer season and may vary. For up-to-date information, contact the Astoria-Warrenton Area Chamber of Commerce at (800) 875-6807 or (503) 325-6311.

TAKE IN 360° VIEWS FROM ATOP THE ASTORIA COLUMN

In a wooded park towering above Astoria's highest hill, the Astoria Column presents a panoramic view of the city and surrounding rivers, bay, forest, mountains and Pacific Ocean. Built in 1926, the column is 125 feet high and has 164 steps winding to a viewing deck at the top. On the outside, it features a completely restored sgraffito frieze of historical events leading to the initial settlement of Astoria and eventually, western America. More than 300,000 people visit every year.

LOCATION: The monument is situated atop Coxcomb Hill in a residential district above downtown Astoria.

TIME: Open dawn to dusk

NO COST

VISIT THE NATIONALLY ACCREDITED COLUMBIA RIVER MARITIME MUSEUM

Located on Astoria's historic waterfront, the 38,000 square-foot Columbia River Maritime Museum brings to life the rich maritime heritage of the entire Columbia River region, from the "Graveyard of the Pacific," tales of scurvy, scrimshaw and ships of exploration, to the fishing industry of today. Following a \$6 million expansion and renovation project, visitors can traverse not only the history of Oregon's maritime industry, but the building itself with its soaring, wave-like roof. Visitors can pilot a naval destroyer, peer from the observation deck to watch great shipping vessels navigate the Columbia River, or participate in such hands-on activities as learning the art of rope making. Exhibits included in the internationally acclaimed museum include steam, motor and sailing vessels; naval history; navigation and marine safety; fishing, whaling and canneries; fur trade and exploration; the actual bridge from a ship and a working periscope; plus on-the-river activities. A tour onboard the lightship Columbia is included with museum admission. The Columbia is the last seagoing lighthouse to serve on the West Coast and it is now docked on the river adjacent to the museum.

LOCATION: 1792 Marine Drive, (503) 325-2323

HOURS: Open daily 9:30 am to 5:00 pm

COST: \$8 adults, \$7 seniors (65+), \$4 child (7-17), FREE children (0-5)





WALK IN THE FOOTSTEPS OF LEWIS AND CLARK

Discover Oregon's Northwest coast as it was in the days of the earliest explorers with a visit to Fort Clatsop, a replica of Lewis and Clark's winter outpost, where the expedition sheltered for four months before returning east. The park-like setting includes the reconstructed fort, a visitor center/museum, historical exhibits, a canoe landing and spring thought to have been used by Lewis and Clark, and picnic areas, all joined by trails through the wetlands and rainforest of the park. During the summer months, park rangers outfitted in historical clothing of the day depict original explorer activities at the fort from candle making, to meat smoking and canoe building.

LOCATION: About 5 miles southwest of Astoria off US 101, (503) 861-2471

TIME: Open daily 9:00 am to 5:00 pm

Labor Day through mid-June

COST: \$3 for adults in the off peak seasons (Spring Fall and Winter) \$5 in the summer

TOUR AN ORIGINAL FORT CONSTRUCTED IN THE LATE 1800s

Fort Stevens State Park was a military outpost built during the Civil War and used in defense of the U.S. through World War II. Learn the history of the fort at its museum and explore its abandoned gun batteries that once protected the entrance to the Columbia River. You can watch ocean-going ships navigate the notorious Columbia River sand bar from the viewing platform at the South Jetty. The 3764-acre park includes picnic facilities, nature trails, miles of ocean beaches, lakes, boating, camping, swimming and more than nine miles of paved bicycle paths. The campground is open year-round with more than 500 tent, yurt and RV campsites.

LOCATION: Entrance of Pacific Drive, Hammond

TIME: Open daily 10:00 am to 6:00 pm May 1 through Sept. 30 and 10:00 am to 4:00 pm October 1 through April 30

COST: \$3 day use fee per car

RESERVATIONS: (800) 452-5687

TAKE IN A PERFORMANCE AT THE LIBERTY THEATER

The River Theater Presents The Complete Works of William Shakespeare (Abridged) by the Reduced Shakespeare Company from Salem Repertory Theatre

LOCATION: 230 W. Marine Dr.
Astoria, OR 97103

TIME: Saturday, September 17th at 8:00 pm

COST: Tickets are \$12, \$10 in advance

FMI: Contact Heidie Johnson at (503) 325-7487 or look online at www.RiverTheater.com and www.salemrep.com

WEB SITE: www.liberty-theater.org

The Liberty Theater is one of the best examples of the 1920s vaudeville-motion picture palace in the Northwest. Built in 1922 the theater was originally home to silent movies and vaudeville acts. Named one of 12 Salute to Preservation sites in America, the Liberty Theater recently underwent an \$8 million renovation and now plays to host to a variety of live performances.

RELIVE THE VICTORIAN ERA AT THE FLAVEL HOUSE

Experience the luxury and elegance of the late Victorian period at the Flavel House Museum, a historic 1885 Queen Anne style Victorian home built for Captain George Flavel, one of the first licensed Columbia River bar pilots and Astoria's first millionaire. Its period furnishings enable visitors to imagine what life was like in Astoria at the turn of the last century.

Its decorative exterior, with hipped roof, balconies and verandas and its three-story octagonal tower have been restored to original form. The mansion's large rooms feature original Eastlake style woodwork interiors with exotic hardwood and imported tile fireplaces accented by furnishings and decorations of a century ago.

LOCATION: Downtown Astoria on the corner of 8th and Duane

TIME: Open daily 10:00 am to 5:00 pm May through Sept., 11:00 am – 4:00 pm October through April

COST: \$5 adults, \$4 senior, \$2.50 youth (6-17), children 6 and under free

LEARN ABOUT ASTORIA'S RICH HISTORY AT THE HERITAGE MUSEUM

Built in 1904 as Astoria's City Hall, this building now houses the Clatsop County Historical Society's regional museum and archives. Galleries feature changing and permanent exhibits about natural history, geology, industries and commerce, occupations and pastimes, and the people of this historically rich area. Highlights include Native American artifacts and more than 10,000 catalogued historic photographs.

LOCATION: Downtown Astoria on the corner of 16th and Exchange, (503) 325-2203

HOURS: Open daily 10:00 am to 5:00 pm May through Sept., 11:00 am to 4:00 pm October through April

COST: \$3 adults, \$2 seniors and \$1 youth (6-17)
WEB SITE: www.nps.gov/focl/cchs.htm

EXPLORE THE HISTORY OF FIREFIGHTING IN ASTORIA

The Uppertown Firefighters Museum houses an extensive collection of fire fighting equipment dating from 1877 to 1963. On display are hand-pulled, horse drawn and motorized vehicles, equipment, photos and memorabilia. Astoria's history with disastrous fires is told through photographs and artifacts.

LOCATION: 30th and Marine Drive

HOURS: Please call for information,
(503) 325-2203

COST: \$3 adults, \$2 senior and children free
WEB SITE: www.nps.gov/focl/cchs.htm

RIDE "OLD 300" – ASTORIA'S WATERFRONT TROLLEY

Hop aboard this 40-passenger antique trolley for some of the best scenery on the waterfront. Historic "Old 300" travels along the Columbia Riverfront tracks, crossing the city from the Port of Astoria to the East End Mooring Basin. Built in 1914 by the American Car Company of St. Louis, the car was restored by 300 volunteers, including skilled local craftsmen and artists who worked more than 2,800 hours over a five-month period. It is now operated entirely by community volunteers.

LOCATION: Board the trolley anywhere along the waterfront (all you have to do is wave at the conductor) or go to one of the main stops at the East End Mooring Basin, Columbia River Maritime Museum, 17th, 14th, 11th, or 6th streets, the Red Lion Inn, the Fisherman's Memorial and Portway Street at the foot of the bridge.

HOURS: 12:00 pm to 9 pm on Saturday and Sunday

COST: \$1 per ride

PLAY AT THE ASTORIA AQUATIC CENTER

Astoria's Aquatic Center features four pools, a fitness room and a variety of programs including family swims, open kayak sessions and learn-to-swim classes. A recreation pool includes a 100-foot water slide with a 20-foot drop. Fitness conscious visitors can take advantage of the six-lane lap pool, adults can relax in the spa pool and a wading pool is great for those who just want to get their feet wet.

LOCATION: 1997 Marine Drive,
(503) 325-7027

HOURS: Saturday 12:00 pm – 7:00 pm

COST: \$4.50 adults and \$3.25 youth under 17 and
\$4.25 seniors

Contact Us

CALL

800-CYCLEOR (800-292-5367) or 503-287-0405 ext. 103

WRITE

Cycle Oregon
2125 N Flint Ave
Portland, Oregon 97227

EMAIL

info@cycleoregon.com

FAX

(503) 287-0494

WEBSITE

Visit us online at www.cycleoregon.com for more information and an opportunity to converse with other riders through our interactive forum.

EMERGENCY CONTACT PHONE NUMBER

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.

CANCELLATION POLICY

Refunds, less a processing fee of \$100 for rider registration, \$25 for bus tickets (roundtrip), \$25 for Tent & Porter and \$25 for Rider Guest registration, as they apply, will be issued to those who submit a written cancellation by Friday, August 26, 2005. From August 27 to September 9, 2005, refunds, less a \$250 fee for rider registrations, will be issued to those who submit a written cancellation. No refund for parking at any time. No refunds for bus tickets, Tent & Porter, and Rider Guest after August 26, 2005. No refunds for ride cancellations after September 9, 2005. Please submit cancellation letters to: Ingrid Schenck, Cycle Oregon, 2125 N. Flint Ave. Portland, OR 97227.



FRONTIER WISDOM
FOR DISCOVERING CYCLE OREGON

DO NOT APPROACH OR OFFER BEER TO BEARS

The "Lunch Counter for Bears" that was maintained at Yellowstone National Park until its wise removal makes you wonder if a parallel establishment, a "Tavern for Bears" might have existed. It didn't. Even the people who encouraged tourists to toss wild bears a bologna sandwich with mayo knew not to approach bears, and to never, ever offer a bear a beer. Here's why:

Bears really like beer. They probably like beer a lot more than grubs and carrion, one would think. Stories abound of bears seeking out and emptying unattended coolers of beer. An adult male black bear can weigh in at over 600 pounds, so it's not a big deal for them to drink a whole case or even a pony keg and still be ready for more, if they're not a lightweight.

This problem is far worse here in Oregon. Bears who so much as sample the superior craft beers brewed in the Northwest are automatically labelled as "ruined" by the Forest Service and must first be tranquilized and then airlifted out of the state. If they aren't, they spend the rest of their entire lives loitering around beer gardens, scaring revellers and trying to bum from the keg.

The Lewis and Clark Expedition experienced a great deal of bear trouble, mainly with the aggressive Grizzly. Fortunately for them, Oregon was their destination, not their starting point. Had they departed from a state of such brewing stature, obviously with a healthy load of beer rations, the danger from marauding bears would have been insurmountable.



American Black Bear



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Sheraton Portland Airport Hotel
Widmer Brother Brewing Company
Oregon Department of Parks and Recreations
Oregon Department of Transportation
Thule Rack Systems
USDA Forest Service

Acknowledgements

CYCLE OREGON THANKS YOU...

Cycle Oregon is 18 years old and we would like to thank everyone that has made this possible. We realize that the best bicycle ride in America is made a reality by all the people that participate in it, the riders, sponsors, volunteers, vendors and suppliers. You are the heart and soul of the ride and make it possible for Cycle Oregon to accomplish our mission of giving back to the communities that host us. In the eighteen year history—you all have spent millions of dollars in rural communities and you have helped Cycle Oregon give back over four million dollars in grants. Thanks for being part of our family and we look forward to seeing all of you on September 10 in Boardman.

