

Cycle Oregon

The Wild Wheeled West

Wallowas Ride 2008

A fully supported, epic journey through the natural wonders of northeastern Oregon.
Experience the "Best Bike Ride in America."



Using This Document

This handbook is formatted as an Adobe Acrobat® file. It contains clickable Web links and bookmarks for all the topics covered in this handbook. For an optimal user experience, we recommend that it be viewed in Adobe Acrobat Reader®, version 5.0 or later, with Bookmarks open in the Navigation pane. The more detailed, clickable table of contents will appear in this pane. The items in the table of contents on this page are also clickable and linked to their respective sections.

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

[Contact Cycle Oregon](#)

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Cycle Oregon Mission Statement

Cycle Oregon is a non-profit organization dedicated to transforming individuals and communities through bicycling. Proceeds from the ride go to the Cycle Oregon Fund, 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 preparing 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 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 2008!

Fuel

Water is important before, during and after every workout. When cycling, be sure to drink 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 7 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’s on or off the bike.

If You Have Knee Problems

Consider installing a triple-ring crank set, 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 450 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 just your pillow. Plan on increasing your mileage 10-15% a 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 80-100 rpm on the flats and 60-80 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! Begin tapering 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! [Click here](#) to learn more about Training Programs available through Cycle Oregon and STRADA.



What to Pack

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 must weigh 65 pounds or less.

***Time out** – for a candid note. We are increasingly having problems with riders blatantly disregarding the 65-pound weight limit for bags. There are several reasons this is a really inconsiderate thing to do. First, the people who move your bags for you are often high-school students, and not all of them are linemen on the football team. It's unsafe and unfair to make them lug your 80-pound bag. Second, fuel costs; enough said. Third, our ride has a wonderful group ethos about it; don't be the one who thinks the rule doesn't apply to you.*

To ensure clothing stays dry, pack 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. **And please don't use sharp-edged straps or buckles on the outside; we've had several baggage-handling injuries recently.**

For the Bike

- ___ Helmet
- ___ Rearview mirror
- ___ Two 20-oz. water bottles (or equivalent hydration pack)
- ___ Frame bike pump
- ___ Simple tools (tubes, tire levers, patch kit, pump and rag)

Cycling Clothing

- ___ Short-sleeve jerseys (4-5)
- ___ Long-sleeve jerseys (1)
- ___ Shorts (4-5)
- ___ Tights (1)
- ___ Wind jacket
- ___ Bike shoes
- ___ Socks (5-7)
- ___ Gloves (one short-finger, one long-finger)
- ___ Shoe or toe covers
- ___ Sunglasses

Camp Clothing

- ___ Shorts (2)
- ___ Long pants (1)
- ___ Socks (3-4)
- ___ Underwear
- ___ Short-sleeve shirts (2-4)
- ___ Long-sleeve shirts (1-2)
- ___ Walking shoes
- ___ Hat and gloves
- ___ Swimsuit
- ___ Rain gear (water-repellant, breathable fabric)
- ___ Warm jacket (fleece)

Toiletries

- ___ Towel and washcloth
- ___ Toothbrush and toothpaste
- ___ Skin lotion
- ___ Sunscreen
- ___ Lip balm
- ___ Chamois butter
- ___ Soap and shampoo
- ___ Feminine hygiene products
- ___ Medications such as aspirin or ibuprofen, antacids and personal prescriptions
- ___ Other - band-aids, calamine lotion and insect repellent

Camping

- ___ Tent and rain fly
- ___ Ground cloth
- ___ Sleeping bag
- ___ Sleeping pad
- ___ Camp pillow
- ___ Clothesline and clothespins
- ___ Flashlight, extra bulbs and batteries

Other

- ___ Camera
- ___ Earplugs (for sleeping)
- ___ Pocket knife
- ___ Book
- ___ Deck of cards
- ___ Personal identification
- ___ Cash
- ___ Bank card
- ___ Postage stamps and address book
- ___ Journal
- ___ Separate bag for dirty laundry



Transportation

Flying into Portland

The Sheraton Portland Airport Hotel is the exclusive host hotel for Cycle Oregon 2008. They are offering a special rate of \$99 for both September 5 and September 13 for Cycle Oregon riders. For reservations call 800-325-3535. The Sheraton Portland Airport Hotel provides 24-hour shuttle service to and from the airport. When making reservations, be sure to mention that you are with Cycle Oregon.

If you're staying at the Sheraton Portland Airport Hotel and taking the bus to and from Elgin, 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 Portland Airport Hotel, where bus staging will occur.

Week-long parking is available at the Sheraton Portland Airport Hotel free of charge for those staying at the hotel. If you need week-long parking, please contact the Sheraton Portland Airport Hotel to make arrangements for your car. If you are not staying at the hotel, parking for the week is available at the airport long-term parking lots.

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 Web site at trimet.org.

Bus to Elgin

Staging for buses will take place on Saturday, September 6, at the Sheraton Portland Airport Hotel. The buses to Elgin will depart at 9 and 11 a.m. Please sign up for your desired departure time when you register. Loading will begin approximately 1 hour before the departure time. Bus tickets are required at the time of boarding. Lunch will be provided on the bus. The buses should arrive in Elgin approximately 4.5 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 in Elgin to help unload the bicycles. The process will be reversed for the bus trip back from Elgin.

Leaving Elgin on September 13

Buses will return from Elgin to Portland on Saturday, September 13. The buses will leave at 2:30 and 4 p.m. on Saturday; please sign up for your departure time when you register. Snacks will be provided on the return trip. If you are taking the bus, plan to arrive in Elgin early enough to enjoy the finish-line festivities and have ample time to load your bike and luggage and board the bus by 2:30 or 4 p.m. The last bus to depart Elgin for Portland will leave at 4 p.m. The buses should arrive in Portland at The Sheraton Portland Airport Hotel approximately 4.5 hours after leaving Elgin.

Parking and Driving

Getting to Elgin: Elgin is in northeastern Oregon, approximately 280 miles east of Portland. The driving instructions from Portland are as follows:

- Take I-84 east from Portland for approximately 260 miles.
- Take exit 261, OR-82, toward Elgin/La Grande.
- Turn right at Island Ave./OR-82. Continue to follow OR-82.
- Go 1.6 miles and turn left on N. McAlister Rd./OR-82/Wallowa Lake Hwy.
- Continue to follow OR-82/Wallowa Lake Hwy. for 17.5 miles to Elgin.

Once in Elgin, follow the signs to Cycle Oregon. Signs and/or 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 in Elgin, 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 in Elgin.

Shipped bikes should not arrive earlier than two weeks before the start of the ride. If you ship your bike in a cardboard box or hard case, Cycle Oregon will store your box or 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.

Ship your bike to:

Cycle Oregon
c/o WC Construction
815 Hemlock
Elgin, OR 97827

Check-In and Packet Pick-Up

After you arrive in Elgin 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. ([Click here to preview](#)

[the 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 5, from 6 to 8 p.m.
- Saturday, September 6, from 10 a.m. to 8 p.m.
- Sunday, September 7, from 6 to 8 a.m.

Arriving Early or Late

If you would like 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 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 Tent & Porter service is already sold out. If you’ve gotten one of the Tent & Porter spots, you’ll head directly to the Tent & Porter area when you arrive in camp each day, where you’ll find a spiffy 9’ x 7’ Cycle Oregon tent 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. And please note that baggage weight limits apply to Tent & Porter just as with everyone else.

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 ([see our note on this subject](#)), so please take the time to weigh your bag and pack accordingly. You don’t have to go to the post office or anything – just weigh yourself on a scale, then do it again while holding your bag; it’s just third-grade math from there. This weight limit includes your tent and sleeping bag. Riders may not lash their bags together, and do not use straps with sharp edges or buckles. 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 (\$2 per bag is suggested) – the tip money goes directly to 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 only on the course – even on layover days. See below for detailed menus.

Meal times:

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

Lunch: 9:30 a.m. - 1:30 p.m.

Dinner: 5 - 8 p.m.

Daily Menu

Note: All breakfasts include oatmeal or 7-grain cereal, fresh fruit, assorted yogurts and assorted hot and cold beverages; all lunches include chips, fruit, cookies and beverages; all dinners include salad bar and beverages.

*If you have special dietary needs, please let us know by contacting ingrid@cycleoregon.com by August 22.

Saturday, September 6

Dinner

Chicken or tempeh picatta
Hot vegetable
Rice
Dinner roll
Chocolate éclair

Sunday, September 7

Breakfast

Filled pancake rolls
Scrambled eggs
Bagels with spreads

Lunch

Turkey sandwich or curry zucchini spread
Potato salad

Dinner

Cheese tortellini marinara
Grilled sausage or veggie sausage w/sautéed peppers and onions
Green beans
Garlic bread
Lemon bar

Monday, September 8**Breakfast**

Cheese blintzes
 Ham
 Scrambled eggs
 Danishes
 Hot pockets

Lunch

Chicken salad or veggie wrap
 Pasta salad

Dinner

Roast turkey breast or veggie loaf
 Mashed potatoes
 Cranberry/cashew stuffing
 Buttered carrots
 Pecan pie

Tuesday, September 9**Breakfast**

Cheese omelet
 Bacon
 Hash browns
 Croissant sandwich

Lunch

Asian noodle salad with chicken or veggies
 Spring roll

Dinner

Chicken or veggie fajita
 Sour cream, salsa, guacamole
 Beans
 Carrot cake

Wednesday, September 10**Breakfast**

French toast
 Ham
 Scrambled eggs with cheese
 Bagels

Lunch

Roast beef sandwich or Mediterranean pita
 Macaroni salad

Dinner

Beef dish provided by residents of Halfway
 Stuffed portabella mushrooms
 Roasted red potatoes
 Green beans
 Lemon bar

Thursday, September 11**Breakfast**

Biscuits and gravy
 Sausage links
 Eggs

Lunch

Grilled chicken breast on focaccia
 Black bean burger w/cheese
 Potato salad

Dinner

Penne pasta with meatballs or veggie meatballs
 Mixed veggies
 Garlic bread
 Apple pie

Friday, September 12**Breakfast**

Filled pancake rolls
 Scrambled eggs
 Bagels with spreads

Lunch

Tuna or egg salad
 PB & J
 Carrot raisin salad

Dinner

Grilled NW salmon or tofu w/lemon white wine sauce
 Wild rice blend
 Buttered carrots and broccoli
 Roll
 Chocolate cake

Saturday, September 13**Breakfast**

Kielbasa with au gratin potatoes
 Scrambled eggs
 Assorted muffins
 Egg & cheese breakfast wrap

Lunch

Braised pork or grilled chicken sandwich
 Veggie burger
 Black bean and corn salad

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 and 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 trailer near Rider Services.

Medical Services

A medical tent will be set up at both the overnight site (near Rider Services) 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. If you would like to use this service, please contact ingrid@cycleoregon.com to sign up. You will need to bring a 100-foot extension cord in addition to your CPAP machine.

Physical Therapy

This year we've added a new amenity – free physical therapy consulting. Megan Moseley, PT LMT, owner of the Bodywise physical therapy clinic in Eugene, will be available at the medical tent from 4 to 6 p.m. each day to discuss any physical problems you're having on the ride. She can recommend stretches, exercises, massage focuses or basic treatments, so if you're not feeling right, come by and check in with her.

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 – 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.

HOTLIPS Pizza

Mmmmmm mmmm good... this is a delicious feature of Cycle Oregon. HOTLIPS 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

We know you like to shed the routine of home when you're out on Cycle Oregon – well, except for that part about getting your morning coffee. Don't worry – we've got you covered. And it's not some watery cheap-motel brown water, either – you can get the finest gourmet coffee concoctions from the Nossa Familia Coffee stand. Augusto and his crew are up very, very early to attend to your caffeine jones.

Ben & Jerry's Ice Cream

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, espresso coffee and local community specialties.

Nightly Announcements

Every evening at 7:30 p.m., the Cycle Oregon community gathers at the ODS Main Stage (well, many of you are already there watching Brett's riding skills clinics). 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 greats. Performances are scheduled each day on the ODS Main Stage. Performances by local community members begin as early as 2 p.m. and last until 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.

ODS Main Stage

Everywhere we stay, the ODS Main Stage follows us. It's a lot like a Rolling Stones tour, really, except that many of our performers are less than 80 years old. The stage stays full from early afternoon through the evening:

4–6 p.m. - Local Community Entertainment (2–6 on layover days)

6:45–7:20 p.m. - Bike Skills Clinics with Brett Flemming

7:30–8 p.m. - Nightly CO Announcements

8–9:30 p.m. - Headline Performers

Headline Performers – Cycle Oregon 2008

Saturday, 9/6

Elgin
[The Alibis](#), with Janis Carper

Sunday, 9/7

Union
Brick & Mortar – Kate Power & Steve Einhorn

Monday, 9/8

Baker City
ODS Movie Night

Tuesday, 9/9

Halfway
Robbie Laws Quartet

Wednesday, 9/10

Halfway
Karaoke From Hell (sign up now: karaokefromhell.com/!)

Thursday, 9/11

Wallowa Lake
World-Famous Bike Gallery Bike Rodeo
[The Tony Furtado Band](#)

Friday, 9/12

Wallowa Lake
Marv and Rindy Ross Duo/Quarterflash

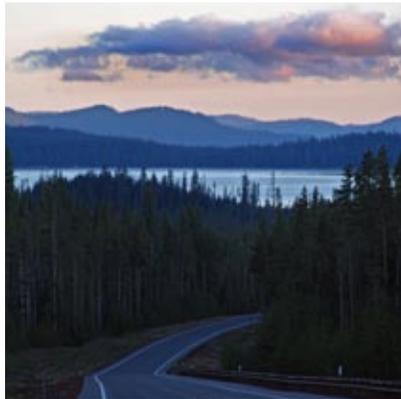
Bike Skills Clinics

Back by popular demand, Brett Flemming will teach a series of bicycle skills clinics every night at 6:45 p.m. on the ODS Main Stage. The clinic topics will include riding skills, gear shifting and flat tire repair. [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 tent. 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 \$75 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 tent 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 tent, as our music is loud and lively and we're open until 11 p.m. For more information about the Cycle Oregon Massage Team and to view a list of the massage therapists who will be along on the ride, [click here](#).

Yoga

A yoga instructor will be along on the ride to teach 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 and Retail

Bike Gallery's cycling experts are proud to be on route during Cycle Oregon, providing:

- *Expert bike repair:* Bike Gallery has its best mechanics on the road and in camp to keep your bike running smoothly. However, please schedule a tune-up for your bike prior to the ride. All mechanical services are provided compliments of Bike Gallery and Cycle Oregon, but cyclists will incur any charges associated with parts or extensive repairs.
- *Bike retail:* Bike Gallery brings a complete bike store on the road. Tubes, tires, chamois butter, shorts, socks, energy food, raingear – they have almost everything. Bike Gallery brings lots of parts, but folks with non-standard tubes or spokes should come prepared with their own spares. Prices on the road are the same as in their stores, and their friendly staff is available to help you find what you need.
- *Sundries and supplies:* Besides bike parts and accessories, they also stock a variety of sundries and supplies. Need some toothpaste? Lose your comb? Thought you'd have to do without? Not likely. Chances are you'll find what you need at Bike Gallery's retail tent.
- *Daily clinics:* Bike Gallery's master mechanic, Brett Flemming, imparts his knowledge daily at these fun and informative clinics covering topics such as flat repair, bike maintenance, shifting and riding skills.
- *Trek Bicycle demos:* Bike Gallery has partnered with Trek to have the latest and greatest bikes available to demo during the ride. Look for the demo vehicle next to the Bike Gallery tent and arrange for a test ride.
- *Comfort consultations:* This very popular service is available in camp to those experiencing aches and pains. Bike Gallery bike fitting experts will work with you to improve your comfort and efficiency and have you smiling every mile of the ride.

Bike Detail

The Community Cycling Center offers bicycle detailing and electronics charging services each day. Your bike gets sparkly clean, your GPS or cell phone gets charged up, and you help the nonprofit Community Cycling Center provide bicycles and education for low-income children and adults throughout the year.

Please note: Registration for detailing and charging can fill up by 6 p.m., so come by early or sign up for a VIP Clean & Charge.

Bike Detailing: A Clean Bike is a Happy Bike - The detail service is available on a first-come, first-served basis each day.

Full bike cleaning and detailing: \$40
Drive train only: \$25
Extra-cruddy fee: \$25
Extra recumbent/tandem fee: \$25

Electronics Charging: Get Charged Up! - Charging station is on a first-come, first-charged basis each day. You must bring your own cord.

Daily charge: \$5
Weekly charge: \$50

VIP Clean & Charge - Five VIP reservations per day for a guaranteed slot on a scheduled day. For \$75 you get your bike detailed and one electronic device charged. Bikes and electronics must be delivered by 7 p.m. on scheduled day for guaranteed service.

Commemorative Photos and DVDs

You can purchase professional-quality individual photos, or a commemorative photo book or DVD, to remember your Cycle Oregon experience by. Check out the Flash Pro Photo pics in camp each night, or order an event DVD from E-Productions.

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 in Elgin

The finish of an event like Cycle Oregon should be a high point, not a letdown. And so Elgin will be going all-out to show Cycle Oregon riders a great time at the finish line in the shadow of the Wallowa Mountains. Relax with all of your new friends while listening to some great local music. Trade stories about the week's adventures and revel in the feeling of having just ridden 450 miles.

Before leaving Wallowa Lake 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 Elgin.

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 Guests are not registered riders, and so should not be riding the route each day.

Rider Guest campsites will be as close to the rider venues as possible. Full hook-ups (water, electricity and dumping stations)

are available this year in Elgin and Wallowa Lake. Rider Guests with vehicles that have generators will be located separately from those without. In addition, the Rider Guest area will observe quiet hours (no generators) from 10 p.m. to 6 a.m. every day.

A registration fee of \$350 is required for each Rider Guest vehicle. This fee must be received by August 15, 2008. Rider Guests can purchase a meal wristband in advance that includes seven breakfasts and seven dinners. The adult meal wristband is \$200 for the week and \$150 for children under 12. Week meal wristbands or individual meal tickets can be purchased during the ride from the Cycle Oregon Retail trailer. 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 with pre-assigned locations for each rider guest, a vehicle permit and a meal wristband or 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.

Note: If you're interested in renting a RV for the Week Ride, RV Northwest, the official motor home supplier for Cycle Oregon 2008, is offering participants a 15% discount on weekly rates. [Click here](#) to find out more.





Community Information

Elgin

"The Last Frontier"

Tucked against the Blue Mountains in the northeast corner of Oregon, you'll find the small community of Elgin. Located on the banks of the Grande Ronde River, the small logging community is surrounded by majestic beauty.

The area that is now Elgin was known as Indian Valley or Fish Trap by Indian tribes such as the Nez Perce and Umatilla, who gathered to catch the abundant fish in the river. This gathering and the various farms in the area brought the need for trade, and thus the area became an important trading location for the region. Beginning as a trading area in 1882 and with the completion of the railroad line branch from La Grande to Elgin on October 27, 1890, the town grew and changed into the community it is today. During the Indian wars of 1878, settlers gathered for protection at Fort Baker, which was located on the outskirts of what is known as Elgin today. With the establishment of the Elgin post office in 1885, a permanent name had to be chosen. At the time the area postmaster was William B. Hamilton, and it is rumored that Mr. Hamilton heard his niece and nephew singing a song that was popular at the time called "Lost on the Lady Elgin." Hamilton was so impressed that he suggested the name "Elgin" to the post office department in Washington, D.C., and it was accepted.

Throughout the years the community of Elgin has relied heavily on logging, agriculture and cattle as its economic mainstays. Elgin is one of the few communities in Oregon that still operates a lumber mill. The Boise Cascade Corporation mill is the central point of economics for the area, but with the downturn of the lumber market and the need to diversify the area's economics, Elgin is looking to the beauty of its surroundings to bolster its economy. An abundance of recreational activities such as hunting, fishing, camping, rafting and bicycling are all available. The town is also the home of the Elgin Opera house, a beautiful facility built in 1911 as a city office and theatre that is now one of the stops for the WURR excursion train. Elgin is a gateway to outstanding outdoor recreation and beauty, with a friendly attitude and a smile for everyone.

Activities in Elgin for Sept. 5, 6 and 13

- Excursion Train – This is one of the best train rides around. Check out the "2 Rivers" ride, a 3½ hour out-and-back trip from Elgin to Kimmel. Travel through roadless canyons and enjoy wildlife, meandering rivers and rugged mountain peaks. This trip includes lunch. Departs Elgin 10 a.m.; reservations are strongly recommended and can be booked by calling 1-800-323-7330. \$65 adult; \$55 seniors 60 and up; \$20 ages 2 to 16. www.eaglecaptrain.com
- Elgin Opera House presents "The Sound of Music," a local community production. Enjoy a great musical production put on by all-local talent. Tickets can be purchased in advance by calling Janelle at 541-663-6324. Friday 9/5 at 7:30 p.m.;

Saturday 9/6 at 2:30 p.m.; Friday 9/12 at 7:30 p.m.;
Saturday 9/13 at 2:30 p.m. \$15 for main floor; \$10 lower
balcony; \$6 upper balcony. Row of 10 main floor tickets
for \$100. www.elginoperahouse.com

- Elgin Rural Fire Department – Yummy pancake breakfast
Saturday 9/6. \$6 all you can eat. 155 N 10th Street;
541-437-1828. *Please RSVP to elginrfdp@elgintv.com with
attention: Kevin by **August 29**.*
- Spaghetti Feed on 9/5 At The Nazarene Church Fellowship
Hall located 2 blocks east of the high school.
- Powder River Pistoleros – See an Old West shoot-out show,
live on 9/13. This is a must-see show! www.powderriverpistoleros.net
- Quilt Show – Located in the Elgin Methodist Church. Elgin,
the town's oldest church dating back to 1885. The church
reflects a wonderful charm of the 1800s. The quilts are some
of the finest made anywhere. Time TBA; 190 S 7th St., Elgin.
- Elgin Home Stays – We can offer eight rooms, 12 tent spaces
and two R.V. spaces. All have room for cars to be parked for
the week. This is a friendly offer from the community, and
there is no charge. E-mail Maureen at maureen@eoni.com
if you're interested.

Services in Elgin

Elgin Laundromat

Alder St., just behind Community Bank.
8 a.m. – 9 p.m. daily.

Community Bank / ATM

109 S. 8th St.

US Bank / ATM

800 Alder St. (corner of 8th & Alder)

O&M Gas & Groceries

395 Albany St.
541-437-3521

Chevron Station

785 Albany St.
541-437-3777

Pacific Pride

Card-lock self-pump gas and diesel.
Available RV dump and flush water at Henderson Park.
West of Elgin on Tollgate Hwy. (204) next to Boise Cascade.

Huang Cheng Chinese Restaurant

Asian and American cuisine
831 Alder St.
11 a.m. – 9 p.m.

Sig's Restaurant

33 N. 8th St.
541-437-2109

5:30 a.m. – 9 p.m.

Bar open until 2:00 a.m.

Friday night BBQ spare ribs at 5 p.m.

Saturday night prime rib dinner at 5 p.m.

Jeff Carmen Band plays both Friday and Saturday nights

White Horse Café

American menu; breakfast all day
71105 Highway 82, just south of Elgin
6 a.m. – 2 p.m.

Brunswick Café & Bar

Old-fashioned '50s atmosphere
52 N. 8th Ave.
541-437-9191
6 a.m. – 9 p.m. daily

Pizza & A Movie

Coffee, pizza, ice cream, videos
190 S. 8th Ave.
541-437-7000
Fri./Sat 7 a.m. – 9 p.m.

C-zers In & Out

Burgers, ice cream
14th & Division
541-437-4373.

Corner Market

Groceries, fresh local meats, medicines, snack items.
Call ahead to order deli sandwiches, steaks, etc.
93 S. 8th St.
Special hours 9/6 & 9/7: 6 a.m. – 10 p.m.
541-437-2491

Elgin Food Town Grocery Store

Full-service grocery store
1480 Division St.
541-437-2021
8 a.m. – 8 p.m.

Indian Valley Wine & Tea.

Fine wines and teas
Corner of 10th & Division (inside Angler's Rest B&B)
541-437-8982

Elgin Liquor Store

393 Albany St.
541-437-9511
Mon. – Sat. 10 a.m. – 6 p.m.

New Beginnings Hair & Suntan Salon

In the Stampede Inn on the north side.
541-437-8305

Grandma's Attic Antiques

Arts and collectibles

1001 Division Street

541-786-0818

Tue. – Sat. 10 a.m. – 5 p.m.

Union

Welcome to Union, a beautiful, agrarian community nestled between the Blues and the Wallows, where the deer and the antelope really do play. People here 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 or not. As you stay at our 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're excited to share our town and its rich history. There's a lot to do here. Take advantage of one of the activities here so you can see the unequalled beauty of this area, learn the history of Union County, or 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.

Interesting Facts about Union

- Union has been featured on an OPB special called "Volunteer Town" that celebrated the spirit and work done in our little town by its volunteers. The best things that happen in Union are the work of people who give unselfishly of themselves and their time.
- Union is the home of the last Carnegie Library that is still being used as a library in Eastern Oregon.
- The City of Union sits on an ancient lake bed. Our local area is the home of several geothermal hot springs, including the famous Hot Lakes Resort. A hundred years ago it was visited by the famous and wealthy of the day for its healing properties. If you choose to visit the Hot Lakes site, you will be walking on ground cherished by the Native Americans and later made popular by United States presidents and the wealthy.
- Local legend has it that Union was the county seat of Union County until scallywags from La Grande stole into town in the middle of the night and took all the county records from the courthouse. (The old-timers swear it's true.)
- In Union, we are allowed by city ordinance to have 1 horse or cow for every 11,000 square feet of property we own. It's one of the few places in Oregon where you can have a horse in your back yard if you live within the city limits. If you don't like horses, you can have 2 sheep, 2 goats or 7 chickens.

Activities in Union

- Horse-drawn wagon tours will be offered throughout the day in Union.

- Towels will be available to rent.
- There will be a Community Market at the site and in the downtown area

Please visit www.cityofunion.com for more info on what will be going on in Union during Cycle Oregon's visit.

Services in Union

Buffalo Peak Golf Course

East Fulton St.

www.buffalopeakgolf.com

buffalopeak@eoni.com

Boulder Market

Jailhouse Pizza

340 W. Hwy. 203

541-562-5718

boulder@eoni.com

Lasting Impressions Salon

746 N. Tenth St.

541-562-5540

Grey Wolf Astronomy & Sports Optics

541-910-0220

www.greywolfastronomy.com

The Mule Trader

241 S. Main St.

541-910-0189

www.mule-trader.com

Madame Belle's Old Tyme Photos

181 S. Main St.

541-562-9406

Melinda Cator, DC

Chiropractic Physician

181 S. Main St.

541-562-5876

Mead Appraisals

181 S. Main St.

541-562-9410

Sarosh Saddle Company

181 S. Main St.

541-805-8272

Bare's Hardware

S. Main St.

The Hut

219 S. Main St.

541-562-5800

Ken's Kitchen

126 S. Main St.

541-562-5929

Bronson Lumber

219 Beakman
541-562-5333

Union Drug Company

105 N. Main St.
541-562-5441

Union Market

132 N. Main St.
541-562-5424

Falk's Mini-Mart

363 N. Main St.
541-562-5043

Rock Creek Nut Company

S. Main St.
541-562-5482

Union County Museum

331 S. Main St.
541-562-6003

Historic Union Hotel

Fireside Cafe
326 N. Main St.
541-562-6135

Gravy Dave's

363 N. Main St.
541-562-5717

Aggie's

N. Main St.

Baker City

Welcome to Baker County Oregon, where the pioneering spirit and the sense of adventure still thrive along the Historic Oregon Trail. Whether you're looking for quiet solitude on mountain hikes or thrill-seeking adventure [riding white water](#) on the Snake River, Baker County's friendly communities will welcome you. Take time to visit Baker City's [Historic Downtown District](#) with its many registered historic buildings, [art galleries](#), terrific restaurants, national award-winning brewpub, coffee houses and one-of-a-kind shopping. Tour the [Oregon Trail Regional Museum](#) and the [National Historic Oregon Trail Interpretive Center](#) to get a taste of pioneer life. Breathe in the fresh air while [golfing](#), fishing, biking or birding. Scenic Baker County is a visitor's dream come true. We look forward to your visit.

To order a Baker County Visitor's Guide call 800-523-5855 or go to www.visitbaker.com.

Activities in Baker

- Mad Matilda's will offer a Tuscan dinner with accompanying live entertainment from 5 – 9 p.m. on Monday, Sept. 8.

- The Purple Bear will be offering Raku. If you can't take your creation with you, they'll ship it free of charge.
- There will be a computer lab available at the Baker County Regional Center on the campus of Eastern Oregon University:

3000 Broadway
Baker City
541-523-6822 / Toll free 866-801-6199
[Map to Computer Lab](#)

- Towel rental will be available at the Sports Complex concession stand as a Chamber of Commerce fundraiser; minimum suggested donation of \$1.
- For lodging and dining in Baker County, please visit our Web site for a complete list of options: www.visitbaker.com.

Services in Baker City**Budget Inn**

2205 Broadway
800-547-5827
Offering AAA rates for Cycle Oregon

Sane Jane's Gift Shop and Mad Matilda's Coffee House

1917 Main St.
541-523-4588
15% off at Sane Jane's for all Cycle Oregon participants
\$1.00 off breakfast or lunch at Mad Matilda's

Eldorado Inn

695 Campbell St.
800-537-5756
Ask for code A1

Rodeway Inn

810 Campbell St.
541-523-2242
Ask for code A2

Purple Bear

2021 Washington
541-523-3976

Paizano's Pizza

Pizza, subs, salads, beer, vegetarian/vegan options
2940 10th St.
541-524-1000

Bank of America

1790 Washington Ave.
541-523-7714

Banner Bank

2024 Washington Ave.
541-523-4240

Community Bank

1190 Campbell St.
541-524-7670

Sterling Savings Bank

1990 Washington Ave
541-523-6386

US Bank

2000 Main St.
541-523-7791

Wells Fargo Bank

1205 Campbell St.
541-523-0544

Baker City Pill Box

1920 Resort
541-523-7227

Safeway

1205 Campbell St.
541-523-7276

St. Elizabeth's Health Services

3325 Pocahontas Road

Baker Vision Clinic

2150 3rd St.
541-523-5858

Baker Food Co-op

2816 10th St.
541-523-6281

Flagstaff Sports

2101 Main St.
541-523-3477

Halfway

How the Town Got Its Name

In the spring of 1878, a horseback mail route was established between Sparta, Oregon, serving Pine and Eagle valleys in Oregon and Brownlee on the other side of the Snake River in Idaho. Eventually, as people flooded the area to follow gold finds, a post office was established in Pine, at one end of the valley, and at Cornucopia, at the far other end. People in between were not satisfied with this arrangement. Alex Stalker, who lived halfway between Pine and Cornucopia, put in a store at his farm, and residents petitioned for a new post office. They wanted to call it Midway, but that name was taken, so they settled on Halfway.

Activities in Halfway

- The residents of Halfway and Richland would like to host Cycle Oregon participants in a tour of homes, gardens, businesses and art studios during their stay here. Potential stops on the tour include vegetable and flower gardens, a metal-working studio (including a pour of an art piece), horse-drawn farming equipment, fishing rod manufacturing,

a fruit orchard, participating in organic community gardening, guitar manufacturing and observing the raising of llama, buffalo, organic beef and sheep, including spinning and weaving. The tour will begin with a stop at the library gardens, partially funded by a grant from Cycle Oregon. The tour will be self-directed using a provided map. The focus of the tour will be to acquaint visitors to the varied occupations and hobbies of the Halfway and Richland valleys. Some of the tour will be on gravel roads. If participants do not want to ride their bikes on gravel, vehicle tours can be arranged for a small fee to cover gas. Other than this small fee, there will be no charge for the tour.

- Horseback ride into the Eagle Cap Wilderness – Cornucopia Lodge will offer two rides on Sept. 10, one beginning at 9 a.m. returning in time for lunch, and one at 1 p.m. returning by 4. The trip includes lunch and costs \$50. Reservations required; 800-742-6115 or bill@cornucopialodge.com.
- Jet boat tours – Two jet-boat tours of Hells Canyon will be offered on Sept. 10, covering the biggest rapids and deepest part of Hells Canyon. The morning tour will leave at 10 a.m. and return at noon. The afternoon tour will begin at 1 p.m. and return around 3 (all times Pacific time). \$65 adult; \$45 under 12. Reservations required – 800.422-3568 or www.hellscanyonadventures.com.
- Towel rental – Pine Eagle School; 541-742-2421
- Home stays – contact Sheila Farwell – 541-742-4563

Services in Halfway, Richland and Oxbow**Halfway Whimsical**

Local artists' co-op
231 Gover Lane, Halfway
541-742-6040

Quilts Plus / Pat's Pretties

280 S. Main, Halfway
541-742-7627

North Woods Gifts / Wideye Coffee Roasting

135 E. Church St., Halfway
541-742-7627

JD's Mercantile

102 Main St., Richland
541-893-3115

Sheila's Variety and Liquor Store

Main St., Halfway
541-742-2726

Old Pine Footwear

Main St., Halfway
541-742-4036

US Bank

Main St., Halfway
541-742-7411

Lilies of the Valley Florist

Main St., Halfway
541-742-6161

Hells Canyon Journal

Main St., Halfway
541-742-7900

Pine Eagle Health Clinic

218 N. Pine, Halfway
541-742-5023

Warren Whitnah, Dentist

Halfway
541-742-6012

Pine Telephone

Wireless service for cyclists
104 Center St., Halfway
541-742-2201

Eagle Telephone System

Cell phone service
349 First St., Richland
541-893-6115

The Shop

Auto service
125 Commercial St., Halfway

Halfway Towing

541-742-2136

Halfway Beauty and Barber

102 N. Main St., Halfway
541-742-4247

Terry's Beauty and Barber

206 Main St., Richland
541-893-6877

Halfway Bowl

Slaughter House Rd., Halfway

Wild Bill's & Co.

Restaurant and lounge
125 Main St., Halfway
541-742-5833

Mimi's Café

Main St., Halfway
541-742-4646

Stockman's

Restaurant and lounge
146 Main St., Halfway
541-742-2301

Hells Canyon Inn

Restaurant and lounge
53945 Highway 86, Oxbow

Annie's Café

209 Main St., Richland
541-893-6167

Shorthorn Bar & Grill

200 Main St., Richland
541-893-3117

Old Pine Market

Main St., Halfway
541-742-4366

Hells Canyon Store Outpost 86

Oxbow
541-785-3330

Hitching Post

100 Main St., Richland
541-893-6175

Wallowa Lake

The town of Joseph is once again very pleased and excited to be hosting Cycle Oregon.

During your stay at Wallowa Lake we encourage you to take a shuttle or ride your bike into Joseph to see all that this dynamic community has to offer, from world-class bronze foundries to delicious local cuisine. Joseph and the other communities of Wallowa County have double the state's average of small business entrepreneurs, so you'll find many unique products and services. For more info on Wallowa Lake, Joseph and the surrounding communities, please visit www.wallowacountychamber.com.

We'll see you in September!

New for This Year

Friends of the Forest Day

This year you'll have a new opportunity to give something directly back to the beautiful places we ride through. On September 12, our layover day at Wallowa Lake, Cycle Oregon will team up with the National Forest Foundation for a "Friends of the Forest Day," offering more than a dozen different projects you can volunteer for.

Because 25 percent of Oregon consists of National Forest, CO riders spend a lot of time pedaling through them, camping in them and just generally enjoying them. So this year we have a great chance to give back. We've formed a partnership with the NFF, and on September 12, 227 CO participants in groups of 10 to 20 will have an opportunity to engage in service projects.

We have a total of 18 projects available for up to 227 volunteers (which is only roughly 10 percent of our riders, so sign up quickly to make sure you get a spot). The projects include trail restoration and realignment. Many of these trails are favorite mountain bike trails, and others provide access to the Eagle Cap Wilderness. One thing for sure: You're going to have some pretty country and likely some stunning views as you work – many of these trails feature unparalleled views of the Lostine and Wallowa valleys.

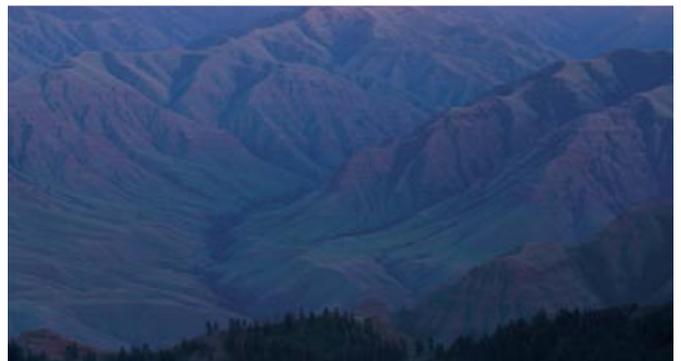
These are tangible and rewarding projects – in exchange for a few hours of honest toil amid altruistic camaraderie, you'll be making a difference in helping thousands of others access the kind of natural beauty we enjoy on Cycle Oregon every year.

You'll need to register online prior to the ride at www.becomeafriend.org/volunteer. Search for September events in Oregon and scroll down. Each project has a separate listing, so go through them to find the one you want. (Note: the Mt. Howard Tram project is already "sold out.") Gloves, tools, lunch and water will be provided, and all projects will take half a day or less – leaving plenty of time for other activities or even a nice relaxing nap. Bus transportation will be necessary for some sites, while others will be accessible by bike. [To preview the 18 projects available, go to this special page.](#)

Course Options and Schedule

Also new this year: more options for shorter and longer rides. On Days 2 you'll have the chance to add some miles with an extra loop; on Day 5, you can actually add one more climb to the biggest day of climbing. And on Days 4 and 6 – the two layover days – you'll have the choice of riding a little, a lot – or not at all. Our advice? Listen to your body; push yourself only enough to enjoy the entire week – whatever that means for you.

Also, there's a new schedule for closing the course at the end of the day. The course will officially close at 6:30 p.m. each day. If you're not finished riding at 6:30, you can catch a SAG van into camp. If you want to stay out on the course? Well, to be blunt, you're on your own. No SAG, no medical, no course monitors, no mechanics. So, really: on your own.



Day-by-Day Course Descriptions

Day 1 – September 7

Elgin to Union (44.7 miles)

“Peace in the Valley”

We ease into the week with a placid day of backcountry beauty. From the quintessential Western town of Elgin, we roll out through the Grande Ronde Valley, where the river meanders, the soil is rich and the views are inspiring. Lunch is in tiny Cove with its picturesque Ascension Chapel, an 1869 jewel still used today. After lunch it's a straight shot into Union, with the rugged Eagle Cap Wilderness to the east, looming with promises of the week to come.

Day 2 – September 8

Union to Baker City (43.3 or 82.1 miles)

“The Long or Short of It”

The road out of historic Union along Catherine Creek is among the most bucolic rides around. A long, gradual climb pays off with a descent into a scenic valley at Medical Springs. From there you'll pedal through sagebrush draws, rimrock vistas and mixed conifer forests and on into Baker City. Feel like more? Continue on through Haines and North Powder, looping back to Baker City along the base of the Elkhorn Mountains.

Day 3 – September 9

Baker City to Halfway (52.5 miles)

“Highway to Hells”

Today you set out on the Hells Canyon Scenic Byway. Start the day with a warm-up ride to the splendid Oregon Trail Interpretive Center outside Baker City. Then you'll join up with the winding Powder River, riding beside it for miles before stopping for lunch in Richland. After fueling up, challenge yourself with a serious climb, then swoop on down into Pine Valley and Halfway.

Day 4 – September 10

Hells Canyon Option (35.0 or 80.0 miles)

“Dam Fine Choices”

Today is all about what you want. Feel like hanging around Halfway? Great; relax. Want a nice little spin out to Oxbow Dam and back, for an up-close look at Hells Canyon and the Snake River? No sweat. Feel like an in-depth exploration of the canyon? Spin up the Idaho side to the end of the road at Hells Canyon Dam. If you do head to a dam, just remember: On an out-and-back, what first goes down must later go up.

Day 5 – September 11

Halfway to Wallowa Lake (76.5 miles)

“Triple High-Pass”

Today will be a challenge. We have three – feel 'em, three – major climbs, plus a bonus hill for masochists. Leaving Pine Valley, you'll climb into the Wallows, passing through multiple vegetation zones, but relax into it – the scenery makes it worthwhile. It's your choice whether to propel up to the stunning Hells Canyon Overlook. Descend to lunch, then climb some more before soaking in the views along Little Sheep Creek, into Joseph and along the edge of Wallowa Lake.

Day 6 – September 12

Joseph/Enterprise Loop (Options; 0–32 miles)

“See What You're Saving”

What luxury – a second layover day! Volunteer for the Friends of the Forest Day, lounge around Wallowa Lake in the shadow of “The Oregon Alps” or spin on over to Enterprise for lunch and live music on the courthouse lawn. Whatever you do, note the natural beauty of the rugged moraines skirting the lake – this year's Cycle Oregon Fund Signature Grant is helping protect key moraine lands from development pressure. This is one of the prettiest camp settings anywhere.

Day 7 – September 13

Wallowa Lake to Elgin (57.0 miles)

“The Grand Finale”

Somehow we've managed to revisit the best of the week all in the final day's ride. You'll skirt the lake, then glide through high-country meadows, follow the winding Wallowa River through a narrow and spectacular nine-mile canyon, rise up the Minam Grade and cruise into Elgin – all with the Wallowa Mountains as your western horizon. Lakes, plateaus, rivers, canyons and mountains – yep, sounds about perfect.



On the Course

Course Support

Cycle Oregon prides itself on providing a fully supported ride. Our goal is to help you finish the day's ride. To that end, 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. If you leave before the course opens or are still riding after the course closes, there will be no support services available. All Cycle Oregon riders still on the course after 6:30 p.m. will be offered a ride to camp. If you choose not to take the ride, you will be on your own to get back to camp, with no support services.

Lunch Site

Lunch is provided only 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 service will close at 2 p.m. each day.

Gear Drop

Each day at the first rest stop and 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 and hours of each ODS Rest Stop on the maps that will be inside the rider packet you will receive in Elgin. The first ODS Rest Stop each day will close at 11 a.m.; the second one will close at 4 p.m.

Water Stops

Depending on the length of the day's ride, there may also be one or two water stops per day that provide water and restrooms.

SAG Vans

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

There will be a SAG van available each morning to transport cyclists from site to site if cyclists are not feeling well, are injured or need a break from riding. Go to Rider Services before 8 a.m. to sign up for this shuttle option.

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

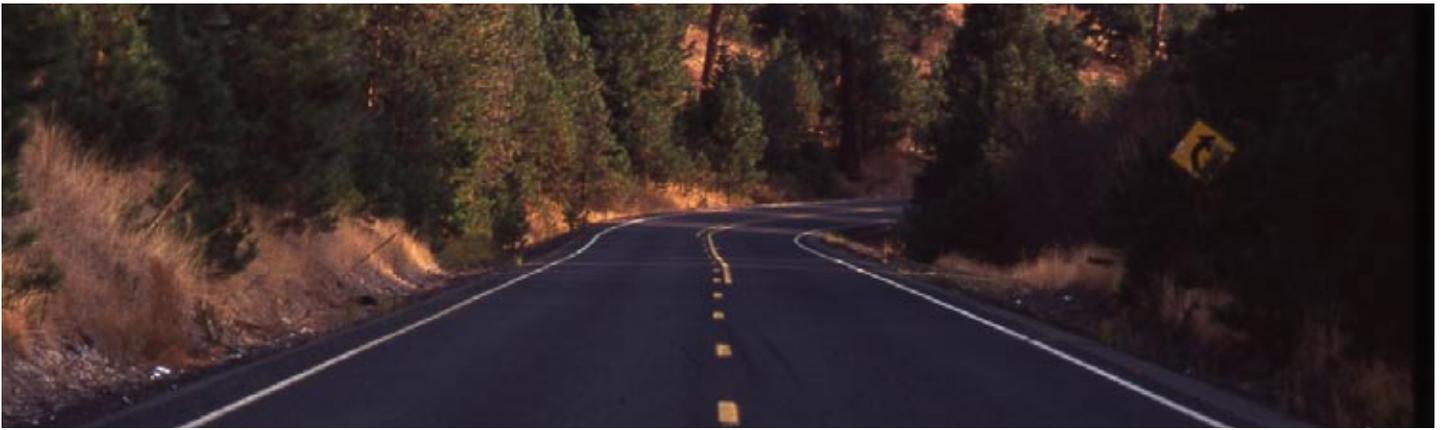
OSP motorcycle patrol officers accompany Cycle Oregon each day. They provide a moving network of safety patrol and communications between the tour and the communities through which we ride. These officers have full authority to enforce the motor vehicle code of Oregon – which, of course, includes bikes.

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

5:30 a.m. - 8:30 a.m.	Breakfast is served at the campsite. <i>Cycle Oregonian</i> 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.
6:30 a.m.	Route officially opens. Please do not start before this time, as course support is only available during the course hours.
7 a.m.	Water and ODS Rest Stops open. Water stops include water and restrooms. Rest stops include food, beverages, water, restrooms and gear drop.
9:30 a.m. - 2 p.m.	Lunch open. Food, beverages, water, restrooms, bike mechanics, gear drop and medical assistance are available at the lunch stop.
11 a.m. - 1 p.m.	Baggage trucks arrive at next overnight site.
	11 a.m. - Rest Stop 1 Closes
Noon - 4 p.m.	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 participants get to skip the first two steps and just locate their tents before showering and relaxing.
3 p.m. - 4 p.m.	Gear Drop arrives and can be picked up at Rider Services.
Noon - 9 p.m.	Rider Services trailer open for questions, lost & found, problems, communication with other riders via the bulletin board and picking up the daily <i>Cycle Oregonian</i> and <i>Oregonian</i> .
Noon - 10 p.m.	Widmer Brothers Beer Garden open. Beer, wine and pizza available for purchase.
1 p.m. - 9 p.m.	Cycle Oregon and Bike Gallery retail tents open for business. Other food vendors selling ice cream, smoothies and espresso are 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.
4 p.m. - 6 p.m. <small>(2 p.m. - 6 p.m. on Layover Days)</small>	Local entertainment on the the ODS Main Stage.
	4 p.m. - Rest Stop 1 Closes
6:30 p.m.	Route closes for the day. Any cyclist still on the course after 6:30 p.m. will be offered a ride to camp. If the ride is refused, the rider will not have any support services.
5 p.m. - 8 p.m.	Dinner served at the overnight site.
7:30 p.m.	Nightly announcements.
8 p.m.	Headliner 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 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 the 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 Cycle Oregon course is open from 6:30 a.m. - 6:30 p.m. Course support vehicles and other support services are available only during course hours. Any cyclist(s) still on the course after 6:30 p.m. will be offered a ride to camp; if you choose not to take it you are on your own to get into camp; no course support services will be available for those who choose to stay out on the course after 6:30 p.m.
5. 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.
6. 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.
7. 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. Course monitors and safety vehicles may be stationed in areas of special concern.
8. 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.
9. Use of iPods and similar musical devices while riding on Cycle Oregon is highly discouraged. Safe group riding in an event such as Cycle Oregon depends on communication between cyclists. iPods interfere with that process and make it difficult for people to hear instructions such as “CAR BACK” and “ON YOUR LEFT.” iPods also make it difficult to hear approaching cars or trucks, negatively impacting the safety of cyclists and motorists.
10. Cycle Oregon enjoys a reputation for leaving our campsites, lunch spots, rest stops and course spotless. Please dispose of all trash and recyclables in the appropriate places.
11. Cyclists must keep the roadway clear when stopping at an event-designated stop or any other location. Please ensure that bicycles are parked off the road and that cyclists do not congregate on the roadways.
12. 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 van 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.

Ride Waiver

Each rider will be required to sign an event waiver when picking up registration materials in Elgin. It's a good idea for you to preview the waiver now so that you're not rushed when you check in. [Read the waiver now.](#)

Emergency Information

In extreme emergencies, family members can contact a rider by calling the Oregon State Police at 503-375-3555. 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

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 van, 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.

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.

Cancellations and Transfer Policy

Cancellation Policy

If you can't make the ride, submit a written cancellation by Friday, August 22, 2008, 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 23, 2008, until September 5, 2008, 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 22, 2008. No refunds for ride cancellations after September 5, 2008. There are no refunds for parking at any time. Please submit cancellation letters to Ingrid Nysten, Cycle Oregon, 2124 N. Flint Ave., Portland, OR 97227 or send an e-mail to ingrid@cycleoregon.com.

Transfer Policy

No transfers will be accepted. A "true" waiting list will be implemented when the registration for Cycle Oregon closes. If a spot opens up because of cancellations, individuals will be offered a chance to register in the order in which they signed up on the waiting list.

Questions

Contact Ingrid at ingrid@cycleoregon.com or 503-287-0405, ext. 103.