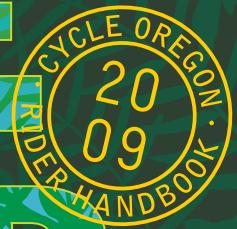


ENTER A DIFFERENT STATE OF MIND



A Ride Through the Mythical State of Jefferson



Saturday, September 12 –
Saturday, September 19, 2009



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](#)

You can download Adobe Acrobat Reader® for free by clicking [here](#).

Contents

Cycle Oregon Mission Statement	3
The Mythical State of Jefferson	4
Preparing for the Ride	5
What to Pack	6
Transportation	8
Arriving & Departing	10
Accommodations	10
Food, Drink & Entertainment	10
Camp Services	14
Baggage	16
Rider Guests/Support Vehicles	17
Community Information	
Medford	18
Yreka	19
Happy Camp	20
Lake Selmac	21
Glendale	21
Grants Pass	22
Layover Day	25
New This Year	25
Day-by-Day Course Descriptions	27
On the Course	28
A Day in the Life of Cycle Oregon	29
Rules of the Ride	30
Ride Waiver	31
Emergency Information	31
Cancellation/Transfer Policies	31
Questions?	31



Cycle Oregon Mission Statement

Cycle Oregon is a nonprofit 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.

The Mythical State of Jefferson

As we ride through the State of Jefferson this September, know that while it is indeed a mythical place, there is a real history here that makes this region unique – and very interesting.

There have been several attempts at forming a new state from this mountainous border region. None gained as much attention as the secession movement of 1941, the most successful and most publicized attempt at creating a new state from the bottom portion of Oregon and the top portion of California.

At the time, the abundant supply of minerals and timber in this region was largely inaccessible due to the lack of sufficient roads and bridges into the rugged mountain border country. The local pioneering people grew weary of unfulfilled promises from Salem and Sacramento to help fund sufficient highway projects in the region even while campgrounds were being built in the cities where there were more votes.

Representatives from the mountain border [counties involved](#) met in [Yreka, CA](#) on November 17, 1941, to form an alliance to obtain federal aid for the construction and repair of bridges and roads. The Siskiyou County Board of Supervisors voted to allocate \$100 to research the possibility of seceding from the state of California and joining the other counties to form a new 49th state.

The local newspaper ran a [contest](#) to name the new state, and the winning entry (worth a \$2 prize) was Jefferson. Yreka was designated the temporary state capital, where the State of

Jefferson Citizens Committee was formed. Committee members commenced stopping traffic on Highway 99 outside of town and handed their '[Proclamation of Independence](#)' out to travelers.

Jefferson made the papers nearly every day, competing for headlines with Germany's ravaging of Europe. The San Francisco Chronicle sent a young reporter, Stanton Delaplane, who wrote a series of colorful articles on the rebellion and earned the coveted Pulitzer Prize.

On December 4, Judge [John L. Childs](#) of Crescent City in Del Norte County was elected governor. A torchlight parade complete with horses, marching bands and sign-carrying young people riding in trucks was held in Yreka, followed by a ceremonious inauguration held on the courthouse lawn. Hollywood newsreel companies were present to record the events, including the highway barricades. The State of Jefferson was off to a banner start.

The newsreels were to air nationally the week of December 8. Of course, on December 7, 1941, [Pearl Harbor](#) was bombed and the State of Jefferson rebellion came to an end. The people of the region went to work for the war effort and good roads were eventually built into the backcountry to access strategic minerals and timber. These same roads have helped countless numbers of rural families make a living from the land that continues to produce abundant, quality natural resources.

The State of Jefferson – a state of mind – remains in the hearts and minds of people everywhere.

(Adapted from www.jeffersonstate.com)



Preparing for the Ride

Getting Your Bike Ready

Get your bike tuned up and adjusted to fit you – ideally, before beginning to train. Efficient position and good body alignment will help you feel more comfortable while you ride, and afterward. Have a professional bike technician check your position, including all the points between your body and the bike: seat, shoes, pedals and hands. Poor fit will be 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 2009!

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 feeling 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 low-carb diet. You need immediate and stored fuel, which is primarily supplied by a diet high in carbohydrates.

Strength Training

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

Stretching

Stretching is essential to injury prevention and improving muscle recovery. Focus on all your major muscle groups, not just your legs. Stretch after every workout, whether it'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 435 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 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.**

Note #2: Ibuprofen will NOT be available from the Medical Team or Rider Services; it will be available for purchase from the Bike Gallery retail tent or at stores along the way, but we recommend you pack an ample supply.

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 2009. They are offering a special rate of \$104 for both September 11 and September 19 for Cycle Oregon riders. For reservations call 800.325.3535. When making reservations, be sure to mention that you are with Cycle Oregon. The Sheraton Portland Airport Hotel provides 24-hour shuttle service to and from the airport.

If you're staying at the Sheraton Portland Airport Hotel and taking the bus to and from Medford, 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.

Flying into Medford

If you'd like to fly directly to Medford for the event start (it's a 4.5-hour bus ride from Portland to Medford), United Express, Horizon (Alaska) and SkyWest Express (Delta) have flights into Rogue Valley International-Medford Airport.

Hotels

SpringHill Suites (888.287.9400) is offering a special rate of \$109 plus tax for a suite with two beds and a living area, and TownePlace (800.257.3000) is offering a rate of \$99 plus tax for a studio suite with a sleeper sofa and full kitchen. They also have one- and two-bedroom suites available.

You can make reservations by calling the hotel directly at the phone numbers listed above and requesting the Cycle Oregon group rates, or reserve online by going to the hotel's Web site, selecting your arrival and departure dates, and inserting the appropriate Cycle Oregon room codes for the room type of your choice. The room codes for making reservations are as follows.

SpringHill Suites

Queen Suites (\$109) – CYOCYOB

TownePlace Suites

Studio Suites (\$99) – COGCOGA

Two-Bedroom Suites (\$179) – COGCOGB

Both hotels will provide complimentary taxi service to and from the airport; call SpringHill at 541.842.8080 or TownePlace at 541.842.5757 from the airport. In addition, both hotels will get your bags to and from the Cycle Oregon site.

Parking in Medford

Week-long parking is available at both hotels free of charge for those staying at the hotel. If you need week-long parking, please contact your hotel to make arrangements for your car. If you're not staying at the hotel, parking for the week is available at the Cycle Oregon overnight site for \$25. You can buy a long-term parking pass in advance by [clicking here](#).

Taxi Service

Taxi service is available from Metro Taxi (541.773.6665), Valley Cab (541.772.1818) and Yellow Cab (541.772.6288).

Bus to Medford

Staging for buses will take place on Saturday, September 12, at the Sheraton Portland Airport Hotel. The buses to Medford 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 Medford 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 Medford to help unload the bicycles. The process will be reversed for the bus trip back from Medford.



Leaving Medford on September 19

Buses will return from Medford to Portland on Saturday, September 19. 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 Medford 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 Medford 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 Medford.

Drive and Park

Getting to Medford: Medford is in southern Oregon, approximately 275 miles south of Portland. The driving instructions from Portland and California are as follows:

1. From I-5 north or south, take exit 27, South Medford, toward City Center/Hwy 99.
2. Turn right at the end of the ramp onto Garfield. Stay in the left lane to go straight at the first light, and then move into the center lane to go straight at the second light.
3. Go 1.1 miles (through two lights) and turn right on Kenyon St.
4. Follow the signs to Cycle Oregon and long-term parking.

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 Medford, 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 directly to the starting location in Medford.

This year we're working with High Country Shipping (HCS), a registered FedEx shipper, for shipping all bikes to our event. If you contact HCS, they will arrange all the details and send you shipping labels in advance. In addition, they will monitor your shipment, e-mail you when it arrives, and be there in Medford for the start and finish of our event. They will also help you ship your bike back home as soon as you finish the ride.

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, High Country Shipping will store your box or case during the week and deliver it to you at a designated location at the finish line.

Contact High Country Shipping:

877.231.1363

http://highcountryshipping.com/cycle_oregon.html

Arriving & Departing

Check-In and Packet Pick-Up

After you arrive in Medford 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 11, from 6 to 8 p.m.
- Saturday, September 12, from 10 a.m. to 8 p.m.
- Sunday, September 13, 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 have to get what you need in town. 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.

Finish Line in Medford

The finish of an event like Cycle Oregon should be a high point, not a letdown. And so Medford will be going all-out to show Cycle Oregon riders a great time at the finish line. Relax with all of your new friends while enjoying the legendary barbecue skills of the Ashland Lions Club. Trade stories about the week's adventures and revel in the feeling of having just ridden 435 miles.

Before leaving Grants Pass 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 Medford.

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, walk across the street to long-term parking. You'll find your bags at the entrance to the long-term parking area and hot showers in front of the elementary school. The showers at the finish line will close Saturday at 5 p.m.

Accommodations

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. Your tent will be 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.

Nossa Familia "Tent, Porter and Coffee" Special

This year our favorite coffee vendor has added a new twist for those lucky enough to have a T&P spot and a love of a good roast in the morning.

Imagine waking each morning to a French press full of their fresh, delicious coffee, with two cups, sugar and creamer ready for you – without any lines or any hassle.

Wake up, grab your paper and walk mere feet to the Nossa Familia Annex to pick up your wake-up tote. At the end of the week you can keep the commemorative French press and select one bag of coffee to take home. Award-winning coffee, brewed to order, hassle-free. But [check the details and sign up fast](#) – only 50 lucky tents will get the royal treatment. \$100 for two people in a tent; \$75 for one.

Food, Drink & Entertainment

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.

*If you have special dietary needs, please let us know by contacting ingrid@cycleoregon.com by August 28.

Saturday, September 12**Dinner**

Roast Prime Rib or
Vegetable Chicken Breast on Hearth Grain with Mushrooms
Mashed Potatoes with Parmesan and Fresh Basil
Nantucket-Blend Vegetables
Cornbread Roll
Salad Bar
Strawberry Shortcake

Sunday, September 13**Breakfast**

Cheese and Vegetable Strata
Italian Chicken Sausage
Potato Pancakes
Hot Oatmeal with Brown Sugar and Raisins
Bagels, Fruit (Whole and Canned), Cold Cereal,
Yogurts and Granola
Assorted Hot and Cold Beverages

Lunch

Sliced Chicken with Pepper Jack Cheese on
Dave's Killer Bread with Lettuce and Tomato or
Black Bean Burger with Swiss Cheese on
Dave's Killer Bread with Arugula and Honey Mustard
California Pasta Salad
Chips
Oreo Cookies
Apples and Grapes

Dinner

Italian Meatballs or
Vegetable Meatballs with Marinara Sauce
Penne Pasta
Whole Green Beans
Garlic Bread
Salad Bar
Apple Pie

Monday, September 14**Breakfast**

Whole Grain French Toast with Butter and Syrup
Grilled Ham
Scrambled Eggs with Cheese
Hot Oatmeal with Brown Sugar and Raisins
Bagels, Fruit (Whole and Canned), Cold Cereal,
Yogurts and Granola
Assorted Hot and Cold Beverages

Lunch

Roasted Turkey on Dave's Killer Bread with Cheddar or
Curry Hummus Spread with Zucchini and Vegetables
on Dave's Killer Bread
Cucumber Vinaigrette Salad
Chips
Oatmeal Raisin Cookie
Apples and Grapes

Dinner

Chicken Dijon or
Yukon Gold Potato Veggie Pattie Dijon
Rosemary Roasted Red Skin Potatoes
Fresh Asparagus
Whole Grain Dinner Roll
Salad Bar
Brownie Sundae

Tuesday, September 15**Breakfast**

Cheese Omelet
Peppered Bacon
Shredded Hash Brown Potatoes
7-Grain Hot Cereal with Brown Sugar and Raisins
Bagels, Fruit (Whole and Canned), Cold Cereal,
Yogurts and Granola
Assorted Hot and Cold Beverages

Lunch

Whole Teriyaki Wrap with Grilled Chicken or
Tofu, Rice, Pineapple and Vegetables
Asian Coleslaw
Chips
Brownies
Apples and Grapes

Dinner

Roasted Turkey Breast or
Tofurkey Loaf
Bread Stuffing with Cranberries
Bistro Carrots and Sweet Potatoes
Salad Bar
Pecan Pie

Wednesday, September 16

Breakfast

Pancakes with Butter and Syrup
Grilled Bacon
Scrambled Eggs with Vegetables and Cheese
7-Grain Hot Cereal with Brown Sugar and Raisins
Bagels, Fruit (Whole and Canned), Cold Cereal,
Yogurts and Granola
Assorted Hot and Cold Beverages

Lunch

Tuscan Chicken Pita or
Mediterranean Pita with Vegetables and Tempeh
Red Potato Salad
Chips
Chocolate Chip or Peanut Butter Cookies
Apples and Grapes

Dinner

Beef Stroganoff or
Vegetarian Beef Stroganoff with Pasta
Key West-Blend Vegetables
Parmesan Herb Breadsticks
Salad Bar
Lemon Bars

Thursday, September 17

Breakfast

Vegetable Frittata
Sausage Patties
Potato Pancakes
Hot Oatmeal with Brown Sugar and Raisins
Bagels, Fruit (Whole and Canned), Cold Cereal, Yogurts,
Granola and Hard-Boiled Eggs
Assorted Hot and Cold Beverages

Lunch

Roasted Turkey on Dave's Killer Bread with Cranberry
Dressing and Cream Cheese or Pecan Pattie with Spinach,
Sprouts and Tomato on Dave's Killer Bread
Cabbage Salad with Raspberry Vinaigrette
Chips
Nutter Butter Cookies
Apples and Grapes

Dinner

Chicken Fajitas or
Tofu Fajitas
Pinto Beans
Wheat Tortillas
Exotic Grains and Fire-Roasted Vegetables
Shredded Cheese, Sour Cream, Salsa
Salad Bar
Carrot Cake

Friday, September 18

Breakfast

Biscuits and Sausage Gravy
Chicken Apple Sausage
Scrambled Eggs
Roasted Red Potato Hash Browns
7-Grain Hot Cereal with Brown Sugar and Raisins
Bagels, Fruit (Whole and Canned), Cold Cereal,
Yogurts and Granola
Assorted Hot and Cold Beverages

Lunch

Roast Beef on Dave's Killer Bread with Provolone or
Hummus Spread on Dave's Killer Bread with
Spinach and Sprouts
Italian Pasta Salad
Chips
Shortbread Cookies
Apples and Grapes

Dinner

Grilled NW Salmon with Dill Butter Sauce or
Teriyaki-Glazed Tofu with Vegetables
Pearl Couscous and Grains
Venetian-Blend Vegetables
Salad Bar
Dinner Roll
Chocolate Truffle Cake

Saturday, September 19

Breakfast

Filled Pancake Rolls
Scrambled Eggs
Bacon
7-Grain Hot Cereal with Brown Sugar and Raisins
Bagels, Fruit (Whole and Canned), Cold Cereal,
Yogurts and Granola
Assorted Hot and Cold Beverages

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.

Pizzicato Pizza

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

Nossa Familia Coffee

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.

Dragonfly Chai

Chai devotees, as well as those who haven't yet experienced the milky-smooth delight of chai, will revel in the availability of Dragonfly chai and iced teas. Dragonfly will serve two varieties of chai - SweeTea Chai (caffeinated) and Rooibos Chai (caffeine-free) - as well as two varieties of iced tea: Lemongrass Green Tea and Sassafras Black Tea. Their booth will be open from 4 to 10 p.m. each evening; each 12-ounce serving is \$3, and they can only take payment in cash. Check out this wonderful drink option!

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.

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.

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.

ODS Main Stage

Everywhere we stay, the ODS Main Stage magically appears. Think of it as our own personal concert tour, but with a much fitter audience. The stage stays full of talent from early afternoon through the evening.

In keeping with our efforts to showcase the areas we ride through, Cycle Oregon is focusing on finding and showing off local musical talent. To do that, we've booked a mix of local and regional acts as our headliners. Performances are scheduled each day on the ODS Main Stage, beginning as early as 2 p.m. After the nightly announcements, we bring out our headliner act at 8 p.m. – these are some top-notch performances you won't want to miss.

4–6 p.m. - Local Community Entertainment (2–6 on layover day)
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 2009

Saturday, 9/12

Medford: Flat Five String Band

Sunday, 9/13

Yreka: Gimme Shelter (Rock & Blues)

Monday, 9/14

Happy Camp: Superfines (Classic rock & more)

Tuesday, 9/15

Lake Selmac: State of Jefferson

Wednesday, 9/16

Glendale: Bike Rodeo / TBA

Thursday, 9/17

Grants Pass: Karaoke from Hell

Friday, 9/18

Grants Pass: Robbie Laws Quartet

Saturday, 9/19

Medford Finish Line: Rogue Suspects

Camp Services

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 trailer is where you'll shop for Cycle Oregon merchandise including cycling gear, T-shirts, sweatshirts, hats, jewelry and much more. You can also buy extra meal tickets there. 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.

Physical Therapy

Last year we added a new amenity – free physical therapy consulting - and it was a big success. Megan Moseley, PT, LMT, owner of the [Bodywise](#) physical therapy clinic in Eugene, will be available again this year at the medical tent, for 15-minute appointments over a two-hour period 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. Her schedule:

Day 0: 4-5 p.m.
Day 1: 4-6 p.m.
Day 2: 4-6 p.m.
Day 3: 3-5 p.m.

Day 4: 4-6 p.m.
Day 5: 4-6 p.m.
Day 6: 3-5 p.m.



Acupuncture

Cycle Oregon is pleased to have licensed acupuncturist [Betsy Platt](#) along to provide her services. Betsy offers specialized acupuncture and Eastern medicine, in order to:

- Alleviate muscle, bone and joint pains
- Increase stamina and boost energy
- Relieve arthritis
- Stop headaches
- Address respiratory problems
- Ease gastrointestinal disorders, and more

Betsy is happy to consult with you to determine if acupuncture and/or Chinese medicine is right for you.

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 \$45 for a half-hour and \$80 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

Yoga instructor Nick Mancini will be along on the ride to teach yoga and stretching classes each afternoon at 4 and 5 p.m. (9 a.m. and 4 p.m. on the layover day). 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, and Nick chooses poses that can be adapted for any level of yoga practitioner, from first-timer to expert, and addresses cyclists specifically in his approach.



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! - The 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 are available each day for a guaranteed slot. For \$75 you get your bike detailed and one electronic device charged. Bikes and electronics must be delivered by 7 p.m. on the scheduled day for guaranteed service.

Ride Photography

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

Community Hospitality Booth

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

Baggage

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.

Rider Guests / Support Vehicles

Some riders like to share their Cycle Oregon experience with friends and family members who do not bicycle. Others like to have someone transport their bags and set up their tents or provide other support. Cycle Oregon welcomes both, and we do our very best to accommodate their needs. However, we deal with very limited space in some of our host sites, which limits our capacity for Rider Guest and Rider Support vehicles (surprisingly, the footprint for the Rider Guest/Rider Support area can be as large as that of our Tent City). This year we have two options for Rider Guest/Rider Support vehicles:

- On-site RV/trailer parking for those sleeping in their vehicle; and
- Off-site Rider Guest/Rider Support parking for those dropping gear and sleeping in Tent City. There are no services such as Blue Rooms or showers at these off-site parking areas.

Note: Rider Guests on-site SOLD OUT!

Due to 2009 site-space limitations, only 35 On-site RV/trailers were allowed to sign up, and all those spots are taken. There is still space for Off-site Rider Guest/Rider Support vehicle parking.

Important considerations to note about the Rider Guest/Rider Support program

- Vehicles must register – Anyone accompanying a rider through the week in a vehicle must [register](#) through the Rider Guest program.
- Rider Guest/Rider Support vehicles drive to each overnight location – To enhance the safety of riders and their overall experience, Rider Guest/Rider Support vehicles will be asked to take alternate roads to the overnight site wherever possible. Rider Guest and/or Rider Support vehicle drivers are not registered riders, and so should not be cycling the route each day.
- On-site RV/trailer campsites will be as close to the rider venues as possible – While the On-site RV/trailer area is not an RV park – more likely it's a city park or someone's field – hook-ups (water, electricity and dumping stations) are provided when available. In 2009, the only overnight sites with hook-ups are Yreka and Lake Selmac.
- Quiet hours – On-site RV/trailers with generators will be located separately from those without. In addition, the On-site RV/trailer area will observe quiet hours (no generators) from 10 p.m. to 6 a.m. every day.

Vehicle Registration Fee

On-site Rider Guest spots are sold out; it's \$325 for Off-site Rider Support vehicles, parking and camping in Tent City. This fee must be received by August 15, 2009. The fee includes access to the services provided at the overnight site, including showers, restrooms, beer garden, daily entertainment, other food vendors, bike mechanics and medical.

Guest Meals

Rider Guests/Rider Support vehicle drivers can purchase a meal wristband in advance that includes seven breakfasts and seven dinners. The adult meal wristband is \$175 for the week and \$125 for children under 12. Weekly meal wristbands or individual meal tickets can be purchased during the ride from the Cycle Oregon Retail trailer. [Register your friend or family member.](#)

Rider Guest Information Packets

Registered Rider Guest/Rider Support vehicle drivers will receive a packet in August that includes driving instructions, site maps, a vehicle permit and a meal wristband or tickets (if purchased).

Guest Liaisons

Cycle Oregon has four volunteers who serve as Rider Guest liaisons. They will make sure you are looked after, and answer any questions you have during the week.

Discounted RV Rentals

If you're interested in renting a RV for the Week Ride, [RV Northwest](#), the official motor home supplier for Cycle Oregon 2009, is offering participants a 15% discount on weekly rates.



Community Information

Medford

History / Background

Like so many places in Oregon, Medford's creation history is fascinating. When the Oregon and California Railroad was looking to hook up Portland and San Francisco in the 1880s, they planned to run through the Bear Creek Valley. Now, at the time the city of Jacksonville was a thriving enterprise, and felt it should be on the new line. But the O&C instead chose to cross Bear Creek at the "Middle Ford" – a name Medford would have today if one of the railroad's engineers hadn't been from Medford, Mass., and proud of it. The railroad reached Medford in 1884, the city was incorporated in '85, and these days Medford has grown into a center of commerce (while Jacksonville is highly celebrated for still being a quaint small town).

Medford has a population of around 75,000, making it one of the biggest cities Cycle Oregon has ever camped in.

CYCLE OREGON ACTIVITIES

Message from Medford Visitors & Convention Bureau:

Welcome to [Medford, Oregon](#), the center of the Rogue Valley. Stay and enjoy [fine lodging](#) in this unique city brimming with

history and culture. Savor award-winning [artisan cheeses](#), [chocolates](#) and [specialty foods](#), which have gained national and international attention. Take a relaxing wine tour through the countryside and taste nationally recognized wines made right here in the fertile Rogue Valley. [Northwest dining](#), eclectic shopping and an endless list of activities and events – including the annual [Medford Jazz Jubilee](#) (in October) – await you. Get outside for world-class [fly-fishing](#), [rafting and jet boating](#) on the Rogue River, or visit breathtaking [Crater Lake National Park](#). Plus, with a variety of championship [golf courses](#), you can play year-round. Combine all that with the [Britt Music Festival](#), the [Craterian Ginger Rogers Theater](#) and other performing arts venues, and it's easy to see that Medford has it all – all year long.

Medford Visitors & Convention Bureau

101 East 8th Street
 Medford, OR 97501
 Phone: (541)779.4847 (800)469.6307
 Website: www.visitmedford.org

Tasting Tours

Medford is a surprise destination providing a lasting impression of the culinary delights of artisan cheese, chocolate, award-winning wines and organically grown fruits. During Cycle Oregon there will be two culinary tours to choose from – or you can do them both.

Tour 1: Enjoy the beautiful gardens, vineyard and orchard at [RoxyAnn Winery](#) and sip award-winning handcrafted wines paired with specially chosen artisan cheese from the [Rogue Creamery](#) and [artisan chocolates](#) from LillieBelle Farms.

Tour 2: Enjoy [EdenVale Winery](#) located at the historic [Voorhies Mansion](#) and experience local wines paired with [Harry & David](#) chocolates and fruits and [Rising Sun Farms](#) cheese tortas.

Cost is \$7 per tour. If you decide to purchase any wine, cheese or chocolates, all are available to mail order and can be shipped directly to your home. There are specials available for Cycle Oregon participants.

Schedule of Cultural Events During Cycle Oregon

Sept. 11

Agate Ridge Vineyards Summer Concert Series,
Eagle Point
(541) 830.3050, www.agateridgevineyard.com

Champion Raceway-Cascade Block Friday Night Drags
Jackson County Sports Park, White City
(541) 830.3724, www.championraceway.com

Sept. 12

An Evening with Gov't Mule
Britt Festival Grounds, Jacksonville
(541) 779.0847, www.brittfest.org

Southern Oregon Speedway – Saturday Night Races,
White City
(541) 826.6825, www.sospeedway.com

World of Wine
Del Rio Vineyards, Gold Hill
(541) 855.2062, www.worldofwinefestival.com

Sept. 12-13

Southern Oregon Karters – Vintage/Club Race
Jackson County Sports Park, White City
(541) 608.7223, www.sokarters.org

Battle of the Bones Barbecue, Bands & Brews
Twin Creeks Park, Central Point
(541) 664.3321 X 261, www.centralpointoregon.gov

Sept. 18

An Evening with James Taylor
Lithia Motors Amphitheater, Central Point
(541) 779.0847, www.brittfest.org

Sept. 18-20

Southern Oregon Fall Home Show
Jackson County Expo, Central Point
(541) 773.2872, www.hbajc.com

Sept. 19

Southern Oregon Speedway – Saturday Night Races,
White City
(541) 826.6825, www.sospeedway.com

Champion Raceway – National Dragster Challenge &
King of the Track
Jackson County Sports Park, White City
(541) 830.3724, www.championraceway.com

Multicultural Fair
Hawthorne Park, Downtown Medford
(541) 774.2090, www.ci.medford.or.us/calendar

Ride The Rogue
Palmerton Park, Downtown Rogue River
(541) 582.2020, www.ridetherogue.com

Yreka

History / Background

This picturesque town of just more than 7,000 set in a valley between the Marble, Cascade and Siskiyou mountain ranges got its start as a real-life gold rush boomtown. In the early 1850s, a mule train party headed south from Oregon stopped just north of today's town's site in the rainy season, and a mule driver named Abraham Thompson happened to notice that their grazing livestock were pulling up clumps of grass with gold flecks in them. Within six weeks, 2,000 prospectors had descended on the area.

After the inevitable gold bust, logging took over as the principal source of livelihood, with 67 mills in the county at its peak. Today the local economy is a more balanced mix, but remnants of the old days remain in the multimillion-dollar display of gold in the county courthouse as well as more than 75 historic buildings including many restored Victorian homes.

And, of course, Yreka was the seat of government for the [State of Jefferson](#). Some other interesting things about Yreka: The last hanging in California took place here in 1936, when a mob dragged out of jail and publicly hanged three men who had shot the local sheriff. And the infamous "Black Bart" robbed stagecoaches in the area, resulting in the naming of local landmark "Robber's Rock."

The town is also the basis for a famous palindrome, "Yreka Bakery," which may have prompted Mark Twain to tell an apocryphal tale about the town's naming. (It's actually a derivation of a native Shasta word for "white mountain" or "north mountain," and, although there was a Yreka Bakery as early as the 1880s, sadly there isn't one today.)

Community Information

For more information on Yreka, visit www.yrekachamber.com.

Happy Camp

History / Background

Happy Camp is nestled in a picturesque valley in the center of three different wilderness areas – the Marble Mountain, Kalmiopsis and Siskiyou wildernesses. And it also sits right on the Klamath River where major tributaries Indian Creek and Elk Creek join it.

It's also a one-grocery-store town of just more than 1,100 residents, with a history that's typical of the area. Long the home of the Native American Karuk tribe, it became a mining boom town in 1851. After mining flamed out, the timber economy took over. In the 1970s, there were five mills running. Today there's not a mill standing.

But tenacity runs deep in towns like Happy Camp. So does pride. Instead of watching idly as the town slipped into irrelevance, local residents realized they had to take responsibility for their town's future. An example: In 1975 there was a devastating fire in town, and it burned an entire block, taking down the movie theater, a café, and a bar/dance hall. It sat as rubble for 20 years. But 10 years ago local residents decided to do something about it. They donated money and labor to clean it up, and they created a 0.6-acre park, with a lawn, trees, shrubs and benches.

CYCLE OREGON ACTIVITIES

Marketplace

There will be an Arts & Crafts Marketplace with local artisans starting at 11 a.m. on September 14. We anticipate more than 40 participants for the marketplace – bring money! This will be located at the River Park within walking distance of the food, beer and entertainment areas.

Happy Camp Branch Library

THE HAPPY CAMP BRANCH LIBRARY invites Cycle Oregon to visit our 5,700-book-strong community-supported facility. Despite a budget-driven cutback of operating hours, our loyal staff will open the library from noon to 4 p.m. on Monday, September 14. So please visit us in our quaint location next to the historic Happy Camp Cemetery, read last week's San Francisco Chronicle, check your e-mail with our free Internet access and purchase tickets for our November raffle. Raffle tickets are \$1 each, \$5 for 6, \$10 for 15. These souvenir raffle tickets may look ordinary, but they will help ensure that our library stays open.

As part of the Siskiyou County Library system, our books are supplied by the county - the rest is up to us. Our building is donated, and we support ourselves with semi-annual book fairs, raffles and donations.

The staff and clients at The Happy Camp Branch Library thank you for your interest and support. We look forward to seeing you.

Raffle tickets are also available at the Klamath Knot Arts Council and the Cycle Oregon Marketplace. Look for donation jars.

The Wellness Center Healing Arts

The Wellness Center shares space and vision with the Klamath Knot Arts Council. Our historic building is one of the oldest in Happy Camp and was the original home of Evans Mercantile. The walls may be off-plumb, but the cool, spacious interior provides a relaxed and welcoming home both for the arts and the healing arts.

We will offer extended hours on September 14 only, from 10 a.m. to 9 p.m. Half-hour and hour sessions are available; the cost varies from \$25 to \$75 depending upon the modality and practitioner. For more information and to schedule sessions, please call a practitioner (all telephone numbers are in the 530 area code).

Reiki (Usui)

Morgan Caulfield, Master/Teacher	(530) 493.2757
Maria Strouss, Reiki II	(530) 469.3472
Eileen Kurtzman, Reiki I	(530) 469.3405
Chakra Balancing, Maria Strouss	(530) 469.3472
Shin Jin Jyutsu, Eileen Kurtzman	(530) 469.3405

Klamath Knot Arts Council

The Klamath Knot Arts Council is an all-volunteer, member-based nonprofit organization dedicated to bringing art to the community. In keeping with our purpose to have art available to all, Planet Art offers free after-school and summertime art programs for children, our gallery features works of local artists, and our co-op showcases the talents of local artisans. All proceeds go toward programs and building improvements.

Come relax and refresh in the cool of our historic, creekside building just half a block from the food court. Feast your eyes on local art and handcrafted items, enjoy delicious healthy food, have your cards read or just watch the creek go by.

Fine Arts Gallery

– Canvases and framed photographs by local artists

Artisans Co-Op

– Fiber arts, quilts, handcrafted items, cards, herbal bath teas and lotions

Healthy, delicious gourmet food served 11 a.m. to 8 p.m. – price is just \$10 and includes three sumptuous summer salads, iced tea and choice of dessert

Chinese Chicken Salad
Vegetarian Multi-Grain Salad
Garden Fresh Green Salad
Homemade Bread - Herbal Sun Tea

Choose one of these luscious homemade desserts:

New York Cheesecake w/Blueberry Sauce
Chocolate Ginger Squares - Lemon Squares

Also available: homemade baked goods and fresh fruit & berry smoothies.

Reservations are recommended – telephone Morgan Caulfield (530) 493.2757 or e-mail micaulfield@yahoo.com.

Bigfoot Photos!

The Happy Camp Chamber is sponsoring a food court and “Take your Picture with Bigfoot.”

The location will more than likely be Old Town Park.

Lake Selmac

History / Background

The Siskiyou Wilderness, which surrounds the Illinois River Valley, features several animal and plant species that are either completely unique to the region or rare in general. This area is home to the unique Green’s Mariposa lily (and one of the world’s largest collections of wild lilies), the rare Brewer Spruce tree and a variety of other wildflowers, shrubs and trees endemic to the area.

Originally part of the gold-rush boom, home to a series of stagecoach stops and then featuring a booming logging economy, today the Illinois River Valley has become more reliant on tourism and wineries. Today the area features small towns including Cave Junction and Selma, and a total of around 5,000 people live in the area.

A major source of tourism is the Oregon Caves National Monument, which is celebrating its 100th anniversary as a national monument in 2009. Discovered by area resident Elijah Davidson on an 1874 hunting expedition, the caves feature spectacular formations and a rustic chateau.

The chateau is one of the [National Park’s Great Lodges, and a National Historic Landmark](#). The six-story hotel has a fine dining room, a 1930s-era coffee shop, and 23 rooms. It features local fare in the dining room, locally crafted gifts and works of art in the gift gallery, and locally produced furniture, soaps and shampoos in the rooms; even the uniforms worn by the chateau employees are made locally.

CYCLE OREGON ACTIVITIES

The Selma community, along with the entire Illinois Valley, is looking forward to the overnight stay by Cycle Oregon. We are planning an “Illinois Valley Trade Show” to include alternative-energy vehicle producers, art, artisan furniture, health-lifestyle products, local food booths, therapeutic massages, laundry service and area attractions. Free shuttle service will be available to the nearby city of Cave Junction, where banking, groceries stores and restaurants are available.

Carlos Restaurant

(541.592.4553) serves up wonderful Mexican food and delicious margaritas from their bar; no reservations required.

Wild River Brewing and Pizza

(541.592.3556) is a local micro- brewing company and restaurant specializing in fine pizza; no reservation required.

Taylor’s Sausage

(541.592.5358) is a very unique country restaurant and fresh meat market serving up a variety of homestyle foods, sandwiches, “Taylor dogs” and famous sausages of all kinds, which they make, package and ship.

Siskiyou Field Institute / Deer Creek Center

Come tour the Siskiyou Field Institute and Deer Creek Center in Selma. People of all ages come here to learn about and explore the amazing Klamath-Siskiyou bioregion, a land of steep mountains, wild rivers and an unusual diversity of species and habitats. The Institute is the conduit for the region’s leading scientists and naturalists to share their passion and knowledge with the public each year through dynamic field courses and other educational programs. The Institute offers a wide variety of courses on topics including everything from lichen identification to snorkeling with local salmon! We are proud to offer high-quality programming for all ages. Some of the Institute’s courses are offered for college credit or count toward the Naturalist Certificate program. Appealing to kids, curious teens, developing professionals or lifelong learners, there’s something for everyone at the Siskiyou Field Institute. The Deer Creek Center (DCC) is the home to the Siskiyou Field Institute year-round and facilitates researchers and other academic groups during the field season. It is also the field research station for Southern Oregon University. Camping and lodging are available at the facility. To find out more about SFI and DCC, check out the Web site at www.thesfi.org or call (541) 597.8530.

Glendale

CYCLE OREGON ACTIVITIES

The local mill owns a vacant piece of property on the left side of the road leading into the high school, right after you cross the bridge. The town is setting up booths there because it’s near the creek where they’ll be holding their annual “Operation Christmas” Duck Race. You can purchase ducks at the booth for \$5 apiece; winners get 50% of the profits, split four ways. There will also be “Duck Runners” around town selling ducks (look for the bright t-shirts with the duck on them). The race begins at 7:30 p.m. and goes from “bridge to bridge,” right past the vacant lot. There’s plenty of area to watch creekside.

Also at that lot will be a “Cow Creek Valley Community Association” booth of goodies and refreshments – cinnamon rolls, pies, etc. – and a Glendale Volleyball Snack-Shack where they’ll have refreshments, Pepsi products and snacks as well.

At the school, one of the Glendale wrestling clubs will be offering FREE LAUNDRY SERVICE (donations accepted). Look for their booth at the high school; they’ll be accepting laundry until 9 p.m.

Grants Pass

History / Background

Grants Pass is where Pacific Northwest adventures begin! On the banks of Oregon's legendary Rogue River, Grants Pass is among the greatest places in the American West for whitewater thrills, forest trails, fly fishing, friendly faces and a dynamic local arts and entertainment scene.

Like many towns, Grants Pass owes its existence and growth to the railroad. When the tracks were extended into the modest settlement around 1880, things started hopping. Suddenly, the center of activity shifted from the western part of Josephine County, with its mining, to the east and Grants Pass. The first downtown building was constructed in 1883. In 1885, Grants Pass won an election to be the new seat of Josephine County. Grants Pass beat out Kerbyville (now Kerby) and Wilderville for the honor. The county's first courthouse went up in Grants Pass in 1886.

The city was a bustling frontier town with dirt streets, hotels and lots of saloons. It gradually matured and grew, adding banks, schools, varied stores and even an opera house.

If the town had any one unique characteristic though the years, it was the signs built over the streets to advertise its virtues. These started as cloth signs before the turn of the century and exist as the lighted "It's the Climate" sign today.

New industries have regularly burst on the scene in Josephine County – one at a time.

Grants Pass and its surrounding valleys have had a colorful past forged by the Native Americans, trappers, loggers, gold panners, celebrities and writers who were attracted to the river and contributed to its legends.

While pioneers set down roots and homesteaded, the first real industrialists came in search of gold. Mining quite simply made the county happen. Gold was founded by ex-sailors in present-day Waldo and at nearly the same time by the Rollins party on Josephine Creek. And the rush was on. Men flooded north from California to pan for gold in creeks, sift through mud in sluice boxes and later use large hydraulic works to find it.

The county's timber was a useful resource from the beginning – if only to supply logs for cabins and firewood to keep the chill off. But once the easy gold was gone and even the Chinese miners had moved on, the county needed something else to survive. Lumber was that something.

The trees began to fall. Mills large and small popped up around the county, but especially in Grants Pass, where the railroad stopped. They turned out wood products of all kinds – from boxes to window sashes to planks. Like the occasional mine found up a creekside road today, the mills are also still working. The log yards are full of pyramids of trees – but not like it used to be.

All along, of course, there were farms and dairies. Local growers tried various products, including vineyards and hops – both of

which became less profitable once Prohibition began. And for a while, the county was a major U.S. producer of gladiola bulbs.

Meanwhile, people began to realize that tourism was an industry itself. And as the other industries lost some of their muscle, this new idea continues to take hold.

Located on the legendary Rogue River, Grants Pass is a pleasant city surrounded by stately mountains and ancient forests. Grants Pass is the perfect place to experience some of nature's greatest wonders.

Discover the many unique recreational opportunities available, including jetboating, rafting, fishing, hiking, a historic theatre, beautiful parks and wildlife viewing on the scenic Rogue River. A visit to the abundance of antique stores, specialty shops and art galleries located in our historic downtown is one of many ways to spend an enjoyable afternoon in Grants Pass. However you choose to experience it, the Rogue River and the historic Downtown district will charm, please and delight you!

CYCLE OREGON ACTIVITIES

Are you interested in taking a trip down the Rogue River either by raft, boat or a hike? Please visit our Web site to find a local river outfitter: www.visitgrantspass.org.

Hellgate Jetboats

Hellgate is offering two special trips for Cycle Oregon participants. To take part in either of these two "specials" you will need to mention that you are a participant in Cycle Oregon when making reservations. Hellgate is also offering their regular daily trips. Visit them online at www.hellgate.com.

Special #1

LUNCH TRIP:

Lunch trip leaves at 9:45 a.m. on Friday, September 18

A three-hour, 36-mile round trip through Hellgate Canyon, stopping down river at the OK Corral, an old homestead, for an all-you-can-eat country banquet.

PRICES:

Adults: \$49

Children (4-11): \$33

Ages 3 and under: Complimentary

Special #2

SCENIC TRIP:

A two-hour, 36-mile round trip from Grants Pass through Hellgate Canyon. An all-time favorite for adventure and wildlife.

If you only have a couple of hours to spare, climb aboard our Hellgate "Quick and Scenic" excursion and see the legendary Hellgate Canyon. You'll view old floodwater marks on the narrow heights above. Close-ups of remarkable rock shapes carved by the river's hydraulics will fascinate you as a variety of native plants and animals surround you. Your friendly and informative guide will advise you on geological and historical points of

interest. See the canyon where John Wayne and Katherine Hepburn filmed “Rooster Cogburn” and Matt Dillon plunged into the depths to escape a gang in hot pursuit in “Gunsmoke.”

PRICES:

Adults: \$37

Children (4-11): \$24

Ages 3 and under: Complimentary

Cycle Oregon Wine Stroll in Downtown Grants Pass

Cycle Oregon Wine Stroll

3-6 p.m. Friday, September 18

Tickets \$25 each (includes complimentary wine glass)

The Grants Pass Towne Center Association & Taprock Northwest Grill present the Cycle Oregon Wine Stroll, an event exclusively for Cycle Oregon participants and their traveling companions. A relaxing way to explore the downtown by visiting local shops and enjoying great local wines and hors d’oeuvres! The Towne Center Association has been doing wine strolls in downtown Grants Pass for over 15 years. Only 300 participants are allowed, so register early. For your convenience we offer online registration at www.gptca.com. Additional information is also available online.

Downtown Sidewalk Sale

All day Friday, September 18

Downtown Grants Pass welcomes Cycle Oregon participants with a Sidewalk Sale all day Friday. Downtown boasts many wonderful shops and wares, from antiques to glass blowing. You can even visit our local soda fountain as well as some great local eateries. Our local shops will have a variety of items that will be displayed both outside and inside. Special shipping arrangements or holds are available.

Bike Check Station in Downtown Grants Pass

Downtown will have a special Bike Check Station hosted by the Endangered Species Club. Any participants riding downtown who would like to check their bikes while they shop or eat can do so for \$3. This station will be located on the corner of 5th & G streets next to Don’s Bike Shop. Hours will be Thursday from 3-8 p.m. and Friday from 10 a.m. to 8 p.m.

Dinner at Taprock Northwest Grill

Thursday and Friday, September 17 and 18, from 6 to 9 p.m.

Dine in a private room, at a beautiful Northwest-style lodge situated in Evergreen Park right on the Rogue River. All proceeds will benefit Wildlife Images Rehabilitation and Education Center (www.wildlifeimages.org). Tickets are \$75 each, which includes a private tour of Wildlife Images on Friday at 10 a.m. Space is limited to 20 seats for each night, so reserve your tickets now at (541) 955.0811 ext. 111.

LOCATION:

Taprock Northwest Grill - 971 SE 6th St, Grants Pass (1 block from Riverside Park)

Free Ice Cream at the Bear Hotel

Thursday, September 17, from 10 a.m. to 4 p.m.

As you journey into Grants Pass, look for posted signs directing you to free ice cream and popsicles for all riders and their support teams.

LOCATION:

Just along the route on the corner of Spalding and Agness avenues.

Bear Hotel Tour

Friday, September 18 from 10 a.m. to 5 p.m.

Come join us at the Bear Hotel for an exclusive tour filled with art, games, prizes and animals from Wildlife Images. The Bear Hotel is a multi-purpose community facility that houses painted fiberglass bears, larger-than-life nutcrackers, bronze eagles, Ti Pis and much, much, more! Come get a sneak peak of BearFest 2010, featuring Bears on Harleys! Suggested door donation of \$5 (all proceeds to benefit Wildlife Images, a local wildlife rehabilitation and education center www.wildlifeimages.org).

LOCATION:

The Bear Hotel - 2101 Spalding Avenue, Grants Pass (2 miles from Riverside Park)

Cathedral Hills Hike

Cycle Oregon riders who would like to get off their bicycles on the rest day in Grants Pass (Friday, September 18) might want to take a short hike with Grants Pass bicycling advocate and author Mark Lansing. Two miles from the Cycle Oregon camp in Riverside Park sits beautiful Cathedral Hills Park. Lansing will arrange for transportation to the trailhead (or you could ride there if locking your bicycle to a tree is a sufficient safeguard). A 3- to 5-mile excursion is planned, through epic stands of madrone and manzanita, with views across the Rogue Valley toward the 4,000-foot peaks that ring it. Tentative start time is 10 a.m. Please call or mail Mark Lansing at any of the contact information listed below:

Mark Lansing
Attorney at Law
307 N.W. E Street
Grants Pass, OR 97526
(541) 471.9239
Fax: (541) 479.0925
E-mail - lansingatlaw@rvi.net

The Doors of Oregon - A Summer-Long Public Art Event on the Sidewalks of Downtown Grants Pass

Celebrating 150 Years of Oregon Statehood

Date: 5/15/2009 - 10/4/2009

Grants Pass is celebrating 150 years of Oregon statehood with a new public art project called “The Doors of Oregon.” Oregon was the 33rd state admitted to the Union, so 33 doors were given

to local artists and they were asked to paint both sides of the doors with their impressions of our great state. The doors will be placed on the sidewalks of downtown Grants Pass from May 15 through October 5, 2009. If you enjoyed the Bears of BearFest, you will not want to miss this summer-long event. For more information, please call (541) 479.3351.

SERVICES IN THE GRANTS PASS AREA

Groceries

Safeway
6 a.m. - midnight
115 SE 7th St.
(541) 956.7540

Ray's Food Place
7 a.m. - 10 p.m.
1555 Williams Hwy.
(541) 479.4075

Safeway
6 a.m. - Midnight
1640 Williams Hwy.
(541) 476.1242

Health / Organic Food

Sunshine Natural Foods -
Organic Salads, Juice & Sandwiches
9 a.m. - 6 p.m.
128 SW H St.
(541) 474.5044

Drug Stores / Pharmacies

McLain's Drug Centre
8:30 a.m. - 7 p.m.
301 SE 6th St.
(541) 476.4464

Grants Pass Pharmacy
9 a.m. - 7 p.m.
414 SW 6th St.
(541) 476.4262

Bi-Mart
9 a.m. - 7 p.m.
230 Redwood Hwy.
(541) 479.8337

Walgreens
24 hours
111 Union Ave.
(541) 471.4873

Rite Aid
9 a.m. - 9 p.m.
1642 Williams Hwy.
(541) 479.6698

Laundry

Rogue Cleaners & Laundromat
7 a.m. - 10 p.m.
245 SE G St.
(541) 476.5369

Liquor Stores

Grants Pass Liquor
9 a.m. - 7 p.m. Thurs. / 9 a.m. - 8 p.m. Fri .
210 SE 8th Street
(541) 479.3729

Plaza (Safeway complex)
10 a.m. - 8 p.m.
1638 Williams Hwy.
(541) 476.1844

Hair / Nails / Massage

Ambiance Hair, Nail, Facials
8 a.m. - 6 p.m.
952 SW 6th St.
(541) 476.2277

Riverside Salon & Day Spa
980 SW 6th St.
(541) 474.1977

Body Evolution Massage & Wellness Center
1607 Williams Hwy., Suite 3c
(541) 479.4776

Heather Weathers Massage
Appointment by phone: (541) 291.8392

Medical / Eye / Dental

Three Rivers Hospital
24 hours
Union Ave. / Ramsey

Valley Immediate Care
8 a.m. - 8 p.m.
162 NE Beacon #103
(541) 479.1090

Eye Care Group
7:30 a.m. - 5 p.m.
1022 NW 6th St.
(541) 476.4545

Medical Eye Center
8 a.m. - 5 p.m.
881 NE 7th Street
(541) 476.6302

Southern Oregon Dental
9 a.m.-5 p.m.
540 Union Ave
(541) 476.7781

Bike Shops

Bike Kraft
10 a.m. – 6 p.m.
785 Rogue River Hwy.
(541) 476.4935

Don's Bike Center
9:30 a.m. – 5:30 p.m.
211 SW G St.
(541) 471.3494

Wireless Internet Hotspots

Blue Stone Bakery
412 NW 6th St.
(541) 471.1922

Dutch Bros.
6th & D streets

Taprock Restaurant
971 SE 6th St.
(541) 955.5998

Banks

Evergreen Bank
969 SE 6th St.
(541) 479.3351

Bank of the Cascades
265 Union Ave.
(541) 476.3128

Liberty Bank
660 SE 7th St.
(541) 479.8383

US Bank
400 SW 6th St.
(541) 474.1121

Umpqua Bank
117 NE F St.
(541) 479.1776

Wells Fargo Bank
205 NE 6th St.
(541) 474.6588

Cell Phones

US Cellar
1607 Williams Hwy.
(541) 660.8722

Phones Plus/Verizon
550 SW 6th St.
(541) 862.7000

Sprint
542 Union Ave.
(541) 479.8400

AT & T
1549 NE F St.
(541) 956.8844

For more information about things to see and do while in Grants Pass, please visit www.visitgrantspass.org.

Layover Day

Friends of the Forest Day - Back Again!

This year you'll have an opportunity to give something directly back to the beautiful places we ride through. On September 18, our layover day in Grants Pass, Cycle Oregon will team up with the National Forest Foundation for another "Friends of the Forest Day," offering a variety of different projects you can volunteer for.

Because 25 percent of Oregon consists of National Forests, CO riders spend a lot of time pedaling through them, camping in them and just generally enjoying them. So last year we inaugurated a new element of the CO experience: Through a partnership with the National Forest Foundation, we held the first Cycle Oregon Friends of the Forest Day. More than 120 volunteers signed up, repairing trails and even building a bridge. This year, we'll do it again.

There will be three project teams available for up to 100 volunteers. The projects include trail restoration and realignment, site cleanup and even some trail building. Many of these trails are favorite multi-use resources, and one thing is sure: You're going to have some pretty country to work in.

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. Search for September events in Oregon and scroll down. Transportation, 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.

New This Year

Cycle Oregon Gets Greener

One of our major quests over the years has been to make Cycle Oregon as sustainable an event as possible. And this year we're making huge progress with our Green Team program, which teams up CO volunteers and ZeroHero, a business based in Ft. Collins, Colorado, that helps events "green up."

ZeroHero will supply 20 to 30 Waste Recovery Stations (WRSs) – tentlike structures measuring roughly 4' by 8' and covering three bins – one each for compostables, recyclables and garbage. Volunteers from the CO Green Team will be posted at multiple WRS sites, talking to people to show them which items go in which bins and adding information about the products, composting and recycling, etc. Other volunteers will be posted on the course, such as at lunch sites.

To help the effort, CO is requiring vendors to use the most environmentally friendly products possible. For example, this year the “paper” products such as plates will actually be made of bagasse, the residual fiber product of sugar-cane processing. And all cutlery will be starch-based and fully compostable. Cups will be made of a corn-based resin, also compostable. There will be no bottled water, and sodas and other drinks will be served in the compostable cups. CO will also work with vendors to recycle as much cardboard or other packing materials as possible.

And the results could be staggering. Based on the products to be used and the volunteer system in place, ZeroHero estimates that 60% of all CO waste will be compostable, 30% will be recyclable, and only 10% will go to a landfill. This massive improvement is based on well-sorted waste – hence the volunteers and the three-bin WMS system. And, because compost and recyclables are commodities with market value, they will be hauled away at no cost, reducing CO's overall waste management cost.

Get a Piece of Wearable Art!

You're riding mile after mile. You're taking in some of Oregon's most distinctive scenery. Document your experience by wearing it!

Umpqua Bank, one of Cycle Oregon's sponsors (and proud of it!), will be handing out free T-shirts in Glendale. These organic cotton, comfy tees feature favorite Oregon and California destinations, as illustrated by Bend artist Adam Hynes. Wear the shirt and join Umpqua in promoting and preserving our region's natural beauty through increased awareness.

(Looking for a way to preserve a little something else, like your savings? Get handy hints and tips – and meet savings heroes – at www.savehardspendsmart.com.)

Local Talent in the Music Spotlight

Cycle Oregon has always put the spotlight on the places we ride through. Now we've extended that philosophy in our choice of musical acts. Instead of just local performers on stage throughout the afternoon, this year we're adding some local acts as headliners. We'll have a mix of local and regional acts throughout the week, with the chance to hear some performers you might not run across otherwise. Enjoy!

New Sponsor: Dave's Killer Bread

We're glad to welcome another great local sponsor to our roster, as [Dave's Killer Bread](#) joins up. And these delicious breads come with a compelling story. Dave Dahl, the son of a baker, rejected the family business at a young age and instead turned to a life of

drugs and violence that led to multiple arrests and four stints in prison. But during his last stretch inside, Dave decided to turn his life around. He joined that family business with his brother and nephew, and it evolved into Dave's Killer Bread. Today the company, which started selling from the farmer's market at Portland State University, provides 10 varieties of bread to customers throughout the Western United States. And some bread it is – delicious, healthy and organic, with whole grains, nuts and seeds but no animal products or preservatives. Cycle Oregon loves to support local businesses, and so this year Dave's Killer Bread will supply something like 1,200 loaves of bread in four to six varieties for our lunch and rest stops.

Urban Gleaners Granola

This year Cycle Oregon will feature granola from Tracy's Small Patch at breakfast each day – and all proceeds will go to Urban Gleaners, an innovative local program that picks up leftover food from restaurants and stores and takes it to homeless shelters. Go to www.urbangleaners.org for more info.

Musette Bags

One of the pieces of rider feedback we've received is that using a disposable plastic bag for each person's lunch seems wasteful. That's true – and we're doing something about it. This year we will be giving each rider a customized Cycle Oregon musette bag as part of the rider packet at check-in. You'll be able to take the bag with you each day if you want (it folds down into a very small pocket packet) and use it at lunch. This change alone will eliminate more than 10,000 plastic bags from our environmental footprint.

Nossa Familia “Tent, Porter and Coffee” Special

This year our favorite coffee vendor has added a new twist for those lucky enough to have a T&P spot and a love of a good roast in the morning.

Imagine waking each morning to a French press full of their fresh, delicious coffee, with two cups, sugar and creamer ready for you – without any lines or any hassle.

Wake up, grab your paper and walk mere feet to the Nossa Familia Annex to pick up your wake-up tote. At the end of the week you can keep the commemorative French press and select one bag of coffee to take home. Award-winning coffee, brewed to order, hassle-free. But [check the details and sign up fast](#) – only 50 lucky tents will get the royal treatment. \$100 for two people in a tent; \$75 for one.

Cold Gleukos to Go

For the first time this year, ice-cold Gleukos pouches will be sold at both the Bike Gallery retail tent and the Widmer Brothers Beer Garden. Proceeds from the sale of these pouches will go to the Cycle Oregon Fund.

Day-by-Day Course Descriptions

Day 1 – Sunday, September 13

Medford to Yreka (68 miles)

“Ride for the Border”

Cycle Oregon makes its first foray across the southern border. But first we make our way through quintessential Southern Oregon orchards and valleys before climbing out of Ashland on the Old Siskiyou Highway past Emigrant Lake and to the summit. (Be sure to look back at the beauty and bounty of Oregon!) Then we roll down into our neighbor state, through open hills with Mt. Shasta in the distance, finally crossing the Klamath River and arriving in Yreka.

Day 2 – Monday, September 14

Yreka to Happy Camp (74 miles)

“Biking the Byway”

Today is a special ride, following the official State of Jefferson Scenic Byway along the Klamath River. Early on we cross over five Pioneer Bridges from the 1930s, and we spend the day spinning downhill alongside the Klamath, where herons observe us from atop logs and the river alternates between placid pools and roiling rapids. When we hit Happy Camp, you’ll know for sure you’re off the beaten path – you’re truly in the State of Jefferson.

Day 3 – Tuesday, September 15

Happy Camp to Lake Selmac (54 miles)

“Up and Over”

Delve deeper into Jefferson, continuing on the Scenic Byway. After a gradual warm-up through tranquil woods, we climb nine miles – very steep near the top – to a panoramic view over receding rows of treed ridges, including rare weeping Brewer’s spruce and Port Orford cedar. Then we’ll wind down 11 miles of great road with vistas to the north. Later we’ll have one very short, very steep climb, and a last up-and-over to Lake Selmac.

Day 4 – Wednesday, September 16

Lake Selmac to Glendale (70 miles)

“The Redwood and The Rogue”

Today we experience maybe the most spectacular of Oregon’s 48 Wild & Scenic Rivers. After tooling along the Redwood Highway from Selma, we begin a lively dance with the Rogue River. We’ll cross it three times in 20 miles of unmatched scenery, rising above the river and then dropping down beside it. Finally we leave it behind, riding first up Grave Creek and then Wolf Creek, past its historic town and wayside inn on our way to Glendale.

Day 5 – Thursday, September 17

Glendale to Grants Pass (76 miles)

“Up the Creek(s)”

This day will have a soundtrack of running water – we spend the majority of the ride alongside one of five creeks. We’ll climb steadily for 30 miles (only the last five are serious), past Galesville Reservoir and under the gaze of bald eagles, before following Evans Creek for an incredible 40 miles of gentle descent through deep forest. At the bottom we break out into a lovely valley of covered bridges and vineyards, and finish the day following the Rogue River down into Grants Pass.

Day 6 – Friday, September 18

Grants Pass Option (43 miles)

“Layover Loop”

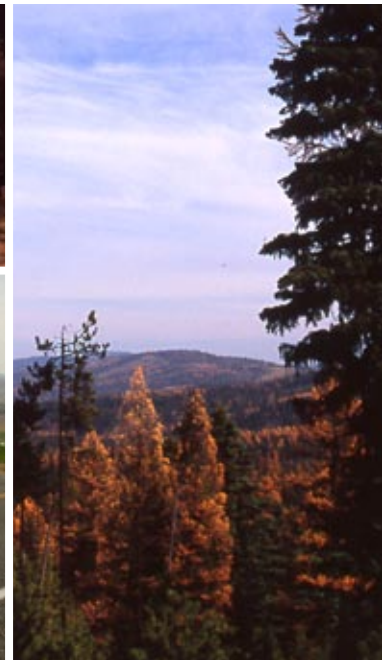
A day of choices: lounge around on the banks of the river, explore town, take a ride... or do it all. This moderate loop with a couple climbs (OK, one has a stretch of 10% grade) will keep your legs fresh and leave plenty of time in the day. Head out west, then north, and loop back as you pass through oddly but wonderfully named places like Merlin, Hugo and Winona, as well as along Jumpoff Joe and Louse creeks.

Day 7 – Saturday, September 19

Grants Pass to Medford (42 or 52 miles)

“Along the Applegate”

How fitting to end the week with another historic and ruggedly beautiful ride. Today we head into the Applegate Valley, through which the famous Applegate Trail offered emigrants a safer route to Oregon. Start with a warm-up climb through oak, madrone and pine, then take on smooth rollers past vineyards and dairies in the valley. Choose the more- or less-hilly option into Jacksonville, and finish triumphantly in Medford. What a week.



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 Medford.

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 they 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 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 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 2 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, recyclables & compostables 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 Medford. 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 & Transfer Policy

Cancellation Policy

BEFORE FRIDAY, AUGUST 28, 2009

If you can't make the ride, submit a written cancellation by Friday, August 28, 2009, for a refund, less processing fees of \$100 for rider registration and accompanying additional services (Tent & Porter Service, parking pass or bus tickets). The fee for canceling an additional service only is \$25 for bus tickets (round-trip), \$25 for Tent & Porter service and \$25 for Rider Guest registration, as applicable. There are no refunds for canceling parking only at any time.

FROM AUGUST 29, 2009, UNTIL SEPTEMBER 11, 2009

From August 29, 2009, until September 11, 2009, the cancellation fee is \$250 for rider registrations and accompanying additional services (Tent & Porter Service, parking pass or bus tickets). The fee for canceling an additional service only is \$75 for bus tickets (round-trip), \$25 for Tent & Porter service and \$25 for Rider Guest registration, as applicable. There are no refunds for canceling parking only at any time.

AFTER SEPTEMBER 11, 2009

No refunds for ride or additional service cancellations after September 11, 2009.

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.