

<< CYCLE OREGON PRESENTS >>

LET 'ER BIKES

The Round-Up Ride



SEPTEMBER 11-18

← TWO THOUSAND AND TEN →

Jeffrey

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
- Preparing for the Ride 4
- What to Pack 5
- Transportation 7
- Arriving & Departing 9
- Accommodations 9
- Food, Drink & Entertainment 9
- Camp Services 13
- Baggage 16
- Rider Guests/Support Vehicles 16
- Community Information
 - Elgin 17
 - Enterprise 18
 - Clarkston 20
 - Waitsburg 21
 - Pendleton 25
- Cycle Oregon – A Green Event 29
- New This Year 30
- Day-by-Day Course Descriptions 31
- On the Course 32
- A Day in the Life of Cycle Oregon 33
- Rules of the Ride 34
- Ride Waiver 35
- Emergency Information 35
- Cancellation & Transfer Policy 35
- Questions? 35



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.

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 2010!

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 457 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 2010. They are offering a special rate of \$105 for both September 10 and September 18 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 Elgin, the bus will leave from and return to the hotel. If you're staying elsewhere, check with your lodging provider to see if they will shuttle you directly to the Sheraton Portland Airport Hotel, where bus staging will occur.

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

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

Bus to Elgin

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

Volunteers will be available to help load your bike and luggage. To save time and minimize hassle, bikes will not be boxed but will be wrapped in blankets and loaded directly into the baggage trucks. Volunteers will be available in Elgin to help unload the bicycles. The process will be reversed for the bus trip back from Elgin.

Leaving Elgin on September 18

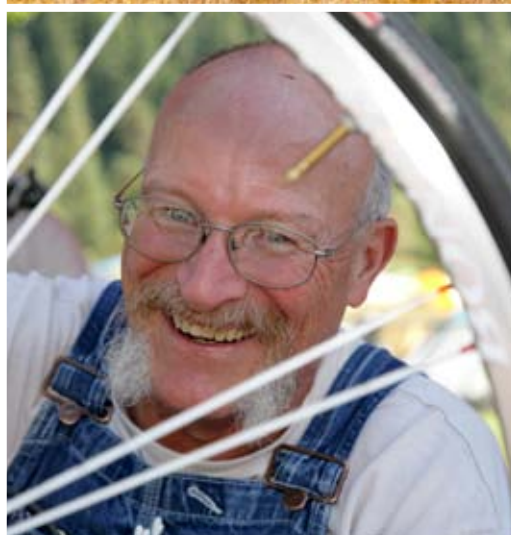
Buses will return from Elgin to Portland on Saturday, September 18. The buses will leave at 3, 5 and 6 p.m. on Saturday; the bus ticket you received in the mail will indicate which time you signed up for. A boxed meal will be provided on the return trip. If you are taking the bus, plan to arrive in Elgin early enough to enjoy the finish-line festivities and have ample time to load your bike and luggage and board the bus by 3, 5 or 6 p.m. The last bus to depart Elgin for Portland will leave at 6 p.m. The buses should arrive in Portland at The Sheraton Portland Airport Hotel approximately 4.5 hours after leaving Elgin.

Parking and Driving

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

- Take I-84 east from Portland for approximately 260 mi.
- Take exit 261, OR-82, toward Elgin/La Grande.
- Turn right at Island Ave./OR-82. Continue to follow OR-82.
- Go 1.6 miles and turn left on OR-82/Wallowa Lake Hwy.
- Continue to follow OR-82/Wallowa Lake Hwy. for 17.5 mi. to Elgin.
- Follow the signs to the Cycle Oregon long-term parking area.

When you arrive in Elgin, signs will direct you to the long-term parking area. Park your car and unload your gear. **Leave your baggage directly behind your vehicle.** Porters from the community will pick up and move your bag to a baggage corral outside of the Packet Pick-up area at the overnight site. Make sure to secure your car keys and put valuables out of site. Security will patrol the area all week.



Walk or ride your bike to the overnight site, following the pink arrows and Cycle Oregon signs. After you check in at Packet Pick-up, locate your bag in the corral (your bag will be there within approximately 45 minutes of parking your car). Volunteer porters will be available to move your bag to the designated camping areas.

When arriving, both short-term and long-term parking will be directed to the long-term parking area outside town; please do not park in town when arriving. If you are taking the bus from Portland, you will be dropped off at the main entrance into camp.

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

Bike Shipping

If you're flying into Portland or don't want the hassle of dealing with your bike on the way to the starting point, we encourage you to ship your bike directly to the starting location in Elgin.

This year we're working with High Country Shipping (HCS), a registered FedEx shipper, for shipping all bikes to and from

our event. *Note: This is the only option for shipping your bike to the starting location in Elgin.* 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 at their local facility, and deliver your bike to the start of Cycle Oregon. During the event High Country Shipping will store your cardboard box or hard case.

At both the start and finish, High Country Shipping's booth will be conveniently located next to the Bike Gallery for those who want assistance with bike assembly before the ride and disassembly before return shipping.

Shipped bikes should not arrive earlier than two weeks before the start of the ride. Riders are encouraged to make their reservation in advance [online](#). HCS will then contact you to confirm shipping. Riders will be charged for shipping when their bike arrives on time in Oregon.

Contact High Country Shipping:

877-231-1363
highcountryshipping.com/cycle_oregon.html

Arriving & Departing

Check-In and Packet Pick-Up

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

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

If you are signed up for the Tent & Porter Service, you'll also need to get your tent assignment. All tents will be assigned in Elgin. If you'd like to camp near friends, plan to check in together so you can be assigned adjacent tents.

Note: If you've pre-ordered Pendleton Round-Up tickets for the rodeo or Happy Camp, they will be in your packet.

Check-In Hours

- Friday, September 10, from 6 to 8 p.m.
- Saturday, September 11, from 10 a.m. to 8 p.m.
- Sunday, September 12, from 6 to 8 a.m.

Arriving Early or Late

If you would like to arrive on Friday 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 or showers 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 Elgin

The finish of an event like Cycle Oregon should be a high point, not a letdown. And so Elgin will be going all-out to show Cycle Oregon riders a great time at the finish line. Relax with all of your new friends while enjoying a beer garden plus a bevy of local food and craft vendors. Trade stories about the week's adventures and revel in the feeling of having just ridden 457 miles (or however many you actually logged).

Before leaving Pendleton 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 on the streets near the finish line for them. There will also be parking in the same location for Rider Guests who are picking up their riders. Follow the Rider Guest and short-term parking signs once you come into Elgin.

If you have your car in long-term parking, stop at the finish line, enjoy the festivities and have a bite to eat. When you've had your fill, take the short ride to long-term parking. You'll find your bags and a hot shower waiting for you. The showers at the finish-line and long-term parking will close Saturday at 6 p.m.

Accommodations

Camping

Every overnight site has an area designated for camping – the “Tent City,” as it's affectionately known. Tent sites are available on a first-come, first served basis. Some things to consider as you choose a place for your tent include proximity to restrooms, the entertainment stage, the massage tent (they're open fairly late each evening and have music playing), etc. Many groups of riders like to stay close together, so that can take some logistical coordination.

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.

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.

Special Dietary Needs:

We work hard to accommodate the dietary needs of all our riders. If you have special dietary needs, please start by reviewing the menus below. If you need to bring additional food, pack it in a cooler marked with your name. We'll store your cooler in a kitchen truck and will do simple preparations for you. Please coordinate your needs with us by contacting ingrid@cycleoregon.com by August 27.

Meal times:

Breakfast:

5:30 - 8:30 a.m.

Lunch:

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

Dinner:

5 - 8 p.m.

Note: Because of the long driving time for equipment vehicles on Day 2, meal times will be changed on that day. Breakfast will be from 5 – 8 a.m., and dinner will be from 5:30 – 8:30 p.m.

Saturday, September 11

Dinner

Prime Rib or
Enchilada with Mexican Rice
Mashed Potatoes with Parmesan and Fresh Basil
Nantucket Blend Vegetables
Cornbread Roll
Salad Bar
Pound Cake

Sunday, September 12

Breakfast

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

Lunch

Turkey, Mozzarella, Tomato and Basil on
Dave's Killer Wheat Bread or
Italian Veggie Sandwich with Mozzarella,
Tomato and Basil on Dave's Killer Wheat Bread
Pasta Salad
Natural Potato Chips
Oreo Cookies
Fruit

Dinner

Chicken Dijon or
Baked Cheese Polenta
Rosemary-roasted Red Potatoes
Fresh Asparagus
Whole Wheat Dinner Roll
Salad Bar
Brownie Sundae

Monday, September 13

Breakfast (5 – 8 a.m. today only)

Whole-grain French Toast with Butter and Syrup
Grilled Ham
Scrambled Eggs
Hot Oatmeal with Brown Sugar and Raisins
Bagels, Fresh and Canned Fruit, Cold Cereal, Yogurts,
Granola
Assorted Hot and Cold Beverages

Lunch

Roast Chicken with Cheddar Cheese, Spinach and
Mushrooms on Dave's Killer 21 Grains Bread or
Curry Hummus Spread with Zucchini and
Vegetables on Dave's Killer 21 Grains Bread
Cucumber Vinaigrette Salad
Natural Potato Chips
Oatmeal Raisin Cookies
Fruit

Dinner (5:30 – 8:30 p.m. today only)

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

Tuesday, September 14

Breakfast

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

Lunch

Whole Teriyaki Wrap with Grilled Chicken,
Rice, Pineapple and Vegetables or
Whole Teriyaki Wrap with Tofu, Rice,
Pineapple and Vegetables
Asian Coleslaw
Natural Potato Chips
Brownies
Fruit

Dinner

Roasted Turkey Breast and Bread Stuffing or
Spinach Lasagna
Bistro Carrots and Sweet Potatoes or Cozumel Blend
Whole Wheat Dinner Roll
Salad Bar
Pecan Pie

Wednesday, September 15

Breakfast

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

Lunch

Roast Beef and Provolone Cheese on Dave's Killer
21 Grains Bread or
Mediterranean Pita with Tempeh, Feta and Vegetables
Red Potato Salad
Natural Potato Chips
Chocolate Chip Cookies
Fruit

Dinner

Grilled Northwest Salmon with Dill Butter Sauce or
Chilaquiles
Pearl Couscous and Grains
Venetian Blend Vegetables
Whole Wheat Dinner Roll
Salad Bar
Chocolate Truffle Cake

Thursday, September 16

Breakfast

Vegetable Frittata
Sausage Patties
Potato Pancakes
Hot Oatmeal with Brown Sugar and Raisins
Bagels, Fresh and Canned Fruit, Cold Cereal, Yogurts,
Granola
Assorted Hot and Cold Beverages

Lunch

Whole Tuscan Chicken Pita or
Hummus with Spinach and Sprouts on Focaccia
Italian Pasta Salad
Natural Potato Chips
Shortbread Cookies
Fruit

Dinner

Rice and Beans with Kielbasa or
Vegetable Rice and Beans
Key West Blend Vegetables
Whole Wheat Roll
Salad Bar
Carrot Cake

Friday, September 17

Breakfast

Biscuits and Sausage Gravy
Chicken Apple Sausage Links
Scrambled Eggs
Roasted Red Potato Hash Browns
Hot Oatmeal with Brown Sugar and Raisins
Bagels, Fresh and Canned Fruit, Cold Cereal,
Yogurts, Granola
Assorted Hot and Cold Beverages

Lunch

Roast Turkey with Cranberry Cream Cheese on
Dave's Killer Good Seed Bread or
Half Pecan Pattie with Spinach and Sprouts on
Dave's Killer Good Seed Bread
Cabbage Salad with Raspberry Vinaigrette
Natural Potato Chips
Nutter Butter Cookies
Fruit

Dinner

Beef Ragout or
Vegetable Tofu Ragout
Mafalda Noodles
Malibu Blend Vegetables
Whole Wheat Dinner Roll
Salad Bar
Lemon Bars

Saturday, September 18

Breakfast

Filled Pancake Rolls
Scrambled Eggs
Grilled Bacon
Hot Oatmeal with Brown Sugar and Raisins
Bagels, Fresh and Canned Fruit, Cold Cereal,
Yogurts, Granola
Assorted Hot and Cold Beverages

Lunch

Grilled Chicken on Dave's Killer 21 Grains Bread or
Black Bean Burger with Swiss Cheese
California Pasta Salad
Natural Potato Chips
Swiss Crème Cookies
Fruit

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.

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. 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 6:15 – 7:15 p.m. near the Bike Gallery mechanic stations (look for the crowd). The clinic topics will include riding skills, gear shifting and flat tire repair.

Here are the daily topics for the week:

Sunday: Gear shifting
Monday: Crash-avoidance/riding skills
Tuesday: Flat Repair
Wednesday: Gear shifting
Thursday: Crash-avoidance/riding skills
Friday: Open Q&A session

ODS Main Stage

Everywhere we stay, the ODS Main Stage magically appears. Think of it as our own personal musical tour, but with a much fitter audience. The stage stays full 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)
7:30–8 p.m. - Nightly CO Announcements
8–9:30 p.m. - Headline Performers

Musical Performers – Cycle Oregon 2010

ELGIN

Saturday, September 11

4:00 – 6:30 The Red
Light Runners
8:00 – 9:30 Ashes 2 Ashes

ENTERPRISE

Sunday, September 12

4:00 – 5:00 Prairie Creek
Girls
5:00 – 5:30 Tunesmith
Showcase
5:30 – 6:30 Brady Goss
8:00 – 9:30 The Alibis

CLARKSTON

Monday, September 13

4:00 – 5:00 Highland
Elementary
Marimba Band
5:30 – 6:30 Prism
8:00 – 9:30 The King Pins

WAITSBURG

Tuesday, September 14

4:00 – 5:00 Paul Gregutt
5:00 – 5:30 Azure Dance
Troupe
5:30 – 6:00 Sweet Adelines
8:00 – 9:30 Frog Hollow
Band

Wednesday, September 15

2:00 – 2:30 Abby & Molly
2:30 – 3:00 Tammy Weppler
3:00 – 4:00 Soul Status
4:00 – 4:30 WHS Pep Band
4:30 – 5:30 Rye Grass
String Band
5:30 – 6:00 Waitsburg
Quartet
6:00 – 6:30 Salt & Light
8:00 – 8:30 BIKE RODEO
presented by
the Bike Gallery
8:30 – 9:30 The Slooches

PENDLETON

Thursday, September 16

5:00 – 6:30 TooBamBoo
8:00 – 9:30 The Alibis

Friday, September 17

8:00 – 9:30 James Dean
Kindle and
the Eastern
Oregon
Playboys

ELGIN

Saturday, September 18

1:00 – 2:45 Jimmy Lloyd
Rae and The
Switchmasters
3:15 – 5:00 Mark Stratton's
Lost Creek



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. Their primary goal is to treat injuries from cycling. If it's something serious, they will notify the SAG teams or the medical recovery team. Their secondary goal is to take care of things like supplying sunscreen, ice packs and cubes, and performing minor first aid for road rash or lacerations.

The Metro West team has four ambulances and a stationary first-aid tent, with a total of 10 people – four teams of two, a first-aid person and the lead paramedic to coordinate everything. 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.

What are the EMTs not there for? Well, they're not SAG services; they need to be available for emergencies, so please don't ask them for the kind of support you're supposed to get from SAG vehicles. And they can't dispense over-the-counter medications (if you need OTC pain meds, check the Bike Gallery "store").

Physical Therapy

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. Stretch and Injury Prevention Class
Day 1: 3-5 p.m. Consultations
Day 2: 4-6 p.m. Consultations
Day 3: 4-6 p.m. Consultations
Day 4: 8-9 a.m. Stretch and Injury Prevention Class
Day 5: 4-6 p.m. Consultations
Day 6: 8-10 a.m. Consultations

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

We're happy to announce that Jennifer Hanson, who handled yoga for the Weekend Ride the past two years, will be doing our classes this year. Jennifer comes to us with some impressive credentials, including 12 years as a yoga practitioner as well as time spent in India studying at [Krishnamacharya Yoga Mandiram](#), a school that focuses on yoga therapy including one-on-one work.

Jennifer is bringing an innovative approach, separating out the sessions into two levels instead of one mixed one. She's offering Level 1 classes – intended for beginner or complete newbies, which will cover the basics, such as easier stretches that counter the stress from riding – as well as Level 2, which will involve deeper stretching, movement between stretches, and less description of the poses, for those who are already familiar with yoga. In addition, Jennifer will offer therapy sessions on both layover days – much slower movements that help you continue moving in a meditative way.

Day	1	2	3	5	7
Level 1	4:00	5:15	4:00	5:15	5:15
Level 2	5:15	4:00	5:15	4:00	4:00

Note: All classes are one hour, p.m.

Level 1: Perfect for beginners and those who are looking for a gentle stretch after a long ride. If you have never practiced yoga before – or just want to meet other people who think it's fun to stretch – this relaxing class is for you. We'll use props, including blocks and straps, to explore some basic yoga poses that can help relieve tightness in your hips, legs and shoulders. All postures will be specifically geared toward cyclists, with lots of clarification on proper alignment to help keep your muscles safe and help prepare you to ride the next day.

Level 2: For those who are familiar with the basic yoga poses, or have a regular yoga practice, these vinyasa-flow classes will help you stay close to your breath this week. We will explore different sequences as we breath into tight muscles in a conscious and connected way. All classes will emphasize stretching the muscles that can get tight during a ride, to relieve tightness in your hips, legs and shoulders. While we won't focus on building strength and stamina here (hey, aren't you getting enough of that on the rides?), we will explore some of the more advanced versions of the poses. These may include balances, backbends, and binding, to help open your body up for the ride the next day.



Layover Days: (Day 4, Day 6)

6 a.m. Mixed Level: Rise, shine and open up areas of tightness by flowing through some simple Sun Salutations sequences, before releasing into some long, juicy stretches geared toward muscles that may be tight from cycling. Join other yogi cyclists who want to greet the day with breath and awareness. Each class will include a pranayama practice, using breath control to charge up your prana, or life energy.

9 a.m. Therapeutics: If you're a beginner to yoga, are recovering from an injury, or just want to take it slow today, these gentle classes can help open your body by encouraging greater mobility and freedom at the joints. Each class will include a pranayama practice, using breath control to charge up your prana, or life energy.

4:30 p.m. Mixed Level: A perfect cross-training component of your week! Open up areas of tightness by flowing through some simple Sun Salutations sequences before releasing into some long, juicy stretches geared toward muscles that may be tight from cycling. Each class will include a pranayama practice, using breath control to enhance your prana, or life energy.

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. The clinics run from 6:15 to 7:15 each evening, near the Bike Gallery mechanics' area.
- 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](#) is a nonprofit organization based in Portland, Oregon. A fun, friendly and conscientious crew of trained staff and volunteers will carefully clean your bicycle and charge your electronics at each overnight site. Proceeds support our children's programs. These services are popular and sell out. During the ride they are offered on a first-come, first-served basis, so pre-schedule or visit us early!

Services Available on the Ride: Visit our booth early to sign up! We'll be happy to answer your questions and show you how we work.

Bike Detailing: We will make your bike look (and act!) like new.

- Full bike cleaning : \$50 (some extra fees may apply depending on your bike)

Electronic Device Charging: Garmin's, iPhones, BlackBerries... if it plugs into a socket, we can charge it. Please bring your own cord.

- Pre-scheduled weekly charge (one device per day): \$50
- Daily charge: \$5

VIP Clean & Charge Services: Get the royal treatment!

- Schedule a full bike cleaning and detail, and have one device charged per day: \$100

Services Available to Pre-Schedule: To pre-schedule (until September 1), please e-mail brian@communitycyclingcenter.org with the service and day you request. He will follow up to confirm availability and secure payment.

- Pre-scheduled full bike cleaning: \$60
- Pre-scheduled weekly charge (one device per day): \$50
- Pre-scheduled full bike cleaning and one device charged per day: \$100

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 motel and 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

Rider Guest/Support Vehicle Space is Limited

Because of space limitations in 2010 at our Pendleton and other overnight sites, we are only able to accommodate 30 Rider Guest or Support Vehicles in the Rider Guest/Support Vehicle parking area; registration for this service is sold out. This limit applies to all vehicles (RV, truck, truck with trailer, van or car) that are supporting a rider or riders.

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

- Vehicles must register – Anyone accompanying a rider through the week in a vehicle must register through the Rider Guest/Support Vehicle program.
- Car camping is allowed in the Rider Guest/Support Vehicle area if space allows – Some of the Rider Guest/Support Vehicle locations will have grass nearby for tent camping, others will not.

- Rider Guests and Support Vehicles drive alternate routes to each overnight location – To enhance the safety of riders and their overall experience, Rider Guests and Support Vehicles will be asked to take alternate roads to the overnight site wherever possible (directions will be provided).
- There will be designated times each day for Support Vehicles to drop off and pick up gear for their riders – This information will be in the Information Packet Support Vehicle drivers receive in August. Access to the overnight site to drop off or pick up gear will not be allowed outside of these hours.
- Rider Guests and Support Vehicle drivers are not registered riders, and so should not be riding the route each day.
- Rider Guest/Support Vehicle campsites will be as close to the rider venues as possible – The Rider Guest/Support Vehicle area is generally not an RV park; more likely it's a city park, someone's field or a parking lot. This year hook-ups (water, electricity and dumping stations) are available in Elgin and Enterprise only.
- Quiet Hours – Rider Guests and Support Vehicles that have generators will be located separately from those without. In addition, the Rider Guest/Support Vehicle area will observe quiet hours (no generators) from 10 p.m. to 6 a.m. every day.

Vehicle Registration Fee

A registration fee of \$375 is required for each Rider Guest/Support Vehicle. 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 tent.

Meals

Rider Guests and 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.](#)

Information Packets

Registered Rider Guests or Support Vehicles drivers will receive a packet in August that includes driving instructions, site maps with the rider guest/support vehicle parking location designated, a vehicle permit, designated drop off/pick up times at each overnight site, and a meal wristband or tickets (if purchased).

Volunteer Liasons

Cycle Oregon has two volunteers who serve as Rider Guest/Support Vehicle liaisons. They will make sure you are well 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 2010, is offering participants a 15% discount on weekly rates.



Community Information

Elgin

The [Eagle Cap Excursion Train](#) will be running on Saturday, Sept. 11 from 10 a.m. to 1 p.m. and Saturday, Sept. 18 from 10 a.m. to 1 p.m. Call 541-963-9000 to reserve a spot; this is a must-see!

[Elgin Opera House](#): September 10 and 11, "Seven Brides for Seven Brothers." For tickets to this live production, call 541-663-6324 or go online for ticket information, times and availability.

Community Center Swimming Pool:

260 N 10th
Noon - 6 p.m. Saturday and Sunday

Restaurants and Bars:

White Horse Café
71105 Highway 82
6 a.m. - 2 p.m. Tuesday - Sunday

Sig's
31 N. 8th
Restaurant: 6 a.m. - 9 p.m., Monday - Saturday
Bar: Noon - 2 a.m., Monday - Saturday

Brunswick
52 N. 8th
Restaurant: 6 a.m. - 9 p.m., 7 days a week
Bar: 9 a.m. - 2 a.m., 7 days a week

Huang Cheng
Alder St.
Restaurant: 11 a.m. - 9 p.m., 7 days a week
Bar: 11 a.m. - 2 a.m., 7 days a week

Branding Iron Café
Division St.
6 a.m. - 2 p.m., 7 days a week

Czer's Drive In
1390 Division
10 a.m. - 8 p.m., 7 days a week

The Coffee Scoop / Pizza & A Movie
190 S. 8th
8 a.m. - 9 p.m., Monday - Saturday
8 - 8:30 p.m. Sunday

Banks & ATMS:

US Bank
800 Alder
Lobby open until 6 p.m.
Fridays; ATM 24 hrs.

Community Bank
109 S 8th
Lobby open until 5 p.m.
Fridays; ATM 24 hrs.

Enterprise

HISTORY / BACKGROUND

Enterprise, Oregon welcomes Cycle Oregon riders to our beautiful community located in the valley of the Wallowa Mountains. Enterprise is the county seat of Wallowa County and has a population of 1,975.

Enterprise got its name at a meeting held in a tent owned by a mercantile company in 1887; several names were suggested, including Bennett Flat, Wallowa City, Franklin and Fairfield. Finally, R.F. Stubblefield suggested Enterprise, and that name was selected by a majority vote. Enterprise was and still is considered a very enterprising community. The post office was established on November 9, 1887, with Catherine Akin as first postmaster. The city was then incorporated in 1889.

Enterprise is one of the most beautiful settings in the world, and it will take your breath away. Wide-open grassy meadows surround the town, with pine forests to the north and the incredible Wallowa Mountains to the south. It's an outdoor paradise.

It has also become one of the centers for Western bronze art. There are two bronze foundries in Enterprise, as well as many artists in the area. Enterprise is a Preserve America community, and is in the beginning stages of forming a main street community.

Our downtown and surrounding areas offer many stores to shop in, restaurants to eat in and hotels to stay in, as well as many service businesses. Enterprise is the core of Wallowa County, and we're looking forward to your visit here.

COMMUNITY ACTIVITIES

The Enterprise community plans on holding a street fair. As you come into our valley, you'll find signs leading you on the way to a fun-filled day.

Enterprise's Main Street will have a street dance from 2 – 4 p.m., with a variety of events occurring throughout the afternoon. To list just a few: belly dancing; face painting; caricature drawings; beer and ice cream garden; historic downtown walking tour, and bronze foundry tour (by reservation). Lear's Main Street Pub & Grill will make it a day you won't forget! learspubandgrill.com

You'll have the opportunity to relax downtown and enjoy the music, browse through our shops (shipping available) and, as we did two years ago at the courthouse lawn, we will have a special raffle fundraiser for you to be a part of. Last year we raffled a Dave Jensen photo.

The Enterprise School will make their computer labs available on a fee basis; information will be available at the community booth.

We will provide horse-drawn wagon rides between the golf course and downtown Enterprise for those looking for the ultimate ride.

Terminal Gravity Brewing will be ready and waiting for your arrival. They have Terminal Gravity cycling jerseys you won't want to miss out on. You can visit their website at terminalgravitybrewing.com

You won't want to miss the Hells Canyon Mule Days event. To obtain their schedule of events on Sunday, you can visit their website at hellscanyonmuledays.com

Visit Our Historic Downtown Community:

- Bowlby Building, built in 1899 of Bowlby stone
- Courthouse, built in 1909 of Bowlby stone
- Carnegie Library, built in 1913
- Litch Building, built in 1909

These are just a few of the many buildings to see.

SERVICES AND LOCATIONS

City of Enterprise

enterpriseoregon.org

Chamber of Commerce

Wallowa County Chamber of Commerce
541-426-4622
wallowacountychamber.com

Newspaper & Radio

Wallowa County Chieftain
541-426-4567

KWVR Radio
541-426-4577

Medical & Police

Wallowa County Memorial Hospital
541-426-3111

Safeway Pharmacy
541-426-3535

Enterprise Police Dept.
541-426-3136
Emergency: 911

Banks & ATMS

Community Bank
541-426-4511
300 NW 1st Street
(Faces Hwy. 3/Lewiston Hwy.)

Sterling Savings Bank
541-426-3124
205 W. Main
(Downtown Enterprise)

Bank of Eastern Oregon
541-426-4205
101 Hogan Street
(Faces hwy. 82/Wallowa Lake Hwy.)

Laundromat

Enterprise Laundromat
210 W. Greenwood
(Next to city park)

Hotels/Motels

Best Western Enterprise
541-426-2000
1200 Hyland Dr.

Ponderosa Motel
102 E. Greenwood
541-426 3186

Wilderness Inn
541-426-4535
301 W. North

Country Inn
541-426-4986
402 W. North

Bed & Breakfast

Enterprise House B&B
541-426-4238

Places of Interest

Enterprise Public Library (WiFi)
101 NE 1St
541-426-3906
enterpriseoregon.org

Eaglecap US Cellular
541-426-3770
108 W Main

Enterprise Flowershop
112 S. River St.
541-426-3025

Alpine Meadows Golf Course
541-426-3246

Spence Air Service
541-426-3288
Scenic Flights

Parks Bronze
541-426-4595
331 Golf Course Rd.
parksbronze.com

TW Bronze
541-398-0380

202 Golf Course Rd.
541-426-4278

Real Estate

Wallowa Mountain Properties
309 S River
541-426-3026

Coffee Shops/Bookstores

Bookloft (Bookstore; coffee shop; WiFi)
107 E Main
541-426-3351
bookloftoregon.net

Gypsy Java (Internet coffee shop; WiFi)
118 W Main
541-937-5282

Cloud 9 Bakery
105 SE 1st St.
541-426-3790

Restaurants

Cloud 9 Bakery
105 SE 1st St.
541-426-3790

El Bajio
100 W. North St.
541-426-3322

Friends Inc.
107 N. River
541-426-5929

Happy Garden
711 W. North St.
541-426-3688

Heavenly's
500 W. North St.
541-426-4195

La Laguna
307 W. North St.
541-426-3500

Lear's Main Street Pub & Grill
111 W. Main
541-426-3300
learspubandgrill.com

Plush Pizza N'More
215 W. Main St.
541-426-5953

Range Rider Tavern
107 NW 1st
541-426-2337

Subway Enterprise
212 W. North St.
541-426-3648

Terminal Gravity Brewing
803 School St.
541-426-0158
terminalgravitybrewing.com

Top Hand Café
936 W. North
541-426-3419

Clarkston

HISTORY / BACKGROUND

Clarkston was officially incorporated on August 4, 1902. Before becoming an official town, the area was called Jawbone Flats, because of lack of water and barren terrain. In the Nez Perce language Clarkston is Simiinekem negeey, which means “the other side of the confluence.”

We are proud to be recognized as a region of outstanding beauty and historical significance. The twin cities of Clarkston, Washington and Lewiston, Idaho were named in honor of the famous explorers, William Clark and Meriwether Lewis from the Corps of Discovery Lewis and Clark Expedition. As they led the Corps of Discovery through our area in 1805 they were provided much-needed assistance from the Nez Perce Indians in the region.

Located at the confluence of the Snake and Clearwater rivers, surrounded by gentle rolling hills, the Lewis-Clark Valley is located 465 river miles from the Pacific Ocean and is at the head of the navigation system of the Columbia/Snake River. The area is often referred to as the “Banana Belt” due to the area’s low elevation (731 feet above sea level). Year-round warm weather and mild winters allow golfing all year. You can choose from an array of activities such as water skiing, sailing, fishing, swimming, walking or riding along miles of paved levee pathways, or camping at a riverside park.

[Click here for Clarkston Visitor Services map!](#)

Restaurants

Arbys
517 2nd Street
509-751-9601

Bamboo Gardens
907 6th Street
509-758-8898

Bogeys Restaurant & Dockside Lounge
700 Port Dr
509-758-9500

Fazzaris Pizza & Pasta
1281 Bridge Street
509-758-3386

Fazzaris Home Run Delivery
1485 15th Street
509-758-3273

Four Ten Drive Inn
1296 Bridge Street
509-758-4908

Grumpys2315
Appleside Blvd
509-751-8885

Hazels’s Good Eats
601 Bridge Street
509-758-8861

Hogan’s Place
906 6th Street
509)758-6311

Jawbone Flats Café
902 6th Street
509-758-9700

McDonalds
Gateway Mall-350 Bridge Street
509-758-9603

Papa Murphy’s Take & Bake Pizza
606 Maple Street- 6th & Digonal
509-758-7272

Paraiso Vallarta Inc.
518 Bridge Street
509-751-9077

Phoenix Mountain Restaurant
701 6th Street
509-758-9618

Pizza Hut
450 Bridge Street
509-758-4881

Roosters Waterfront Restaurant
1010 Port Drive
509-751-0155

Sharps Burger Ranch
1214 Bridge Street
509-758-8081

Station 3 Family Restaurant & Lounge
916 6th Street
509-758-3288

Subway Sandwiches & Salads
808 Bridge Street
509-758-5000

Sycamore Street Grill
900 6th Street
509-751-0881

Tacotime
115 Bridge Street
509-758-1463

Tomato Brothers
200 Bridge Street
509-758-7902

Thai Gardens
508 Diagonal Street
509-758-1388

Waitsburg

HISTORY / BACKGROUND

“Waitsburg – One of a Kind” earned that name by virtue of being the only city in the state of Washington to continue its operation under the Territorial Charter adopted in 1881 and revised in 1886. So Waitsburg is not a city of the first class or second or third... it's the only one in the state that has its own taxing powers and a charter, which is unique. It's just one of a kind!

That also summed it up for the people who first saw the rich bottomland soil at the mouth of Coppei Creek where it runs into the Touchet River, a main stream coming out of the nearby Blue Mountains. (Touchet is a Native American name pronounced “Two-Shee.”) Some were attracted here for the opportunities they saw in agriculture and to serve the steady flow of traffic headed to the Idaho gold mines. Many, who came here later on, in so-called modern times of the early 20th century, liked what they saw and stayed to make this their home, a place to raise a family and to carry out a lasting profession of their choice. The city was named in honor of Sylvester M. Wait, who built a flour mill here in 1864. For a few years we were known as “Wait’s Mill,” then in 1868 the citizens voted to change the name to Waitsburg.

The present city has a population of 1,250 citizens with a main income source of dryland agriculture. Fertile ground here, with the aid of modern fertilizers, can produce in excess of 100 bushels of wheat to the acre. Other crops include peas, barley and garbanzo beans.

COMMUNITY ACTIVITIES

Information Booth

Stop by the information booth to get your Cycle Oregon Passport stamped. Also, peruse the information available. A pictorial history of Waitsburg, maps for biking tours in the area, and a biking or walking tour of Waitsburg historic

homes. Please inquire about the Wait’s Market Station Post Office Cancellation Stamp available September 15, 2010, featuring Cycle Oregon 2010.

Wait’s Market

There will be arts, crafts and food vendors at “Wait’s Market” with local artisans featured, starting around 10 a.m. on Wednesday, Sept. 15. We anticipate having numerous vendor participants for the marketplace – so bring your wallets! Wait’s Market will be located in Preston Park, very close to Cycle Oregon’s entertainment area.

Cell Phone Charging Station

Members of Ye Olde Town Hall Association will be available Tuesday, Sept. 14, from noon to 7 p.m. and Wednesday, Sept. 15, from 9 a.m. to 7 p.m. to charge telephones at the Town Hall at 121 Main St. Contact: Norma Bessey 509.337.8894; or Loyal Baker at 509-337-6397 or cell 509-520-7385 for additional information. Cost: \$4.

Internet Access

Students of the Waitsburg School District, participating in the Washington D.C. trip scheduled for June 18 – 22, 2011, will man the computer lab at Preston Hall, located at 605 Main St. in Room 301. It will be available for bicyclists from 7 – 8:30 a.m., from 11:30 a.m. – 12:10 p.m. and from 3 – 7:30 p.m. both Tuesday, Sept. 14, and Wednesday, Sept. 15. Donations would be appreciated, as the students need help raising funds for their Washington D.C. trip. Please contact Russ Knopp at 509-386-1302 if you have any questions.

Banking

American West Bank, located at 215 Main St. in Waitsburg, is open from 9 a.m. to 1 p.m., Monday through Thursday. There is an ATM machine located inside the front door, which remains unlocked at all hours.

Bruce Memorial Museum

The Bruce Memorial Museum, which is listed on the National Register of Historic Places, will be open to visitors Tuesday, Sept. 14, from noon to 5 p.m. and Wednesday, Sept. 15, from 10 a.m. to 1 p.m. In the 1970s, the Waitsburg Historical Society purchased and lovingly restored this home. If you find the time, take the opportunity to visit – you won’t be sorry! For information, contact Anita Baker at 509-337-6157 or Sandra Headrick at 509-337-6053.

Transportation Liaison

If you need a ride back to Elgin, call the Transportation Liaison, Karl Newell, at 509-337-6477 or 509-629-2032.

Films at the Plaza Theatre

Waitsburg’s Historic Plaza Theatre, located at 208 Main St., will be showing films on Tuesday, Sept. 14, and Wednesday, Sept. 15.

Check with the information booth or look at the billboard at the plaza to see the times and movies available for viewing. The theatre can hold 90 people. Contact Robbie or Marilyn Johnson at 509-337-6150 or 509-520-9154. Free!

Photo with Izzy

Yes, Waitsburg has its very own camel, and she is a cutie. Check with the information booth for Izzy's location to get your photo taken with her to show all your family and friends. Contact Mickey Richards at 509-240-4564.

EVENT 1

Farm Implement Display

See these massive machines up close and get information on their function in the farming business. The display will be located at the lot on the corner of North Main St. and First St., and will be displayed Wednesday, Sept. 15, around 10 a.m. For further information, contact Gail Wolfe at 509.540.0974 or e-mail at bluejeangail@yahoo.com.

EVENT 2

Abbey Farm

A rare opportunity to see an actual seed farm at work. Wheat harvest will have concluded shortly before Cycle Oregon arrives, but fall seeding will just be starting. The Abbey Farm is one of the last wheat-seed producing and cleaning operations in the state. Bruce and Barb Abbey will be at their Centennial Farm showing how this stage in the farming cycle is done. They will also be showing their food product line made from wheat grown on their farm. This will be offered on Wednesday, Sept. 15 at 3 p.m. You can catch a ride at Waitsburg Hardware & Mercantile, located at 134 Main St., 15 minutes prior to the presentation. Free!

EVENT 3

Walla Walla Appellation Wine Tasting

Join us on Sept. 15, from 2 – 5 p.m. for a tasting of Walla Walla Valley wines, held on the grounds of the historic Bruce Memorial Museum on Main Street in Waitsburg. Taste award-winning wines from the wineries of Walla Walla while chatting with the folks from Ash Hollow, Basel Cellars, Bergevin Lane Vineyards, Bunchgrass Winery, Charles Smith Wines, College Cellars of Walla Walla, Cougar Crest Winery, Dunham Cellars, Five Star Cellars, Forgeron Cellars, Isenhower Cellars, JLC Winery/Spofford Station, K Vintners, L'Ecole No. 41, Pepper Bridge Winery, Sapolil Cellars, Sleight of Hand, Tamarack Cellars, Tertulia Cellars, Three Rivers Winery, Walla Walla Vintners, Waterbrook/Walla Walla Wine Works, Watermill Winery and Zerba Cellars – and other wineries are still signing up for the event too.

Come experience lovely whites, beautiful rosés, and wonderfully structured red wines. You'll even be able to order wines to be shipped to you after you return home. Ticket price includes ten scrip, which will be used to "purchase" tasting samples. Additional scrip for additional tastings may be purchased on site (cash only, please)! Food will also be available for purchase with scrip.

Bruce House, also known as the Bruce Memorial Museum, which is listed in the National Register of Historic Places, will be open for tours as well. Tickets are \$30 each, with advance payment required. There are only 300 tickets available. Additional tickets may be purchased at the door for \$35 if there is room. Please mail checks made out to Waitsburg Winetasting to Sharon Clinton, 700 Main Street, Waitsburg, WA 99361. Must be 21 to attend; ID required.

EVENT 4

Tethered Hot-air Balloon Ride

(Weather permitting) Even though this balloon is tethered down, it will be a wonderful experience for everyone to enjoy. The sponsor of this event is the Walla Walla-Columbia School Retirees Association. Money raised will be used to fund scholarships available to Walla Walla/Columbia County High School graduates who will be student teaching during the September 2011 – June 2012 school year. The event will take place on Wednesday, Sept. 15, from 2 to 4 p.m., at the Waitsburg Elementary School Playground. Contact Joan Helm at 509-337-6318. Cost: \$25 per person.

EVENT 5

Plane Flight over the Valley

On Sept. 15, Perry Dozier, owner of DK Executive Air, has graciously offered a single flight over our beautiful valley in his Twin Cessna 421, for the benefit of a local nonprofit organization. You will be offered views from the local ski area, and across our lovely valley. We know this flight will stir your desire to return to visit in the future. Transportation to the airport will leave Waitsburg at 9:30 a.m. Reservations will be necessary, with a minimum of 3 individuals and a maximum of 5 individuals. Those making reservations will be contacted as to where to meet to catch a ride to the airport. There will only be one flight, so hurry to make your reservation! Cost is \$200 per person. Please contact Libby McCaw at 509-849-2621 or Patty Eng at 509-520-0473 or pattyeng1@hotmail.com, to make your reservation. Checks should be made payable to Touchet Valley Unity Project.

EVENT 6

Lori Fischer Wine Tours

This special Cycle Oregon Tour on Wednesday, Sept. 15 is five hours in length. It includes visiting and tasting wines at six to eight Walla Walla wineries, plus lunch in a vineyard, bottled water and chocolates are also included.

The list of wineries include:

- Three Rivers
- Reininger
- Basel Cellars
- Saviah Winery
- Tertulia
- Gifford Hirlinger
- Beresan (time permitting)
- Balboa (time permitting)

Wine tasting fees vary at each winery. My “Cabernet Cab” can accommodate up to 7 adults maximum; all must be 21 years of age and all are required to seat-belt in.

The rate for this tour is \$60 per person, which includes pick up and return to Waitsburg – pick up is at noon; return is at 5 p.m.

For additional information contact:

Lori Fischer, Owner
The Fischer House
European Style Guest House
Winery Tours Walla Walla
thefischerhouse.net
winerytourswallawalla.com
509-540-9518

EVENT 7

Dream Ride Charters

This wine tour features a 52-passenger bus; it will depart Waitsburg at 10:30 a.m. on Wednesday, Sept. 15 and return at 4:30 p.m. It includes stops at:

- Three Rivers Winery 11:30 a.m. – 12:30 p.m.
- Waterbrook (with a catered lunch) 12:45 – 2 p.m.
- L'Ecole/Woodward Canyon 2:15 – 3:15 p.m.

\$60/person (includes lunch & tasting fees)

Note: A minimum of 30 passengers required; all reservations due by August 15, 2010.

Contact information:

509-337-0100

Waitsburg Restaurants/Bars:

Jimgermanbar
119 Main St., Waitsburg
509-337-6001
jimgermanbar.com

Unfortunately they have a previously scheduled private party on Sept. 15, so will be closed to the public.

Laht Neppur Brewing & Cellars
444 Preston Ave., Waitsburg
509-337-6261
lahtneppur.com
Open 2 p.m. – 8 p.m.

Taqueria Don Miguel
Delicious Mexican Food
206 Main St., Waitsburg
509-337-3200
taqueriadonmiguel@hotmail.com
Open 8 a.m. – 9 p.m.

White Stallion
701 Preston Ave., Waitsburg
509-337-6839
Open 6 a.m. – 8 p.m.

Whetstone Public House
110 Preston Ave., Waitsburg
509-337-6088
Open Tuesday 4 p.m. – 10 p.m.
Open Wednesday 11 a.m. – 10 p.m.

WhoopemUp Hollow Café
120 Main St., Waitsburg
509-337-9000
whoopemuphollowcafe.com
Opening for Cycle Oregon Wednesday, Sept. 15, 11 a.m. – 9 p.m.

Prescott Restaurants / Bars

Tuxedo Bar and Grill
105 S. D St., Prescott
509-849-2244
Open noon – 11 p.m.

Dayton Restaurants / Bars

Country Cupboard
330 E. Main St., Dayton
509-382-2215
Open Wednesday thru
Friday 7 a.m. – 5 p.m.

Fiesta En Jalisco
404 W. Main St., Dayton
509-382-0606
Open Daily 11 a.m. – 9 p.m.

Home Baked Goodness
309 E. Main St., Dayton
509-520-0614
homebakedgoodness.net
Open Tuesday 6 a.m. – 2 p.m.
Closed Wednesday

Manila Bay Café
311 E. Main St., Dayton
509-382-2520
manilabaycafe.com
Open Wednesday 11:30 a.m. to 7:30 p.m.
Reservations suggested

Patit Creek
725 E. Dayton Ave., Dayton
509-382-2625
Open Wednesday thru Friday 11:30 a.m. and
Dinner Wednesday thru Saturday 4:30 p.m.
Reservations suggested

Ray's Drive-In
221 W. Main St., Dayton
509-382-4822
Open 5 a.m. – 6 p.m.

Skye Book and Brew
148 E. Main St., Dayton
509-382-4677
Open Tuesday through Thursday 9 a.m. – 8 p.m.

Wildberries!
Whole Food Café & Catering
114 N. First St., Dayton
509-520-8748
wildberriescafe.com
Open Wednesday to Saturday 11 a.m. – 5 p.m.

Weinhard Café
258 E. Main St., Dayton
509-382-1681
Open Tuesday thru Saturday 11 a.m. – close
Dinner 5 p.m. - close

Woody's Bar & Grill
214 E. Main St., Dayton
509-9382-2364
Open Monday thru Thursday 6 a.m. – 10 p.m.

Art Galleries

AMO Art
117 Main St., Waitsburg
509-876-1264
By Appointment Only

Gallery at the Weinhard
231 E. Main St., Dayton
509-382-4034
jillingram.com
monicastobie.com

Wenaha Gallery
219 E. Main St., Dayton
509-382-2124
wenaha.com
Open 9 a.m. – 6 p.m.

Antiques / Collectibles / Gifts

Etceteras Gifts Collectibles and Sundries
208 Main St., Waitsburg
509-337-6150
etceteras.biz
Open 10 a.m. – 5 p.m.

Hugs, Gifts and Collectibles
109 Main St., Waitsburg
509-539-8773
Open 10 a.m. – 8 p.m.

Lavender R-Us
833 Preston Ave., Waitsburg
509-337-9020
Open 10 a.m. – 5 p.m.

Nothing New Antiques
214 Main St., Waitsburg
509-337-6393
nothingnewlodging.net
Open Wednesday 10 a.m. – 3 p.m.

Brenda's Discount Dollies
446 E. Main St., Dayton
509-382-2278
Open 11 a.m. – 5 p.m.

Dingles Hardware & General Store
179 E. Main St., Dayton
509-382-2581
Open 9 a.m. – 5:30 p.m.

Hawthorne Gallery Quilt Store
242 E. Main St., Dayton
509-382-3137
Open 10 a.m. – 5 p.m.

Jacci's Yarn Basket
242 E. Main St., Dayton
509-382-2526
Open Tuesday – Friday 10 a.m. – 5 p.m.

Mrs. Mc's Antiques
163 E. Main St., Dayton
509-382-1964
Open Wednesday 10 a.m.

Village Shoppes
245 E. Main St., Dayton
509-9382-9152
Open 10 a.m. – 5 p.m.

Grocery / Convenience Stores

Waitsburg Grocery
200 Main St., Waitsburg
509-337-6641
Open 6 a.m. – 8:30 p.m.

Midway Food Mart
903 Preston Ave., Waitsburg
509-337-6151
Open 5 a.m. – 10 p.m.

Clinics / Dental / Hospitals

Waitsburg Clinic
235 Main St., Waitsburg
509-337-6311
Open 8 a.m. – 5 p.m.

Columbia County Health System
1012 S. Third St., Dayton
509-382-2631

Randolph Pearson, DDS
Waitsburg
Office located in Walla Walla
Office: 509-525-2850
Cell: 509-520-4020

Norm Passmore, DDS
270 E. Main St., Dayton
509-382-1260

Drug Stores

Elk Drug
176 E. Main St., Dayton
509-382-2536
Open 8:30 a.m. – 5:30 p.m.

Coffee

We have no “official” coffee shop in Waitsburg, but what we have might be better. Stop by the Waitsburg Grocery Store at 200 Main St. for “Stand Up Coffee” with the local farmers around 6 a.m. – could be interesting.

If that’s too early, or your legs are tired and you want to sit, head on over to the Waitsburg Hardware & Mercantile, across the street at 134 Main St., sit for a spell, and chat with the locals over a cup of coffee. They open at 8 a.m.

Jitters
232 E. Main St., Dayton
509-382-0444
Open 7 a.m. – 6 p.m.

Liquor Store

Waitsburg Liquor Store
131 Main St., Waitsburg
509-337-8140
Open 11 a.m. – 6 p.m.

Pendleton

HISTORY / BACKGROUND

Community Introduction

Best known for top-quality leather and woolens and a world-famous rodeo, Pendleton has a well-deserved reputation as a town where the best of Western tradition and heritage lives on, a fact reinforced by being on True West magazine’s Top 10 Western Towns list for three consecutive years, and being named to the Top 20 Places To Live in the West. But what often catches newcomers by surprise are the community’s world-class restaurants and museums, as well as the wealth of cultural opportunities, from symphony concerts and live

theater, to art exhibits in a multitude of mediums that all originate from a highly talented local population.

Pendleton is situated among the rolling hills and large wheat ranches at the base of the Blue Mountain Range and is on the historic Oregon Trail. Pendleton provides great opportunities for individuals and families through expanding industrial development and employment growth, a strong school system and a long-standing tradition of community support. Pendleton offers diverse industries such as expanding modern technology, agriculture, manufacturing and tourism. Our community boasts friendly, hard-working people who care about their neighbors and community. Historic neighborhoods, cultural events, an abundance of outdoor recreational activities and wide-open spaces make it a great place to live and play.

History

Pendleton had its beginning in the early 1860s, when Moses Goodwin purchased land from a squatter for one span of horses. Pioneers traveling the Oregon Trail populated the town. Goodwin deeded 2.5 acres of land to the county, from which the original town was platted and became the county seat in 1868. Pendleton was named after George Hunt Pendleton, a prominent Ohio Senator, who ran for vice president of the United States in 1864 against Abraham Lincoln and his running mate. The city incorporated in 1880 with 730 registered citizens.

In its early days, Pendleton was a Wild West frontier town and with 32 saloons and 18 bordellos, earning the reputation as the entertainment capital of the region. The first ordinance of the city dealt directly with public drunkenness, fights and discharging of guns within city limits.

The famous Pendleton Round-Up was born in 1910. The traditional event celebrates the skills that every cowboy had to have to be considered a “top hand,” and is held the second full week every September.

Today, much of the community’s colorful history comes alive when walking through downtown streets lined with original historic buildings that are being restored, entering establishments that have been there for 100 years or more, taking guided tours and rubbing shoulders with cowboys, Native Americans and farmers whose families trace their lineage here at least 100 years.

But don’t let appearances fool you. Behind the scenes is a thoroughly modern city, with coffee and wine shops, wireless connections and a multitude of shopping, dining and entertainment choices.

Interesting Tidbits

- Pendleton shares its eastern city limit boundary with the Confederated Tribes. The treaty of 1855 was signed with the Umatilla, Cayuse and Walla Walla tribes.
- Pendleton’s population of just over 17,000 makes it the largest city in Eastern Oregon.

- Pendleton is home to the state's first arts council.
- Pendleton was the second city in the state to have paved streets.
- The airport was built as a training base in World War II. All of Doolittle's Raiders trained at the Pendleton Air Base. A restored B-25 bomber is visible in front of the National Guard buildings on NW 55th St.
- Pendleton has been home to world-renowned leather workers for over 100 years. One saddler's hand-tooled saddles have been exhibited in the Smithsonian.

COMMUNITY ACTIVITIES

Pendleton Round-Up

What began as a simple celebration – Western style – at the end of harvest in 1910 has grown into one of the largest four-day rodeos in the world. Seven major Professional Rodeo Cowboys Association (PRCA) events are featured as well as barrel racing, Indian relay races and wild cow milking. Each day of this Centennial year will see one historic competitive event return in an exhibition. Be in your seat on time, because the show starts with a bang right on time, and you won't want to miss the rousing grand entry and patriotic beginning of the show. Let 'er buck!

Location: Round-Up Arena, 1117 SW Court Ave.

Time: Show starts every day PROMPTLY at 1:15, Wed. 9/15 through Sat. 9/18

Ticket required for entry into grounds

Happy Canyon Night Pageant

Travel into the past as this colorful night show portrays the rich history of Eastern Oregon. Beginning with the early American Indian culture, the audience is taken on a journey through the arrival of explorers and emigrants seeking new lives, the clashes the cultures endured and life in a wild frontier town. Following the show, ticketholders are invited to enter the Happy Canyon Dance Hall, open from 9:30 p.m. to 2 a.m., at no charge. (Separate admission is available for those not attending the show.) Several stages with performers provide music to dance to, and adult beverages are available as well.

Location: Happy Canyon arena, adjacent to the Round-Up Arena and the convention center.

Time: 7:45 p.m. Wed. through Sat.

Ticket required for entry

Main Street Cowboys' Greatest Free Show In The West

The five blocks of Main Street are converted during Round-Up week into an entertainment mecca! Each block has a stage with a variety of performers scheduled from 5 p.m. to nearly midnight. You may choose music to get your feet

moving, a hypnotist engaging the crowd, amazing dancers, fiddlers... you get the idea! Just stroll the street, shop the stores and vendors, visit the carnival, get an al fresco bite to eat, belly up to the bar...

Location: Main Street

Times: Vendors from noon to midnight / Entertainment from about 5 p.m. to midnight

Fee: No

Native Artisan Village

Artists from all over the West bring their beadwork, jewelry, all sorts of art, and foods like Indian fry bread to sell in Pendleton. You can watch the artists create their handcrafted items.

Location: Roy Raley Park (next to Round-Up arena)

Times: 10 a.m.-ish to 6 p.m.-ish

Fee: Only if you buy something!

Teepee Village

Since the first Round-Up in 1910, the Native people have been an integral part of this celebration of Western life. Teepees have been set up behind the arena since the beginning, and guests are welcome to stroll through the village to see them. Please don't enter the teepees unless invited... these are their homes for the week!

Location: Behind the Round-Up arena next to the river

Times: Open all week

Fee: No

Westward Ho! Parade

History is in motion on Friday morning as one of the most unique parades in the country follows the route of the Oregon Trail through Pendleton. No motorized vehicles are allowed, so the parade is full of pack trains, authentic stage coaches, covered wagons, buggies, teams of oxen, mule teams and horses. Participants are in period costume, including hundreds of American Indians in full regalia. This parade is the way it was, showing the old West at its best. Definitely bring your camera!

Location: Starts SW 10th & Dorion, heads east to SE Court & Dorion intersection, heads west to the Round-Up arena.

Time: 9 a.m. on Friday, 9/17

Fee: No

Arrive early to stake out your spot on the curb!

Junior Native American Indian Beauty Pageant

Girls as young as 3 years old, all dressed in traditional beaded buckskin and full regalia compete for honors and prizes.

Location: Roy Raley Park (next to Round-Up arena)

Time: 10 a.m. on Thursday, 9/16

Fee: No

American Indian Beauty Contest

Teenage girls all dressed in traditional beaded buckskin and full regalia on horseback compete for honors and prizes. Many times the horses also display beaded regalia. Bring your camera!

Location: Court and Main Street, downtown

Time: 8 a.m. on Friday, 9/17 before the Westward Ho! Parade

Fee: No

Cowboy Breakfast

You never know who you'll meet at the Cowboy Breakfast! Contestants, princesses, judges, the mayor or celebrities all go to the breakfast every year. You get pancakes, eggs and ham served the cowboy way on tin plates, with orange juice and coffee. Your toes will tap along with the live music, and everybody gets a ticket for door prizes! Coordinated, cooked and served by the fine folks of the VFW and Auxiliary. (Bring your sweater...it can be chilly!)

Location: Stillman Park (SE 4th & Byers, on the River Walk)

Times: 6 a.m. to 10 a.m., Wed. through Sat.

Fee: \$6/plate

Pendleton Underground Tours

Take a lively look into Pendleton's infamous and entertaining past and you'll find out why it was known as the entertainment capital of the region! These are 90-minute guided tours that take you through the underground tunnels and basements the Chinese workers created, lived and worked in when they were here building the railroad. After they left, those spaces were used for other purposes, and you'll learn about those on the tour as well. Your guide will also take you upstairs and through "The Cozy Rooms" bordello... just one of 18 that were in Pendleton at one time.

Location: 31 SW Emigrant Ave.

Time(s): Several tours given each day, but schedule varies

Fee: \$15 per person

Reservations required; call 541-276-0730

Heritage Station

For centuries this region has been the setting for many stories. From Native Americans to explorers, from traders to pioneers, thousands have passed through... the lucky ones have stayed. Heritage Station, the old railway station, tells the stories. See Byrd Schoolhouse, the Homestead, and don't miss the fascinating store.

Location: 108 SW Frazer Ave. (behind the carnival!)

Times: 10 a.m. to 4 p.m., Tue. through Sat.

Fee: \$6 adults

Tamástslikt Cultural Institute

The exhibits at this state-of-the-art interpretive center present the story of westward expansion from the perspective of the Cayuse,

Umatilla, and Walla Walla Tribes. Casual dining in the Kinship Café and a unique selection of native-made crafts and art, as well as exclusive blankets and Pendleton Wool apparel, are available.

Location: Near Wildhorse Resort & Casino at exit 216 off I-84 / 72789 Hwy 331

Times: Mon. – Sat. 9 a.m. to 5 p.m.

Fee: \$8 Adults / Groups of 10 or more \$5 each

Shuttles to the resort are available.

Round-Up & Happy Canyon Hall of Fame / Gift Shop

Feel the excitement of 100 years of rodeo and pageant tradition. See the people, livestock and personalities that have built Pendleton's signature week-long event into one of the world's largest and most beloved Western events. You can also purchase official Round-Up and Happy Canyon merchandise.

Location: 1114 SW Court Ave.

Times: 10 a.m. to 4 p.m. (hours may be altered during Round-Up due to special events) Store – 8:30 a.m. – 7 p.m.

Fee: \$5 adults

Pendleton Woolen Mills

The original mill still creates the beautiful high-quality Indian-inspired blankets and robes they're famous for. Beautiful retail store and seconds room. Free tour (approx. 15 minutes).

Location: 1307 SE Court Pl.

Times: Thurs – Friday, expanded tour times at 9, 9:30, 10, 10:30, 11 and 11:30 a.m.; 1:30, 2, 2:30, 3 and 3:30 p.m.

Fee: No

Be at the store a few minutes before the tour begins.

Wildhorse Resort & Casino

A full-service casino with over 800 slots, blackjack, roulette, craps, poker, keno and bingo.

Location: 72777 Highway 331, 6 miles east of Pendleton

Times: Open 24 hours daily

Towel Rental

Location: at Cycle Oregon shower locations

Times: Thursday 3 – 8 p.m., Friday 8 a.m. – Noon and 6 – 8 p.m.

Fee: \$2 per towel

Internet Service

Location: PHS Computer Lab; Room #249 – signs will direct you.

Info Booth

Location: Entry Plaza of PHS

Time(s): 8:30 a.m. – 7 p.m.

Phone Charging

Location: Information Booth

Time(s): 8:30 a.m. – 7 p.m.

Fee: \$2

Shuttle Buses

Location: Various points; a map will be available

Time(s): 8 a.m. – 11:30 p.m.

Fee: Suggested donation per person per ride: \$1

Bike Corral

We are expecting over 75,000 visitors during this week, and so we are providing a secure setting for your bike if you would like.

Hours, when set, will be conducive to your schedule, but the corral will be locked up each night.

Centerpieces

Adorning the tables during meals will be commemorative Bucking Bronc centerpieces, which will be available for sale at breakfast on Friday morning; cash only.

Only in Pendleton

Charm Trail

The Pendleton Chamber of Commerce

501 S. Main Street

541-276-7411

Hamley & Co.

30 SE Court Ave.

541-278-1100

Round-Up & Happy Canyon Hall of Fame

1114 SW Court Ave.

541-278-0815

800-45RODEO (457-6336)

World Class Museums

Children's Museum of Eastern Oregon

400 S Main St.

541-276-1066

Heritage Station Museum

108 SW Frazer Ave.

541-276-0012

Art Galleries

Betty Feves Gallery

Pioneer Hall, BMCC

2411 NW Carden Ave.

541-278-5952

Hamley Western Art Gallery

30 SE Court Ave.

541-278-1100

Northwest Mercantile & Gallery

125 S Main St.

541-278-2495

Pendleton Center for the Arts

214 N. Main St.

541-278-9201

Raphael's Restaurant & Catering

233 SE 4th St.

541-276-8500

Performing Arts

Oregon East Symphony

345 SW 4th St.

541-276-0320

Golf

Echo Hills Golf Course

400 Golf Course Road

541-376-8411

Pendleton Country Club

69772 Hwy 395 South

541-443-8874

Wildhorse Resort Golf Course

I-84, Exit 216, 72777 Hwy 331

800-654-9453

541-276-5588

Swimming

Family Aquatic Center

1901 NW Carden Ave.

541-276-8100

Horseback Riding

Muscat-Dun

Milton-Freewater, OR

541-571-3640

Parks

Residents and visitors enjoy 8 city parks that include wading pools, picnic areas, playgrounds, and in winter, an ice skating rink! See the Chamber map for park locations.

Umatilla River Parkway: Walk or bicycle along the illuminated paved pathway along the south side of the river from Westgate to SE 17th St.



Self-Guided Walking Tour

Step into the past in the national historic district and learn how the buildings chronicle our wild frontier days.

Tennis

Call the City Parks and Recreation office at 541-276-8100 for specific info on all the parks.

Indian Lake
34 miles south of Pendleton on Hwy 395
541-276-3873

Bowling

Rodeo Lanes
1810 SW Court
541-276-2729
Bowling alley and more!

Movies

Pendleton Cinemas
415 SW 1st St.
541-278-0479

Fitness

Club 24 Express Fitness
1720 SW Court Ave (Melanie Square)
541-276-9550
Exclusive 24-hour access

Roundup Athletic Club
1415 Southgate
541-276-0880

Antiquing

Country Expressions
418 S. Main St.
541-278-2061

Airport Antiques & The Furniture Lady
1816 NW 51st St.
541-278-0141

Cycle Oregon – A Green Event

ZeroHero Returns!

One of our major quests over the years has been to make Cycle Oregon as sustainable an event as possible. And one of our biggest successes has been our Green Team program, which teamed up CO volunteers and [ZeroHero](#) to help our 2009 event “green up.”

Again this year, 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, Cycle Oregon 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. Cycle O 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.

Musette Bags

One of the pieces of rider feedback we've received in the past is that using a disposable plastic bag for each person's lunch seems wasteful. That's true – and we've done something about it. Again 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 could eliminate more than 10,000 plastic bags from our environmental footprint.

Gear Drop

To keep our disposable materials to a minimum, our Gear Drop team employs reusable nylon bags (our old tent bags) for gear drop each day rather than the old system of plastic bags. If you need to shed a few items, you just find the gear drop truck at a water stop or ODS rest stop. Drop your (clothing) items into a bag, attach a strip of tape with your rider number on it, and drop it in the appropriate cardboard box. Your bag will come back to you near Rider Services later that afternoon.

New This Year

Passport Stamp T-shirts

If knowing that you've got a Cycle Oregon passport filled with distinctive stamps of all the places you've pedaled to just isn't satisfying (or public) enough, this year you can display your worldliness (or would that be stateliness?) for all to see – with a new line of CO T-shirts displaying the full complement of 2010 town stamps. Find them at the Cycle Oregon Retail trailer.

Cycle Oregon Goes Social

Speaking of the blogosphere and such, Cycle Oregon has established a presence in the social media world. And during the

ride, you can find updated information on Facebook, the Cycle Oregon blog and our 2010 Week Ride flickr page.

Interactive Site Map

If you're new to Cycle Oregon, it's a good idea to get a feel for how things lay out in each town. You can get a nice preview of a typical camp site by looking at our new interactive site map on the [website](#). It includes pop-ups that explain various elements of a camp layout.



Day-by-Day Course Descriptions

Day 1 – Sunday, September 12

Elgin to Enterprise (44 miles)

“Breaking Camp”

From the familiar outpost of Elgin, climb a ladder of ranchland rollers, with the Blue Mountains and Mt. Emily over your shoulder. Once you top out on the Minam Grade, take in views to the Wallowa River Canyon as you glide down into it. After winding through the canyon walls, emerge to the first peek of the peaks of the Wallawas, beckoning you toward them through the lush and fertile Wallowa Valley.

Day 2 – Monday, September 13

Enterprise to Clarkston (84 miles)

“The North 40s”

As in, 40 miles in each state. First, climb gently for 20 miles, following a draw through hilly rangeland and then into forest. After a spectacular view down to Joseph Canyon, ride down the walls of our own canyon, across the border and to the Grand Ronde. The climb out to Rattlesnake Pass is equally spectacular, emerging into big skies and wheat fields. After a descent to the Snake River, a bike path parallels the water into Clarkston.

Day 3 – Tuesday, September 14

Clarkston to Waitsburg (82 miles)

“Rimrock and Rollers”

Follow the westward curve of the Snake River this morning, then rise through rows of soft grass-covered hills to a plateau that reveals the splendor of southeastern Washington’s agricultural bounty. Then it’s down a cut canyon in a long, sweeping descent to the historically picturesque town of Pomeroy. In the afternoon, carve turns through vast and rolling wheat fields as you pass through tiny hamlets on our way to Waitsburg.

Day 4 – Wednesday, September 15

Waitsburg Layover Option (45 miles)

“Grapes and Grain”

Today you can enjoy the fruits of what you ride through. This optional loop heads for Walla Walla, center of a burgeoning wine region. Along the way you’ll pass lovely old farms with brightly painted barns and houses as you climb up and over the rolling hills that surround Waitsburg. You’ll have time to linger in Walla Walla, visiting winery tasting rooms or just strolling through the historic downtown area before heading back to camp.

Day 5 – Thursday, September 16

Waitsburg to Pendleton (72 miles)

“The New Old West”

After taking a different route to Walla Walla than yesterday’s optional ride, head to Milton-Freewater amid new hillside vineyards and abundant old orchards, with futuristic wind machines standing sentry on ridges in the distance. The Blue Mountains dominate the skyline as you ride between waving wheat fields near Athena and then follow Wildhorse Creek into the rough-and-ready town of Pendleton, where a party worthy of a hundred years of Western rodeo history awaits your arrival.

Day 6 – Friday, September 17

Pendleton Layover Option (55 miles)

“Layover Loop”

This day offers a scenic and not-too-strenuous ride that you can do in the morning before spending the afternoon getting your cowboy on. Start out following the meandering Umatilla River to the pretty town of Echo, cross over the freeway into Stanfield and connect with Despain Gulch for a gradual and gentle climb back toward Pendleton. Pedaling through the gulch provides a splendid sense of isolation.

Day 7 – Saturday, September 18

Pendleton to Elgin (75 miles)

“The High Road”

Finally, an epic climb! After a steady diet of rollers this week, you’ll be ready for today’s challenges. After some early up-and-down and then a gorgeous stretch along the Umatilla River, climb up a perfect grade – find your gear, spin along and enjoy the scenery. Then, from the wheat country of Weston, ascend the legendary Tollgate Pass, rising nearly 20 miles through forested splendor. And then finish with a scintillating, wide-open 15-mile descent to the finish.



On the Course

Course Support

Cycle Oregon prides itself on providing a fully supported ride. Our goal is to help you finish the day's ride. To that end, our course is complete with the following services and amenities.

Course Hours: 6:30 a.m. – 6:30 p.m.

Course support services are available only during the course hours. **If you leave before the course opens or are still riding after the course closes, there will be no support services available.** All Cycle Oregon riders still on the course after 6:30 p.m. will be offered a ride to camp. If you choose not to take the ride, you will be on your own to get back to camp, with no support services.

Lunch Site

Lunch is provided only on the course each day, usually near the halfway point. Lunch sites will be complete with food, beverages, restrooms, water, bike mechanics, gear drop and a medical attendant. Lunch service will close at 2 p.m. each day.

Gear Drop

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

ODS Rest Stops

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

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. (2 p.m. - 6 p.m. on Layover Days)	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. Only bicycles propelled exclusively by human power are allowed to participate in a Cycle Oregon sponsored event.
2. Helmets and two water bottles (or equivalent) are required on Cycle Oregon. The use of rear-view mirrors is recommended as a safety measure.
3. 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.
4. 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.
5. 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.
6. 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/support.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. Cycle Oregon includes at least two roadside water stops each day, along with assorted drinks at meals and all ODS Rest Stops. Still, the responsibility for carrying sufficient water and remaining properly hydrated is yours. Make sure you drink extra fluids before, during and after the ride to reduce the risk of dehydration. While in the saddle, you should consume an average of one liter of fluid for each hour of riding. Drink before you become thirsty; by the time you feel thirsty, you are already slightly dehydrated. Muscle cramping can also be a sign of dehydration. If at any time you run low on water, signal a SAG van with a “thumbs down” and ask for a fill-up. Do not be tempted by roadside rivers and streams, as the water may contain bacteria or parasites.

Ride Waiver

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

Emergency Information

In extreme emergencies, family members can contact a rider by calling the Oregon State Police at 503-375-3555. Please ask them to send an urgent message to Cycle Oregon officials. Bear in mind that it may take up to 12 hours to locate a rider and relay a message.

Extensive Communications

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

Oregon State Police

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

Ambulance Service

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

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

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

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

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

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

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

Cancellations & Transfer Policy

Cancellation Policy

BEFORE FRIDAY, AUGUST 27, 2010

If you can't make the ride, submit a written cancellation by Friday, August 27, 2010, 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 28, 2010, UNTIL SEPTEMBER 10, 2010

From August 28, 2010, until September 10, 2010, 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 10, 2010

No refunds for ride or additional service cancellations after September 10, 2010.

Please submit cancellation letters to:
Cancellations
Cycle Oregon
2124 N. Flint Ave.
Portland, OR 97227

or send an e-mail to info@cycleoregon.com

Transfer Policy

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

Questions?

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