

PALEO LANDS DAILY

“GEO-DESCRIPTION”

Courtesy of the Oregon Paleo Lands Institute: “Today’s ride climbs Pumpkin Ridge, a volcano 13 million years old, then crosses the Grande Ronde Valley – a graben, or down-faulted valley. The faults are still active. The bedrock bottom lies 2,500 feet beneath – you’re riding atop 10 million years of swamps, floodplains, Ice Age mammoths and saber-toothed salmon.”

ON STAGE

ODS Main Stage schedule:

- 3:30 - 4: Geology, sustainable forestry along the ride
- 4 - 5: Old Time Fiddlers
- 5 - 6: Mark Stratton (country)
- 6:45 - 7:20: Bike Skills Clinic
- 7:30 - 8: CO Announcements
- 8 - 9:30: Brick & Mortar – Kate Power & Steve Einhorn

BIKE SKILLS CLINIC

Brett Flemming

Tonight Brett will discuss crash-avoidance skills. Don’t miss this one - or next time you might not miss that crazed kamikaze squirrel in the road.

TODAY’S MENU

Breakfast

- Filled pancake rolls
- Scrambled eggs
- Bagels with spreads
- Hot cereal
- Fresh fruit / assorted yogurts

Lunch

- Turkey sandwich or Curry zucchini spread
- Potato salad
- Chips
- Fruit and cookies

Dinner

- Cheese tortellini marinara
- Grilled or veggie sausage w/ sautéed peppers and onions
- Green beans
- Garlic bread
- Salad bar
- Local, homemade desserts!

COMMUNITY EVENTS

Today in Union

- Horse-drawn wagon tours
- Community market on-site and downtown
- Cowboy exhibit at the Union County Museum
- Pies from the Methodist Ladies
- Tour of local historic homes
- Computer lab, cell phone recharging and hot tubs

For those of you new to the event, the Cycle Oregonian Classifieds are a time-honored tradition - a place to pass along messages, feedback and the occasional sappy romantic paean to the one you love. Jot your thoughts onto a scrap of paper and deposit it in the special drawer on the counter at the Rider Services trailer. No promises you’ll be printed; we get a lot of submissions. But have fun - and keep it clean!

CO: A Lyrical Experience

A couple years ago we ran across a rider who shared with us her on-the-bike hobby of taking a random song running through her brain and changing the lyrics to apply them to Cycle Oregon or biking in general. An example: “On the Right Again,” a Willie Nelson tribute to slow riders everywhere.

We were intrigued, and so we tried our hand at it. And it was so fun that we made it a contest. The creative pedal-crankers among us came up with some great submissions, and a tradition was born.

So we’re doing it again this year. It’s easy - let your mind wander free, find your happy tune, and then mess with the lyrics. Write the whole thing out and submit it to the Classifieds. At the end of the week we’ll announce winners - and we may even rustle up a prize or two.

To get you inspired and started, here’s a little number that came to us at a certain

point on Cycle Oregon: The Weekend last month. We can’t believe we didn’t think of this one sooner.

“Blue Room”

(sung to the tune of “Blue Moon”)

Blue room

*You saw me standing in line
With just one thought on my mind*

And not a whole lot of time.

Blue room

You knew just what I was there for

You heard me saying a prayer for

An open door I could tear for.

And then there suddenly appeared before me

A latch that went from red to green

And then you heard me whisper “Thank god,

‘Cuz my kidneys are about to crush my spleen.”

Blue room

*Now I’m no longer in pain
Without my back teeth afloat
I think I can ride again.*

TODAY’S RIDE

When you’re taking on a week’s worth of pedaling, might be a good idea to ease into it. Today’s ride is just what the doctor ordered: a great introduction to the wild country we’re going to be spending time in, and not too much to bite off on Day 1.

We’ll start out climbing just a bit (couple hundred feet, tops) and then cruise a slight downhill for a few miles, passing by Rocky Ridge and Dry Creek just to enhance the feeling of being out in the wild west. After the first rest stop, we’ll pass beneath Mt. Emily to the west, skirt around LaGrande and follow Cove Highway, crossing the Grande Ronde River three times. We’ll take a nice loop east into the town of Cove for lunch, where

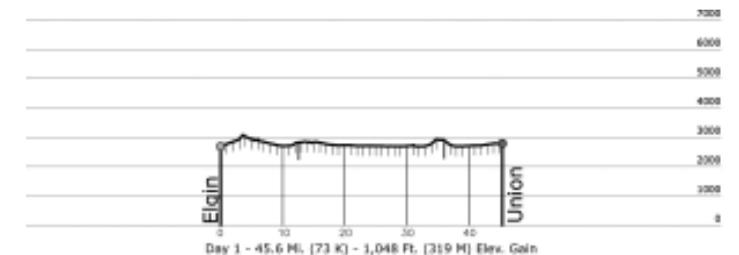


Yes, this is the Wild Wheeled West.

you can check out the picturesque 1869 Ascension Chapel. From there it’s a little less than ten miles into camp.

Our suggestion? Linger in camp this morning and take your time on the road. No worries and no hurries today.

ELEVATION CHART



SPONSORS



NOTES FROM THE ROAD

Each day of the ride, you'll find a few stories here about people we've met along the way, or something interesting about a host town, or whatever miscellaneous thoughts cross our mind. For today, we're going to take a look at some of the fantastic vendors that come along with us for our wild wheeled week.

GLEUKOS

The purpose of sports drinks is to provide the energy fuel you need to perform well. Of course, they have to taste good enough to want to drink, too. Gleukos, a new Cycle Oregon vendor based in Portland, fits the bill in both cases.

Based on the scientific knowledge that glucose is absorbed and used by the body much faster than other forms of carbs, Gleukos avoids artificial ingredients found in other sports drinks - and it has a clean, not-so-sweet taste, too. Try it out on the road to see.

NOSSA FAMILIA

Veteran riders know: The morning doesn't really start until you've had your NF fix. Come by the booth to sample the coffee Augusto and Jason brew using beans straight from the family farm in Brazil.

DRAGONFLY CHAI

If you've tried chai, chances are you're a devotee. If you haven't, it's time to expand your horizons. This delectable tea-based drink is so smooth and tasty that you might just get addicted. Dragonfly founder David Fischer keeps it pure, with organic ingredients, a non-automated, hand-crafted process and an emphasis on recycling. Try some chai - today.

BLUE STEEL

Your rider packet included a sachet of BLUE STEEL Sports Anti-Chafe Cream, and if you're smart you'll put it to good use. Made with natural tea-tree oil, an anti-fungal and anti-bacterial agent, BLUE STEEL forms a low-friction layer between skin and clothes, as well as a moisture barrier. Use it before and after you ride - several parts of your body will be very happy you did.

PHOTO GALLERY: PREVIEW RIDE



Kinda makes you itchy to hit the road right now, doesn't it...



When the locals say "Welcome, Cycle Oregon," they really mean it.



There's nothing like primitive camping in the great outdoors.



It's hard, but try to keep your eyes on the road.



On CO you won't be first and you won't be last... so enjoy the ride.



Sky, hills, grass, barn... pedal, eat, drink, schmooze... You have a life and responsibilities back home? Really?



As the early settlers said, "All the scenery you can eat."



Cycle Oregon goes to Idaho.

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The Oregonian

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