

COMMUNITY EVENTS

- Unique murals: Territorial Seed, 434 E. Main St., 7-9 p.m.
- Entertainment in All American City Park: Music and talent show, 11 a.m. – 5:30 p.m.
- Sylvan Ridge Vineyards Wine Tasting, All American City Park, Noon - 4 p.m.
- Cottage Theatre: Matinee of "Lobby Hero," 700 Village Drive, 2:30 p.m.
- Habitat for Humanity: Photographs of the "Death Mobile" from Animal House, 615 Main Street, 10 a.m.-4 p.m.
- Harrison Elementary School: Computer Lab, Electronics Charging Station, Postcards: 10 a.m.-10 p.m.

ODS MAIN STAGE

- 5:30- 6:30 p.m.: Alamojo
- 8 – 9:30 p.m.: Mile Post 8

BIKE SKILLS CLINIC

- 6:15, near the Bike Gallery tent. Tonight: Flat repair

TODAY'S MENU

Breakfast

- Cheese & Veggie Strata
- Apple Chicken Sausage
- Potato Pancakes
- Oatmeal with Toppings
- Bagels, Fresh Fruit, Cold Cereal, Nancy's Yogurt
- Hard Boiled Eggs

Lunch

- Ham and Swiss on Dave's Killer Bread
- Pecan Pattie with Swiss on Dave's Killer Bread
- Pasta Salad
- Multi Grain Chips
- Oatmeal Raisin Cookie

Dinner

- Chicken Piccata
- Baked Cheese Polenta
- Garlic/Basil Roasted Potatoes
- Asparagus
- Whole Grain Roll
- Salad Bar
- Berry Cobbler

This page combines news with a little extra fun. If you have a message for someone, deposit it in the counter drawer at the Rider Services trailer. We'll print as many of the best ones as we have room for each day.

NEW: OSU EXTENSION

This year we're fortunate to work with the good folks at the Oregon State University Extension program. OSU's **Nicole Strong** will be at an information booth from 3-6 p.m. each day in camp, plus we'll have daily articles here on some facet of the day's ride.

A forest through the trees

The Bauman Family Tree Farm just south of Spencer Butte outside Eugene embodies the pressures on many forests today: hanging onto the family legacy and finding a balance between production and preservation.

Three generations of the Bauman family have been stewards of this 673-acre forest, starting in 1941 with Henry Bauman, grandfather of the current owners. Four years ago, Tom and Lindsay Bauman began looking for ways to

keep the land active in timber production but also develop a stewardship plan to preserve it as a natural resource. They linked up with Forests Today and Forever, a nonprofit organization dedicated to educating roughly 100 children a year about the importance of forest habitat, soil and water resources, wildlife and sustainability issues.

Several roofed shelters stand in a nearby meadow, and wooden railings flank a small year-round creek, all for the comfort and safety of hundreds of schoolchildren who visit the tree farm each year.

CLASSIFIEDS

Beth Bershader: Happy Birthday, Baby! Hope you have a great ride - Luv U, Keith

Happy 55th Birthday to **Bonnie Villastrigo!** - Jerry Rails

SPONSORS



DAY 1: SUTHERLIN TO COTTAGE GROVE

TODAY'S ROUTE

"Hill and Dale"

Our opening day builds to a climbing crescendo, starting on the inspiringly named Nonpareil Road, followed by a gentle climb through a wooded ravine. Then it's rollers past oak copses and sheep farms, on into Scotts Valley before turning upward on London Hill for a long, steady grind. A sinuous, forested descent to lunch bottoms out for a flat cruise into Cottage Grove, skirting the shores of Cottage Grove Lake. A lovely introduction to an epic week.



Cottage Grove is known for covered bridges... you'll see why.

NEW: KEN'S CORNER

This year we'll feature a daily article from Ken Chichester, Cycle Oregon route planner, detailing safety considerations for the day's route. Here's today's info:

Day One typically results in the worst riding behavior by the most riders, likely because of varying experience and skill levels. Remember a few important things: First, you must follow the same Oregon traffic rules as cars. Four state police motorcycle officers will remind cyclists and motorists to follow

traffic laws, in addition to CO's motorcycle safety volunteers.

After the second stop today, there are three sections of gravel, on the one major climb of the day. Riding on gravel on an uphill grade is typically easier than going downhill – keep your hands loose on the handlebars, use a gear that allows you to pedal easily, don't fight the bike, and watch for other riders.

GO GREEN: PASS IT ALONG!

IF YOU DON'T NEED TO KEEP THIS PAPER, LEAVE IT ON THE TABLE! We're printing fewer copies - so read it, leave it, share it.



NOTES AND NEWS

Here you'll find important information, good stories along the way, and daily features. For Day One, we have quite a bit to tell you.

JERSEYS / PASSPORTS

A couple quick notes... First, if you ordered a jersey and picked it up without trying it on - do it now! If it doesn't fit, don't wait to find that out - let us know right away. Second, make sure to get a Cycle Oregon Passport and then get a stamp in each host town, at the Community Booth.

GET YOUR FIZZ ON!

This year we're featuring a new drink product at our rest and water stops - Endurolytes Fizz, from Hammer Nutrition. Fizz tablets deliver a full spectrum of electrolytes to help your body perform better on the road. Check out this great new beverage supplement for yourself.

NEW: BLM BOUNTY

Each day we'll be pointing out some of the resources the Bureau of Land Management offers near our route.

Day 1: Visitors to BLM public lands will find quality recreational opportunities to satisfy nearly every interest. Highlights near today's route:

- BLM Row River Trail: Bicyclists, hikers, and equestrians enjoy lakeside vistas and historic covered bridges along the 17-mile Row (pronounced like "Cow") River Trail, along the shores of Dorena Lake.

- Sharp's Creek: Twenty-four miles southeast of Cottage Grove, visitors can find an area perfect for camping, swimming, hiking, photography - even gold panning.

NEW: TWO & OAK CYCLING

Two & Oak Cycling is the Portland-based cycling team from the law firm of Stoll Berne (located at 2nd & Oak, hence the name). We're sponsors and attorneys for Cycle Oregon, and we're committed to supporting cycling causes while having as much fun as possible. Every day we're giving away custom team jerseys - last year several riders were lucky enough to win a jersey and join the Two & Oak Cycling team. The Rider Numbers of today's jersey winners are **48**, **1090** and **2010**. Show your wristband to claim your jersey the Cycle Oregon Retail

PHOTO ALBUM: 2011 WEEKEND RIDE



It's definitely not "all work and no play" for the Bike Gallery crew.



"Back off, buddy - this is the fast lane."



So what if it rained a little? You just can't stop the kids from break dancing in the street.



"How do you drive this thing from back here?"



Physical therapy often involves a bit of assessment and explanation.



Acupuncture readiness test: How does this photo make you feel?



Good hygiene practices start at a young age.



"Yes, it's possible for it to fit properly and look good, too."

SPONSORS

The Oregonian



STOLL BERNE
STOLL STOLL BERNE LOKTING & SHLAGHTER P.C. LAWYERS



ORDINARY BROTHERS
EXTRAORDINARY BEERS