

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 start with a look at one of the ways Cycle Oregon is working to be green.

STALK MARKET

The disposable food service items you'll use this week are made of sustainable, biodegradable and Earth-friendly materials produced by Stalk Market, which also donated a day's worth of supplies.

The plates and bowls are made of bagasse, a paper-board made from the stalks of sugar cane recovered from sugar refineries. The sturdy products hold up well while in use, but break down quickly once discarded. They are 100% tree- and plastic-free, recyclable and even home-compostable. The knives, forks and spoons are made from potato and corn plant-based biopolymers - an environmentally superior alternative to traditional petroleum-based plastics. They, too, are biodegradable and compostable. For more info: www.stalkmarketproducts.com.

ON THE ROAD

You meet the most interesting people on the road... (speaking of which, this correspondent is on the road every day with a license plate that reads "Cycle Oregonian Guy." If you see me, tell me your stories.)

Bill from Danville, CA, a first-timer who trained by doing three-Peet's (one ride, three coffee stops). **John Brown** from Boring, OR ("It's only boring when I'm not there."), who we see everywhere we ride. The old-school team **Psycho Oregon**, who lay claim as the first "team" on the ride, back on CO IV. Super-mechanic **Brett Flemming**, trying to herd a stray cow off the road (we're suddenly imagining a new Bike Rodeo event!). **Brooke and Christopher Landon** of Portland, saving CO for their honeymoon after marrying in July. Chris, the first- *(continued on back page)*

PHOTO GALLERY: DAYS 0 AND 1



"Sixty-five pounds? Does this feel like sixty-five pounds to you?"



Oh, to get this kind of reception after every ride...



Your funds help groups like this... and they seem happy about it.



Marking your territory is fine, but next time bring your own tape.



An easy day, with no lack of wide-open scenery.



"Where the haystacks grow as high as an elephant's eye..."



Check out the Trek demo bikes.



Like the old commercial asks, "Which one is the daughter?"

SPONSORS

The Oregonian

KENDALL
TOYOTA



TOYOTA

BIKE GALLERY
PORTLAND, OREGON
-EST. 1994-



THULE
CAR RACK SYSTEMS

INTERSTATE
DIST. CO.

PALEO LANDS DAILY

“GEO-DESCRIPTION”

The “layered” rocks along Catherine Creek are andesites, similar to the rocks at Mount Hood’s Timberline area. Here, pasty lavas oozed from volcanoes on the Wallowas’ flanks some 14 million years ago. On the downhill, there are hot springs at Medical Springs and a vanished lumber mill at Pondosa.

ON STAGE

ODS Main Stage schedule:

- 3:15 - 4: Gold mining, Oregon Trail history
- 4 - 4:15: National Anthem sung by Ronda Albrich
- 4:20 - 5:10: Three-Legged Dog (Western Outlaw)
- 5:20 - 6: Star Nation (Country Folk Rock)
- 6:45 - 7:20: Bike Skills Clinic
- 7:30 - 8: CO Announcements
- 8 - 9:30: ODS Movie Night: “Blazing Saddles”

TODAY’S MENU

Breakfast

- Cheese blintzes
- Ham
- Scrambled eggs
- Danishes
- Hot pockets

Lunch

- Chicken salad or veggie wrap
- Pasta salad

Dinner

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

COMMUNITY EVENTS

Today in Baker City

- Raku painting at the Purple Bear, 1 - 8 pm. Take it home or they’ll ship it. 2021 Washington Ave.
- Horse-drawn trolleys from the sports complex to downtown, free, 2:30 - 8:30 pm.
- Tuscan dinner and live entertainment at Mad Matilda’s, 5 - 9 pm.
- Computer lab available at Eastern Oregon University, Baker Country Regional Center, 3000 Broadway.

BIKE SKILLS CLINIC

Brett Flemming

Tonight Brett will discuss effective shifting. Trust us, this will come in handy tomorrow.

To submit to the CO Classifieds, jot your thoughts onto a scrap of paper and deposit it in the special drawer on the counter at the Rider Services trailer. We didn’t have too many Classifieds yesterday, so we’re adding some more news items today.

Huge... tracts of land!

Bike hill training! Sandy and Susan from Jackson Hole, WY, did it on the Grand Tetons. Watch them going up those hills!
--Anonymous

Talk about fresh legs...

Only four months since your double knee replacement, and you’re on Cycle Oregon. You’re awesome!
--Love, Judy

Cycle dogs?

Allison and Christy: Welcome to Cycle Oregon! Have a woofing good time.
--Love, Dallas and Zodi

You can say it: “51”

Ted: Happy first anniversary of your 50th birthday. Have a great ride.
--Team Chaps and Caps

GREEN... AND SWEATY

The Community Cycling Center, besides offering bike detailing, also has a recharging station for your cell phones and other gadgets. It’s only \$5 per item for an overnight charge, or for \$50 you can have a “reserved plug” for the week. And if you’re too cheap... um, we mean, green, to pay, this year you can pedal off your charge (get it?)

on a bike-powered generator. Check it out at their tent.

IT’S MOVIE NIGHT!

Continuing a recent CO tradition, tonight’s ODS Main Stage “headliner” will be a showing of the classic Mel Brooks comedy “Blazing Saddles.” Don’t miss this campy spoof of Westerns.

AHH... MASSAGE

There are still appointments to be had at the massage tent - grab one any day after 1 p.m., before they’re all gone.

ON THE ROAD (CONT.)

timer, already forgot his shoes and broke his glasses; it’s gonna get better. A team of four women, **Addicted to Spin**, from Grants Pass, OR - better known as the **Lemondrop Divas** - and their “drafting sherpas,” the three-man **Lemondrop Crew**. And **Anthony Hung** of Portland, who was out drinking with his buddies earlier this year when they convinced him to sign up for Cycle Oregon. He woke up the next morning wondering “What did I do?” Hey, it’s better than waking up with a new tattoo...

TODAY’S RIDE

Today features what will be a recurring theme of this week’s experience: choice. After a beautiful cruise of 38 miles out of Union, you can opt to head into Baker City (44.5 miles total) or add a substantial loop through Haines and North Powder and back to Baker City (82.7 miles total).



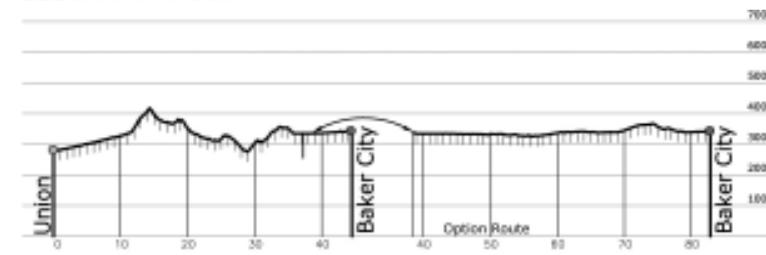
And the sound of a babbling brook shall accompany you....

Either way, you’ll begin your day with one of the prettiest creekside stretches around - the gradually ascending route along Catherine Creek. Twelve miles in, you’ll take on the first real climb of the week - about 800 feet in 2.5 miles. After that it’s a (largely downhill) roller-coaster down through Medical Springs and Pondosa to the Powder River, followed by five miles of mostly climbing

and then a cruise down to lunch just before the option.

For those who take on the optional loop, your afternoon will be spent pleasantly spinning on flats in the shadows of the Elkhorn Range to the west - a great way to add mileage.

ELEVATION CHART



Day 2 - 44.5 MI. (71.6 K) - 2,855 FT. (870 M) Elev. Gain
Option: 82.7 MI. (133 K) - 3,503 FT. (1067 M) Elev. Gain

www.odscompanies.com
MEDICAL · DENTAL · PHARMACY