

COMMUNITY EVENTS

- Dean Creek Elk Reserve: 2.6 miles outside Reedsport, on Highway 38.
- Umpqua River Lighthouse: Guided evening tours; last at 10 pm. 3.6 miles south of Reedsport in Winchester Bay.
- Umpqua Discovery Center: On the waterfront in Reedsport. Open until 9 p.m.
- Cycle Oregon Shuttle Van: Tour of Reedsport and the Winchester Bay area. Starting point on 22nd St.
- Community Market: Near the dining tents.

ODS MAIN STAGE

- 4 - 6:30 p.m.: PBA and the Hot Flash
- 8 - 9:30 p.m: Peter Giri & Company (along with Paul Biondi & Friends)

BIKE SKILLS CLINIC

- 6:30, near the Bike Gallery tent. Tonight: Gear shifting

TODAY'S MENU

Breakfast

- Whole-Grain French Toast
- Grilled Bacon
- Scrambled Eggs w/Veggies and Cheese
- 7-Grain Hot Cereal
- Hard Boiled Eggs

Lunch

- Chicken or Mediterranean Pita
- Cabbage Salad
- Cheddar or Olive Chips
- Shortbread Cookies
- Apple and Grapes

Dinner

- Penne Pasta w/ Marinara and Italian Meatballs or Zucchini
- Whole Green Beans
- Garlic Bread
- Chocolate Torte

YOGA SCHEDULE

- 4 p.m.: Level 1
- 5:15 p.m: Level 2

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.

OSU EXTENSION

Noxious Weed Alert!

Hope you have a safe ride while enjoying breathtaking vistas of the Wild Rivers Coast.

A major concern in the counties you ride through, especially along rivers, is noxious weeds. These non-native weeds, which displace native, beneficial plants, are harmful to environmental and economic resources, including chinook and coho salmon habitat. Some of these noxious weeds are visible along the roads you travel, the most easily identifiable being gorse.

Gorse, an evergreen shrub with sharp spiny thorns, can readily be seen south of Bandon and along the Sixes and Elk Rivers. This plant is of particular concern because it is an extreme fire hazard. The oily foliage and seeds, which can be viable for up to 30 years, are highly flammable.

Other noxious weeds you may see as you ride include Scotch broom, Himalayan blackberry, English ivy, butterfly bush, purple loosestrife and jubata grass.

If you're interested in learning more about noxious weeds, please visit the Oregon Department of Agriculture website: <http://www.oregon.gov/ODA/PLANT/WEEDS/index.shtml>.

CLASSIFIEDS

Happy Birthday to the Goddess of Physical Therapy, **Megan Moseley!**

Woo-hoo, **Sharon!** What a great way to celebrate your birthday!

Dale: Four weeks ago she got a ticket, and you got a broken collarbone and an ambulance ride. This week: Cycle Oregon. Who needs a healed collarbone? You are a cycling rockstar.

SPONSORS



DAY 2: COTTAGE GROVE TO REEDSPORT

TODAY'S ROUTE

"Roller Coast-er"

Today we taste one of the truly sublime coast routes. From the handsome downtown of Cottage Grove, pedal incredibly smooth backroads into tiny Lorane, and then glide through a tunnel of trees on Siuslaw River Road. Yes, there's a climb and a summit, but you'll be so euphoric you won't mind. After lunch it's a steady ride through the "Chapel of the Coast Range," a forest-and-river cathedral. We follow the Smith River to Reedsport as it grows placid and wide.

NEW: KEN'S CORNER

After the first stop today, the route follows quiet back roads. From past experience, we know riders can get complacent about staying on their side of the road when there's nearly nonexistent traffic. Some of this roadway is about a lane and a half wide, and is open for other vehicles, so remember to stay on the right side of the road, considering other riders and the potential for a vehicle either passing or coming the other way.



After a long but beautiful day, you're going to be a little sad, a little glad to see this sign.

At 88 miles into the ride, the route turns left to travel south on Highway 101, Oregon's Coast Highway. This is a heavily used road, with lots of traffic, commercial trucks and tourists, some driving big recreational vehicles. Also, shortly after turning onto Highway 101, we have to cross the Umpqua River, and the bridge over the river does not have a defined shoulder. Everyone needs to remember to ride single file, yielding to overtaking traffic.

GO GREEN: PASS IT ALONG!

IF YOU DON'T NEED TO KEEP THIS PAPER, LEAVE IT ON THE TABLE!

NOTES AND NEWS

Here you'll find important information, good stories along the way, and daily features.

AAA GOES COASTAL

AAA Oregon/Idaho is proud to be a sponsor of Cycle Oregon for the second year in a row. We sponsor the SAG (Support and Gear) vans for Cycle Oregon, so we're here to support all 2,200 riders for the entire route.

In 2009, AAA Oregon/Idaho began offering roadside assistance to bicycles, covering all of Oregon and 34 counties in Idaho. If you're a member of AAA riding anywhere in our territory and your bicycle breaks down or gets a flat tire, AAA will pick up you and your bicycle.

Thanks to everyone involved with Cycle Oregon, and remember that AAA is here to help, whether you need a SAG van this week or you get stranded in your car or on your bike once you get back home.

BLM BOUNTY

Day 2: From verdant forests to the rocky Pacific shore, visitors to BLM public lands will find numerous opportunities to experience natural wonders.

- Tyrell Forest Succession Trail: Three miles southwest of the town of Lorane, visitors can experience the plant species

and botanical associations that occur in different ages of western Oregon's managed forests, including magnificent old-growth forests.

- Loon Lake Recreation Site: This popular area boasts one of the coast's finest campgrounds as well as a warm, sandy beach. The lake is perfect for swimming, fishing and waterskiing.

TWO & OAK

CYCLING

A little fun today: Did you know that T.T.B. (Time To Beer) is a biological response constituting an emotional need to finish the ride as soon as possible to enjoy a cold malted beverage? And that beer has been scientifically proven to be an excellent post-ride recovery therapy? The Two & Oak Cycling team swears by its virtues! Find Two & Oak's RVs and enjoy one on us! The Rider Numbers of today's jersey winners are **600, 369** and **827**.

Show your wristband to claim your jersey at the Cycle Oregon Retail trailer.

WE ALL HAVE BAGGAGE

And if you happen to pick up someone else's by mistake (it happens a lot), please return it to the truck or to Rider Services.

PHOTO ALBUM: DAY 1



To have been served lunch by Clare is to love Clare.



"Sixty-five pounds my ____... but you see I'm pressing it easy."



Nothing better than a big ol' snow cone on a hot day.



Baggage duty is serious business - it even includes warmup.



Rider Services enacts their own "Greet the Sunrise" ceremony.



This caption pretty much writes itself: "Park it right over there, pardner."



Maybe their parents went to Farber College? TO-GA!!



Local enthusiasm, plus directions to the chocolate milk.

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The Oregonian



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