

COMMUNITY EVENTS

- Shuttles: Loop between Tent City, Old Town and hotels.
- Tiffany Drug – International Wine Tasting: 44 Michigan Ave N.E. (Ray's Shopping Center complex); 4-6 p.m. Free.
- CyberLynx Internet Cafe: Internet cafe with six computers. Bandon Community Center – next to Tent City; 6-9 p.m.
- Coastal Mist – Sinful Dessert Fetish/Vanilla: 210 2nd Street S.E., Old Town; 6:30-8 p.m. \$30; 541-347-3300 or 541-347-4938 for reservations.
- Labyrinth in the Sand: Wednesday; ready by 7 a.m., washed away by 9:30. Coquille Point Wayside.

ODS MAIN STAGE

- 4 - 6:30 pm: Los Panchos Reggae Band
- 8 - 9:30 pm: Dammit Jim

BIKE SKILLS CLINIC

None today.

TODAY'S MENU

Breakfast

- Cheese Omelet
- Sliced Ham
- Shredded Hash Browns
- Oatmeal with Toppings
- Hard-Boiled Eggs

Lunch

- Fish Taco w/Cheese, Pico de Gallo and Black Beans
- Quinoa with Fire-Roasted Tomatoes, Corn and Black Beans
- Apples and Grapes
- Peanut Butter Cookies

Dinner

- Roasted Turkey Breast
- Garlic Vegetable Couscous
- Bread Stuffing
- Cranberries
- Sweet Potato Casserole
- Cornbread
- Pecan Pie

YOGA SCHEDULE

- 4 pm: Level 1
- 5:15 pm: 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 them if/as we have room each day.

OSU EXTENSION (CONT.)

Cranberry growers take advantage of the fact that the berry floats by growing the plant in constructed recessed beds or "bogs." During harvest in October and November, the constructed bed allows farmers to flood and hold water just over the top of the plants. Growers then drive through the bed with a harvest machine that gently agitates the vines and dislodges the fruit to float on the water. The berries are corralled to one end and lifted off the bed and into a truck by an elevator or a fruit pump.

BIKE GALLERY: ADVICE

Please make sure your bike gets the TLC it needs before you head out each morning, to avoid unnecessary and dangerous delays on the road. Here are some basic bicycle maintenance tips to keep in mind:

1. Air your tires! Check pressure

often and use a floor pump for regular inflation. Frame-mounted pumps are for on-road repairs only.

2. Keep your chain lubed and wiped completely clean.
3. Make sure the rear derailleur's "pulleys" are lubricated properly.
4. Check brake pads for excessive wear and rubbing (when the grooves disappear).
5. Don't wash your bike; instead, clean the frame with furniture polish, and the rims with "409."
6. Make sure wheels are fastened firmly.
7. Inspect tires for cuts and wear before every ride.

While we hope you had your bike professionally serviced before Cycle Oregon, remember we'll be out on the course and in camp to fix those unexpected issues. Happy riding!
--Your friends at Bike Gallery.

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DAY 3: REEDSPORT TO BANDON

TODAY'S ROUTE

"Cape Crusaders"

Start off rolling past dunes, marshes and lakes along Highway 101, before turning off to swoop and loop around Kentuck Bay. After climbing up and over to Charleston, enjoy lunch at stunning Shore Acres State Park as waves crash against rocky outcrops and seals bark on the way out to Cape Arago. After lunch, take on the Seven Devils – short, steep pitches that will test your resolve – before descending to Bandon for a cruise through the dunes and on into Old Town.

KEN'S CORNER

The first 21 miles today is on Highway 101, with a narrow shoulder nearly all the way. Stay on the available shoulder, and make sure no cars, trucks or RVs are coming when passing other riders.

The Oregon Coast Bike Route continues south, but we'll turn left just before the McCullough Bridge. ODOT will disable the traffic signal here and flag traffic to ensure cyclists can turn safely.



Relax; the Seven Devils are behind you when you roll through the Bandon Dunes Resort.

East Bay Road offers wonderful views, but does not have a shoulder; continue riding single-file and watch for local traffic. The second stop of the day allows cyclists to cross busy Highway 101 in Coos Bay with traffic signals.

When we reach Bandon Dunes Resort, cyclists are required to yield to golfers who may be crossing the road. After leaving Bandon Dunes the route again travels on Highway 101 for three miles, crossing the Coquille River on a narrow bridge (single-file!).



NOTES AND NEWS

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

OSU EXTENSION

Get great information at the OSU Extension booth - 3-6 p.m. daily, next to Rider Services.

America's Little Red Berry

America's little red berry – the cranberry – has found a home on the Southern Oregon Coast. The cranberry was brought to Bandon from Cape Cod in 1885. Now, in a 50-mile strip from Coos Bay to Port Orford, there are 2,700 acres of cranberries harvested yearly, producing some 45 million pounds annually.

Contrary to popular belief, cranberries plants do not grow in water. Cranberries are low-growing, vining, woody ever-green perennial plants that need ready access to water on a regular basis. They bloom in early summer; as the fruit ripens, seeds are produced in chambers called locules, which are hollow and act as a bladder – allowing the fruit to float. (Cont. on "Classifieds" page)

BLM BOUNTY

Whether you're biking through an ancient forest or spotting whales offshore, BLM public lands provide a wonderful

opportunity to reconnect with nature.

- Dean Creek Elk Viewing Area: This premier viewing site for Roosevelt elk and wetland waterfowl gives visitors an up-close look at wildlife in their natural habitat. Elk are visible almost every day of the year.

- Coos Bay North Spit: This site is the southernmost end of a series of sand dunes extending along the Oregon coastline. The ever-changing habitat is home to a wide variety of mammals and birds, including some threatened and endangered species.

TWO & OAK

CYCLING

Did you know that the sponsor of Two & Oak Cycling, Stoll Berne, does pro bono legal work for Cycle Oregon and Community Cycling Center? We're so into cycling that more than half of our employees commute to work by bike – and we encourage you to think about how you can use your bike to cut down car trips. The Rider Numbers of today's jersey winners are **1712**, **413** and **1206**. Show your wristband to claim your jersey at the Cycle Oregon Retail trailer.

PHOTO ALBUM: DAY 2



These folks brought a bright light into everyone's morning!



Relaxation is a state of mind, and it's not location-reliant.



It truly was like riding through a cathedral of trees.



Welcome to Reedsport... and we were all glad to get here.



If you get a little cranky without your coffee, get in line here early.



The Candlelighters show off a little sisterly love, in their own style.



Chandra the Beer Monitor wears a toga? Party time!



9/11 was a good time to let a song say what we feel.

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