

COMMUNITY EVENTS

Powers Action Team Thrift Store: 418 2nd Ave.; 11-2 p.m.
Siskiyou Landing: Basketry, rustic furniture, pottery and more. 209 E. Poplar; open until 9 p.m. 541-294-6268.

St. Paul's Pre-School: Baked goods. Corner of 3rd & Fir. Pioneer House, Railroad Museum and Gaylord Post Office: 1st Ave.; noon - 6 p.m.
Children's Art Show: 3rd Ave. Crafter's Market Place: Local vendors, artists and craftspeople; 3rd Ave.

Powers Senior Center: Soup lunch with homemade bread. 120 Fir, 11 a.m. - 3 p.m.

ODS MAIN STAGE

5-6:30 p.m: Wooster- Atkinson-Maxner
8-9:30 p.m: Hudson Ridge

BIKE SKILLS CLINIC

6:30, near the Bike Gallery tent. Tonight: Maintenance

TODAY'S MENU

Breakfast

Vegetable Frittata
Grilled Bacon
Potato Pancakes
Oatmeal with Toppings
Hard Boiled Eggs

Lunch

Grilled Chicken Breast or Black Bean Burger w/Pepper Jack on Dave's Killer Bread
Cucumber Vinaigrette Salad
Kettle Chips
Chocolate Chip Cookie
Apples and Grapes

Dinner

Beef or Veggie Tempeh Ragout
Mafalda Noodles
Malibu Blend Veggies
Garlic Bread
Cheesecake

YOGA SCHEDULE

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

We apologize for the fact that we haven't had room for Classifieds and Notes from the Road for a few days... catching up today.

BIRTHDAYS

Dave:
Happy birthday (9/14), you young thing-- XOXO, Paula

Happy birthday (9/14) La'Akea Siverts. We're so glad you're here with us today! --Love you, Mum and Marty

MISCELLANEOUS

Leslie:
Honeymoon three years ago; now our third anniversary! --Love, Frank

36-year-old SWF w/curly auburn hair riding mountain bike (#1070) w/Team Crab, seeking SM for adventure and (long-term?) friendship. If unable to find me with these clues, try harder!

Desperately seeking Ron 3acapa (sic). Contact CCC Detailing Tent.

Dad: Thanks for joining us for

the ride! --Love, B&C

Chili Pepper: Thanks for all the help getting through the challenges. Glad we're here now. --Love, J.M.

Dave and Anne: Thank you so much for your help today. You rock! --Leanne

NOTES FROM THE ROAD

John Bauer and Mary Lee Baker were married 30 years ago in August at Shore Acres State Park... this week they revisited some good memories.

An unidentified rider lost \$100 in a baggie along the road the other day. He told Rider Services "If someone turns it in, tell them to take what they want, and donate the rest to Reedsport High athletics." Of course someone turned it in, and of course they didn't want a reward. Good people, and host towns benefitting - that's Cycle Oregon, right there.

SPONSORS



DAY 5: BANDON TO POWERS

TODAY'S ROUTE

"Pedaling Pastoral"

The theme of the day is tranquility, as we traverse low-traffic roads through pastureland and along gentle waterways. Start with a backroads route from Bandon to Coquille, and then enter a Mad Hatter maze of turns on what seems like a dozen roads that all have the same three names (watch your signage!). It's a pleasant multidirectional meander through dairy farms and pastures. After lunch in Myrtle Point, take a magic carpet ride into Powers – rollers, swoops and views down to the Coquille River as we approach town.

KEN'S CORNER

The route travels north on Highway 101 for about four miles, before crossing the Coquille River again on the narrow bridge we used Tuesday.

There has been construction on the road we will be using to travel to Coquille, which is causing us to **alter the route today** to avoid the torn-up section. We'll continue north on Highway 101, a couple miles past North Bank Lane, which is on your map, before



The Powers of relaxation: You can't help but chill in a setting this calm and beautiful.

turning right on Randolph Lane, later accessing North Bank Lane, which has limited or no shoulders.

After a rest stop in Coquille, the route uses lightly travelled secondary roads, which typically do not have a shoulder, to arrive in Myrtle Point. Be sure to yield to other traffic on these roads. After lunch, the road to Powers has narrow shoulders for the entire 17 miles. Again, please be aware of other traffic and share the road.

GO GREEN: THANK YOU!

We really appreciate your re-use efforts!



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.

Animal Agriculture in SW Oregon

Southwest Oregon is one of the most productive pasture regions on the West Coast. Most farms are family-owned, with many being multi-generational.

- Beef Cattle: Cow-calf operations are most common. Calves are typically born in spring and sold in fall. Stocker cattle operations then purchase those calves and raise them together on pasture.

- Sheep: You may have seen sheep on the steep open mountains or oceanfront pastures as you rode from Bandon to Port Orford. Many local lambs have already been shipped to the Willamette Valley to graze in the grass-seed fields.

- Dairy: Black-and-white Holsteins and tawny-brown Jerseys can be seen grazing between Coquille and Myrtle Point. Most dairies sell milk on the organic market.

BLM BOUNTY

In southwestern Oregon, you can climb a mountain, raft a river or catch a salmon in some of the most picturesque land-

scapes managed by the BLM.

- Wild Rogue Wilderness Area: Surrounding the Wild and Scenic Rogue River, the rugged and complex canyon landscape of the Wild Rogue Wilderness provides special places where nature remains substantially unchanged by human use.

- The Doerner Fir: This is one of the largest coast Douglas-fir trees in the world. Winding roads take travelers through some of the most pristine forests in the nation. Once at the trailhead, take a half-mile hike through an unspoiled old-growth stand to the Doerner Fir.

TWO & OAK

CYCLING

Did you know the Community Cycling Center provides 500 children with their first bike every holiday season? Or that they've expanded that idea to include Bikes for Kids, a summer program that delivers 150 bikes? Kids whose families might not be able to afford bikes for them can get a free bike, a helmet, safety instruction and more. The Rider Numbers of today's jersey winners are **1842, 2180** and **1111**. Show your wristband to claim your jersey at the Cycle Oregon Retail trailer.

PHOTO ALBUM: DAY 4



The lighthouse tour was a highlight - as was the view.



Bandon offered a plethora of options for Layover Day.



When you pay the CCC to work on your bike, you get focus.



Miss Oregon moved us with her rendition of "God Bless America."



If you haven't used the Blogmobile, you haven't met Carly.



Lunch with a view - Part Deux: Port Orford on a Chamber of Commerce day. The weather is always like this here.



For EMTs, a slow day is a good day.



Kristin takes in the view from above Port Orford.

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