

# CYCLE 2010 OREGON



## 2010 OFFICIAL HANDBOOK HOMECOMING WEEKEND RIDE

FRIDAY JULY 16 – SUNDAY JULY 18

*Back to School*



## CYCLE OREGON MISSION STATEMENT

Cycle Oregon is a nonprofit organization dedicated to transforming individuals and communities through bicycling. Proceeds from the ride go to the Cycle Oregon Fund, which helps preserve and protect the special places of Oregon and supports community development projects in the regions through which we ride.

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## WELCOME



Welcome to the 2010 edition of Cycle Oregon: The Weekend! We're excited that you're joining us for an adventurous Cycle Oregon weekend of riding and camaraderie. From our base at Western Oregon University in Monmouth, we'll venture out on loop rides across covered bridges, along the lower reaches of the Coast Range, and through the verdant flatlands of the Willamette Valley. We promise something for everyone: some challenging routes and some easier ones; a family-friendly event with activities for all ages; and the legendary Cycle Oregon amenities and atmosphere.

This handbook contains all the information you need to get to Western Oregon University, the starting point for your adventure. Read below for specific information on each day's schedule, as well as some of the activities available during the weekend — including our Bike Camp for Kids!

We're looking forward to a fabulous weekend of riding the valley backroads of Oregon. If you have additional questions, please contact [Ingrid@cycleoregon.com](mailto:Ingrid@cycleoregon.com) or call 503-287-0405, x103. We'll see you there!



## WEEKEND RIDE OVERVIEW

### FRIDAY – JULY 16, 2010

Afternoon	Arrive at Western Oregon University
3–9 p.m.	Packet pickup – <i>Packet Pickup tent</i>
3–9 p.m.	Bike Camp for Kids check-in – <i>Next to Packet Pickup tent</i>
3–9 p.m.	Dorm room check-in – <i>Across from “J” lot</i>
4:30–8 p.m.*	Dinner – <i>Valsetz Dining Hall</i>
5–11 p.m.	Showers open – <i>New Gym</i>
5–6 p.m.	Physical therapist presentation <i>“Effective stretching and other exercises to enhance cycling and prevent injuries” – Near Medical tent</i>
5–10 p.m.	Beer Garden open – <i>Main Street Park in downtown Monmouth</i>
5–11 p.m.	Secure bike parking – <i>New Gym, Room 108</i>
6–11 p.m.	Massage appointments available – <i>New Gym, Room 201</i>
6–7:30 p.m.	Entertainment – <i>Main Street Park in downtown Monmouth</i> <i>KG Band (Folk)</i>
8 p.m.	Announcements – <i>Main Street Park in downtown Monmouth</i>
8:30–10 p.m.	Entertainment – <i>Main Street Park in downtown Monmouth</i> <i>Amadan (Celtic rock)</i>

### SATURDAY – JULY 17, 2010

5:30–9 a.m.*	Breakfast – <i>Valsetz Dining Hall</i>
6 a.m.–11 p.m.	Showers open – <i>New Gym (closed between 10 a.m. – noon for cleaning)</i>
6 a.m.–11 p.m.	Secure bike parking – <i>New Gym, Room 108</i>
7–10 a.m.	Packet pickup – <i>Packet Pickup tent</i>
7–10 a.m.	Dorm room check-in – <i>Across from “J” lot</i>
7 a.m.	Course opens
7 a.m.–4 p.m.	Rest stops open
8 a.m.–5 p.m.	Water stops open
9 a.m.–3 p.m.	Bike Camp for Kids ( <i>kids can be dropped off between 8 and 9 a.m.</i> )
9 a.m.–2 p.m.	Lunch open – <i>On route</i>
10 a.m.–2 p.m.	Lunch open – <i>In camp</i>
Noon–11 p.m.	Massage appointments available – <i>New Gym, Room 201</i>
1–7 p.m.	Acupuncturist available – <i>Near Medical tent</i>
2–8 p.m.	Wolverton Pool open – <i>Old Gym</i>
2–10 p.m.	Beer Garden – <i>Main Street Park in downtown Monmouth</i>
3:30–4:30 p.m.	Yoga class – Level 1 – <i>Packet Pickup tent</i>
4–7:15 p.m.	Entertainment – <i>Main Street Park in downtown Monmouth</i> <i>4–5:30 p.m. Cash &amp; Company (Country)</i> <i>5:45–7:30 p.m. Joe Shinkle &amp; 99W (Country)</i>
4–6 p.m.	Physical therapy/injury consultations (free) – <i>Near Medical tent</i>
4:30–8 p.m.*	Dinner – <i>Valsetz Dining Hall</i>
4:45–5:45 p.m.	Yoga class – Level 2 – <i>Packet Pickup tent</i>
6 p.m.	Course closes
8 p.m.	Announcements – <i>Main Street Park in downtown Monmouth</i>
8:30–10 p.m.	Entertainment – <i>Main Street Park in downtown Monmouth</i> <i>The Dimes (Indy-rock)</i>

### SUNDAY – JULY 18, 2010

5:30–9 a.m.*	Breakfast – <i>Valsetz Dining Hall</i>
6–7 a.m.	Yoga – Mixed Level – <i>Packet Pickup tent</i>
6 a.m.–6 p.m.	Secure bike parking – <i>New Gym, Room 108</i>
7 a.m.–5 p.m.	Showers open – <i>New Gym</i>
7 a.m.	Course opens
8 a.m.–5 p.m.	Dorm room check-out – <i>Across from “J” Lot</i>
7 a.m.–3 p.m.	Rest stops open
8 a.m.–1 p.m.	Water stops open
9 a.m.–3 p.m.	Bike Camp for Kids ( <i>kids can be dropped off between 8–9 a.m.</i> )
9 a.m.–2 p.m.	Lunch open – <i>On route</i>
10 a.m.–2 p.m.	Lunch open – <i>In camp</i>
11 a.m.–5 p.m.	Finish line
Noon–4 p.m.	Wolverton Pool open – <i>Old Gym</i>
2:30–3:30 p.m.	Yoga – Mixed Level – <i>Packet Pickup tent</i>
5 p.m.	Course closes

**\* In order to reduce lines at meal times, we will ask registered riders to choose a meal time preference. All riders will receive an online survey the week of July 5 that asks you to choose a meal time preference. For specific time slots, see the “Food, Drink & Entertainment” section.**



*Getting ready for the ride ... from putting your bike together to creating your custom license plate.*





## WHAT TO PACK

These are suggestions; feel free to bring what you feel is necessary.

[Printable packing checklist \(pdf\)](#)

### WEATHER ON THE RIDE

Summer weather in Oregon is usually beautiful, with average daily highs in the mid-70s or 80s and nightly lows from 40 to 55. But be prepared for inclement weather, and bring warm clothing and rain gear.

### FOR THE BIKE

A helmet is required, and we recommend the use of a rearview mirror. You also must bring two 20-oz. water bottles minimum (or equivalent hydration pack). Bring some simple tools with you such as tubes, tire levers, patch kit, pump and rag.

### TOILETRIES

Toothbrush, toothpaste, skin lotion, sunscreen, lip balm, chamois butter, soap, shampoo, feminine hygiene products, towels, washcloth, painkillers such as aspirin or ibuprofen, antacids, band-aids, calamine lotion and insect repellent.

### CLOTHING

Cycling jerseys, shorts and tights, camp shorts, long pants, extra socks, short- and long-sleeve shirts, walking shoes, swimwear, rain gear (water-repellent breathable fabric is best), warm jacket. Cotton is not recommended for cycling attire. Synthetics that “breathe” provide the greatest comfort and cooling or warmth. At night, you will appreciate a fleece pullover and long pants.

### CAMPING

Tent, rain fly, ground cloth, sleeping bag, pad, pillow, flashlight, extra bulbs and batteries. Veterans suggest bringing something to identify your tent from the other tents around you.

### FOR THE DORMS

A mattress pad will be provided, but remember to bring a pillow, pillowcase, bottom sheet, sleeping bag or other linens, and towel. Also, residence halls are not air-conditioned, so if the forecast is for warmer weather, bring a fan for your room.

### OTHER ITEMS

Camera, sunglasses, earplugs (for sleeping), penknife, book, deck of cards, personal identification, cash and bank card.

## ARRIVAL

If you are parking your car overnight at the university, follow the signs to the designated parking area and park your car. **J lot** will be for those staying in a dorm. **F and R lots** are for those camping, and **G lot** is for those bringing an RV or other vehicle to sleep in. These parking lots will be closest to your overnight accommodation. Be sure to display your parking pass on the left-hand side of your dash. [Click here](#) to download a parking pass for the weekend. If you're being dropped off, follow signs to the short-term drop-off area.



*Cyclists of all ages get into mischief... and have fun... on the Weekend Ride.*

Unload your baggage and bike, and go to the Packet Pickup area to pick up your Rider Packet. Volunteer porters from the community will be available to help you transport your baggage to the camping area or dorm check-in tent.

### PACKET PICKUP

Your Rider Packet will include maps, a wristband, your bike number, a baggage tag and a T-shirt. Be prepared to show your ID and sign a waiver ([click here to preview the waiver](#)). You must sign the waiver to pick up your packet. Once we affix your wristband, it should not be removed unless you leave the ride. The wristband is what identifies you as a participant and gives you access to meals and course support.



## DIRECTIONS TO MONMOUTH

### From Interstate 5 northbound:

Take Exit 249 (Commercial Street). Follow Commercial into Salem, and as you near downtown, Commercial will curve to the right and become Liberty Street. Stay on Liberty until you reach Marion Street. Turn left, cross the Marion Street Bridge onto Highway 22, and follow the signs marked "Dallas/Ocean Beaches." Stay on Highway 22 until you reach Highway 99W. Take Exit 16; a right turn from the offramp puts you southbound on Highway 99W. Go about 5 miles and turn right on Hoffman Road at a traffic signal. Continue 0.5 miles and turn left on Riddell Road and continue to the WOU campus.

**Turn right on Stadium Drive and follow signs to either parking lot J, F, R or G.**

### From Interstate 5 southbound:

Take Exit 260A (Salem Parkway). Follow the Parkway into Salem. The Parkway will curve to the left and become Commercial Street. Stay on Commercial until you reach Marion Street. Turn right, cross the Marion Street Bridge onto Highway 22, and follow the signs marked "Dallas/Ocean Beaches." Stay on Highway 22 until you reach Highway 99W. Take Exit 16; a right turn from the offramp puts you southbound on Highway 99W. Go about 5 miles and turn right on Hoffman Road at a traffic signal. Continue 0.5 miles and turn left on Riddell Road and continue to the WOU campus.

**Turn right on Stadium Drive and follow signs to either parking lot J, F, R or G.**

**Note:** *J lot will be for those staying in a dorm.  
F and R lots are for those camping.  
G lot is for those bringing an RV or other vehicle to sleep in.*

## ACCOMMODATIONS

### TENT CITY

Camping is available Friday and Saturday nights at the Western Oregon University overnight site. Follow signs to the tent camping area. You might want to bring something (ribbon, flag or blinking light) to identify your tent among all the others.

### DORM ROOMS

**What to bring:** All rooms have single beds. A mattress pad will be provided, but remember to bring a pillow, pillowcase, bottom sheet, sleeping bag or other linens, and towel. Also, residence halls are not air-conditioned, so if the forecast is for warmer weather bring a fan for your room.

**Check-in:** You can pick up your room assignment and key/access fob on Friday, July 16, from 3–9 p.m. or Saturday, July 17, from 7–10 a.m., at the Dorm Room Check-in tent located across from the "J" lot.

**Check-out:** Please remove all your personal belongings from the dorm room and return the key/access fob to the Dorm Room Check-out tent located across from the "J" lot by 5 p.m. on Sunday, July 18.

**Keys/Access fobs:** Each guest will be issued a room key and/or an access fob and PIN that must be returned at check-out. Be sure to keep your key and/or fob with you at ALL times, as the rooms are locked at all times. Locks are changed when keys or fobs are lost; the cost for a lock change is approximately \$25–\$50. If you are locked out of your room, please contact the **Residential Service Center (503-838-8363)** or a Summer Conferences Staff member (503-932-3415), and he or she will be able to let you into your room.

### SLEEP IN YOUR VEHICLE

If you'd like to bring your RV, camp trailer or other vehicle to sleep in, please make sure to register your vehicle so we know how many vehicles to plan for. The cost for bringing a RV is \$35. RVs and other camp vehicles will be located in a parking lot on the Western Oregon University campus; there will be no hook-ups available.



## FOOD, DRINK & ENTERTAINMENT

### MEALS

Cycle Oregon will provide dinner at the overnight site on Friday and Saturday, and breakfast at the overnight site on Saturday and Sunday. Lunch will be served Saturday and Sunday on the course, or in camp for short-route riders and Kids' Camp participants.

In order to reduce lines at meal times, we will ask registered riders to choose a meal time preference. All riders will receive an online survey the week of July 5 that asks you to choose a meal time preference.

### MEAL TIMES

Breakfast: 5:30–9 a.m.

*(Seating times: 5:30–6:30 a.m., 6:30–7:30 a.m. and 7:30–9 a.m.)*

Lunch on course: 9 a.m.–2 p.m.

Lunch in camp: 10 a.m.–2 p.m.

Dinner: 4:30–8 p.m.

*(Seating times: 4:30–5:30 p.m., 5:30–6:30 p.m. and 6:30–8 p.m.)*

### THE WIDMER BROTHERS BEER GARDEN

The Beer Garden will feature hand-brewed ales from Widmer Brothers Brewing Company of Portland and wine by the glass or bottle, produced by Eola Hills Winery.

### WIDMER BROTHERS BEER GARDEN HOURS

Friday: 5–10 p.m.

Saturday: 2–10 p.m.

### EVENING ANNOUNCEMENTS

Friday and Saturday evenings at 8 p.m., the Cycle Oregon community will gather around the Main Stage. This is a great opportunity to hear tips



about the next day's route, learn exciting information about the places we're visiting and catch up on some local folklore. Best of all, it's always followed by legendary Cycle Oregon entertainment.

### ENTERTAINMENT

Cycle Oregon showcases some of Oregon's most talented performers, from country rockers to clog dancers, blues divas to jazz greats. Performances are scheduled for Friday and Saturday evenings on the Main Stage at Main Street Park in Monmouth.

### ENTERTAINMENT SCHEDULE

#### FRIDAY, JULY 16

6–7:30 p.m. KG Band (Folk)

8:30–10 p.m. Amadan (Celtic rock)

#### SATURDAY, JULY 17

4–5:30 p.m. Cash & Company (Country)

5:45–7:30 p.m. Joe Shinkle & 99W (Country)

8:30–10 p.m. The Dimes (Indy-rock)

## COMMUNITY ACTIVITIES

There are a variety of restaurants and shops in the Monmouth and Independence area. Please visit the Chamber of Commerce [website](#) for more detailed information.

### MONMOUTH WINERY TOURS

The following winery tours will take place on Saturday, July 17.

**North Tours:** Eola Hills Winery, Illahe Winery, Left Coast Cellars  
**Tours at:** 1:30–3:30 p.m. • 3:00–5:00 p.m. • 3:45–5:45 p.m.

**South Tours:** Olsen Family Vineyards, Emerson Vineyards, Airlie Winery.  
**Tours at:** 1:30–3:30 p.m. • 2:30–4:30 p.m. • 3:45–5:45 p.m.

A bus to a local lavender farm will be running every 45 minutes to 1 hour based on demand. The buses for both the winery and lavender farm tours will be staged on Warren Street across from Main Street Park in downtown Monmouth.

Information, Mark Fancey at [Mfancey@ci.monmouth.or.us](mailto:Mfancey@ci.monmouth.or.us).

### SUNDAY, JULY 18 – FALLS CITY ART FAIR

The second annual "Bad to the Bone" BBQ Competition and Art Festival will take place Saturday and Sunday from 10 a.m.–5 p.m. Music and a beer garden will go until 8 p.m. on Saturday. The fair will be located right near the Cycle Oregon lunch site on Sunday.







## CAMP SERVICES

### SHOWERS

Hot showers and all the other amenities you might need will be provided at the overnight site. If you are camping, showers will be provided in the gym. If you are staying in a dorm, showers will be either private or shared depending on which room you reserve. Please remember to bring a towel and soap, as we do not provide towels or toiletries.

### SHOWER HOURS

Friday, July 16: 5–11 p.m.

Saturday, July 17: 6–10 a.m., noon–11 p.m.

Sunday, July 18: 7 a.m.–5 p.m.

### RIDER SERVICES

Look for the Rider Services trailer in a visible location near the entrance into camp. Here you can ask questions, meet friends, leave a note on the message board, or locate missing items at lost and found.

### CYCLE OREGON RETAIL

The Cycle Oregon Retail trailer is where you can buy extra meal tickets or shop for additional Cycle Oregon merchandise. Look for it near the Rider Services trailer at Western Oregon University.

### MEDICAL SERVICES

Medical services will be available on the course, at lunch and at the Western Oregon University overnight site. There is no charge for medical services on the course or at the site. If you require transport to or from a local medical facility, you will be financially responsible for transport and medical services there.

### MASSAGE SERVICES

The massage team will be along on the ride, with half-hour and full-hour massages available. You can make appointments directly with your favorite therapist by contacting him or her directly, or you can sign up at the massage area when you arrive at Western Oregon University. Massage prices are \$45 for a half hour and \$80 for a full hour. We accept VISA, MasterCard, check or cash. For more information about the Cycle Oregon Massage Team, [click here](#).

### YOGA

A yoga instructor will be along on the ride to teach two yoga classes Saturday and two on Sunday. Yoga is an excellent way to tame sore muscles, relax and stay flexible after a long day's bicycle ride. Classes are free to all Cycle Oregon riders. Below are descriptions of the classes offered on this year's Weekend Ride.

#### Level 1: Saturday, 3:30–4:30 p.m.

Perfect for beginners and those who are looking for a gentle stretch after a long ride. If you've never practiced yoga before — or just want to meet other people who think it's fun to stretch — this relaxing class is for you. We'll use props, including blocks and straps, to explore some basic yoga poses that can help relieve tightness in your hips, legs and shoulders. All postures will be specifically geared toward cyclists, with lots of clarification on proper alignment to help keep your muscles safe and help prepare you to ride on Sunday.

#### Level 2: Saturday, 4:45–5:45 p.m.

For those who are familiar with the basic yoga poses, or have a regular yoga practice, this vinyasa-flow class will bring you back to your breath while helping you stretch out after your ride. Come relieve tightness in your hips, legs and shoulders. We will breathe into these muscles in a conscious and connected way. We may also explore some of the more advanced versions of the poses, including balances, backbends and binding, which can help open your body up for the ride on Sunday.

#### Mixed Level: Sunday, 6–7 a.m.

A perfect way to stretch out before the ride! Rise, shine and open up areas of tightness by flowing through some simple Sun Salutations sequences to warm up the body. Then we'll release into some juicy stretches that will get your body ready for biking. Join other yogi cyclists who want to greet the day with breath and awareness. This class will also include a short *pranayama* practice, using breath control to charge up your *prana*, or life energy.



#### Mixed Level: Sunday, 2:30–3:30 p.m.

Before the drive home, don't forget to stretch. Come close out your weekend with your Cycle Oregon Yoga *Kula*. We'll stretch the muscles that got tight during your ride, relieving tension in your hips, legs and shoulders. It may be hard, however, to relieve the pain in your heart that the weekend is over.

### PHYSICAL THERAPIST

Megan Moseley, PT, LMT, will be available between 4 and 6 p.m. on Saturday for evaluation, hands-on treatment, education about the origin of your symptoms, instruction in stretches, exercises and self-care techniques, taping, bracing, insole adjustments and coordination with massage therapists, acupuncturists and bike-fitting experts.

### ACUPUNCTURIST

Betsy Platt will be available on Saturday and Sunday to provide specialized acupuncture and Eastern medicine to alleviate muscle, bone and joint pains; increase stamina and boost energy; relieve arthritis; stop headaches; address respiratory problems; ease gastrointestinal disorders; and more.

### BIKE REPAIR

The [Bike Gallery's](#) team of bicycle technicians provides mechanical support on the course and at the overnight site. Technical support is available for emergency repairs of well-maintained equipment. It is your responsibility to make sure your bicycle is in good condition. Labor is usually free, compliments of Cycle Oregon and The Bike Gallery, while cyclists pay for all parts. Labor charges may apply if your bicycle does not meet pre-ride requirements.

### BIKE RETAIL

For those who forget their helmets or want to buy a pair of bike shorts, The [Bike Gallery](#) will have a few cycling-related items for sale at the overnight site.



## DAILY MENUS

### FRIDAY, JULY 16

#### Dinner

Spaghetti with Beef or Vegetarian Meatballs  
Green Beans  
Garlic Toast  
Salad Bar  
Dessert

### SATURDAY, JULY 17

#### Breakfast

Coffee Cake  
Fresh Fruit  
Oatmeal  
Scrambled Eggs  
Sliced Ham  
Biscuits  
Cereal and Toast Bar  
Orange Juice

### SATURDAY, JULY 17 *continued*

#### Lunch

Turkey and Provolone with Pesto Mayonnaise,  
Spinach and Tomato  
Vegetarian: Sundried Tomato Hummus with  
Carrots, Spinach and Cucumber  
Kettle Chips  
Fruit  
Cookie

#### Dinner

Hamburgers, Pulled Pork or Veggie Burgers  
Corn on the Cob  
Baked Beans  
Salad Bar  
Dessert

### SUNDAY, JULY 18

#### Breakfast

Coffee Cake  
Fresh Fruit  
10-Grain Hot Cereal  
Scrambled Eggs  
Sausage Links  
Biscuits  
Cereal and Toast Bar  
Apple Juice

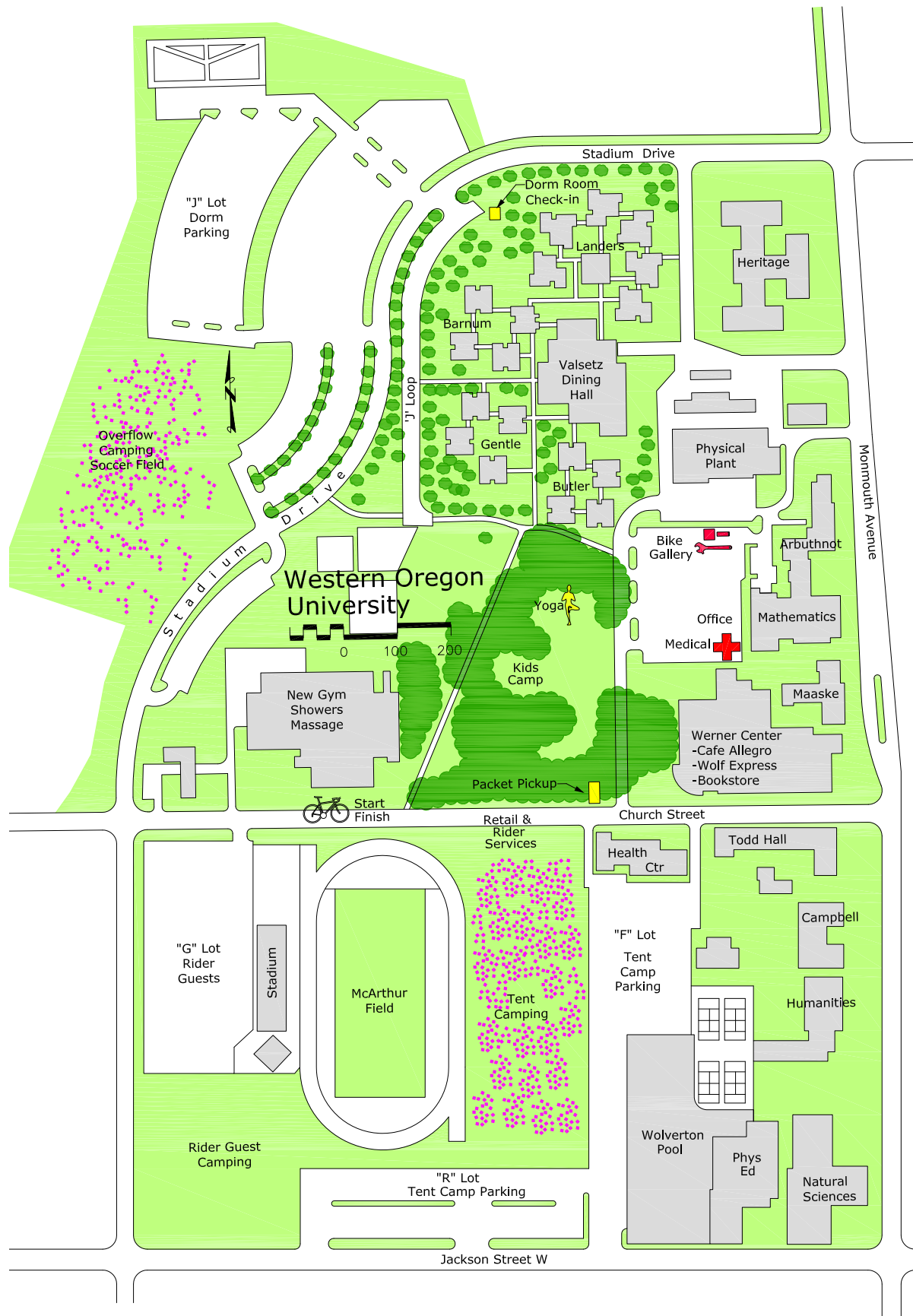
#### Lunch

Sliced Chicken Breast with Dill Havarti,  
Lettuce and Tomato  
Vegetarian: Dill Havarti, Provolone, Spinach,  
Tomato and Cucumber  
Kettle Chips  
Fruit  
Cookie





## CAMP SITE MAP





## BIKE CAMP FOR KIDS

The Community Cycling Center's Kids' Bike Camp is returning to Cycle Oregon to host a weekend of two-wheeled adventures! Registration for kids ages 5–12 is currently full, but please contact Cycle Oregon to add your child to the wait list.

We are still accepting registration for the Group Riding 11+ camp for kids interested in riding the short route. Sign your child up today! Once your child is registered you will receive a confirmation e-mail from the Community Cycling Center with more camp details.



### FAMILY BIKE PARADE!

Join the Community Cycling Center's Family Bike Parade for an evening of bike-tastic entertainment.

The event will kick off at 7:15 p.m. on Saturday, July 17, with a fun and fabulous bike decorating station located next to the Bike Camp area.

At 7:45 p.m. our vibrant parade will weave through the Cycle Oregon campus and make its way to the Main Stage by 8 p.m. The Family

Bike Parade welcomes people of all ages and abilities. We ask that children under the age of 18 be accompanied by an adult.



*A two-day bike camp  
brings smiles to the  
campers' faces and the  
Saturday evening Family  
Bike Parade of decorated  
bikes will be viewed by all  
as it parades through camp  
to the Main Stage.*





## COURSE INFORMATION

Cycle Oregon prides itself on providing a fully supported ride. Our goal is to help you finish the day's ride. To that end, our course is complete with the following services and amenities.

### COURSE HOURS: 7 a.m. – 6 p.m.

**(On Sunday the course will close at 5 p.m.)**

Course support services are available only during the course hours. If you leave before the course opens or are still riding after the course closes, there will be no support services available.

*All Cycle Oregon riders still on the course after 6 p.m. (5 p.m. on Sunday) will be offered a ride to camp. If you choose not to take the ride you will be on your own to get back to camp.*

### LUNCH

Lunch is provided on the course each day, and also at the overnight site for the short-route riders. Lunch sites will be complete with food, beverages, restrooms, water, bike mechanics, gear drop and a medical attendant. Lunch is open from 9 a.m. to 2 p.m.

### ODS REST STOPS

At least one, usually two, rest stops will be available along the route each day to provide water, beverages and nutritious and delicious snacks. ODS Rest Stop signs alert riders when one is ahead. You can also see the location of each ODS Rest Stop on the maps that will be inside the rider packet you receive at WOU.

### WATER STOPS

In addition to the ODS Rest Stops, one or two water stops per day will provide water and restrooms.

### GEAR DROP

Each day at the first rest stop and at lunch, you can drop off a limited amount of clothing to be taken back to the WOU campsite. This service is for small items such as jackets, tights, leggings, gloves, etc. No half-eaten sandwiches, half-stuffed panniers or other oddities will be transported. Gear drop items can be picked up near Rider Services, generally between 4 and 5 p.m.

### SAG VANS

There will be multiple SAG vans on the course each day. They are available to transport cyclists as needed due to mechanical problems or medical injuries, and are occasionally available to transport cyclists up or down a steep hill so that cyclists are able to finish the day's ride. They also have extra water and snacks, if needed. If at any time you need assistance, please signal a SAG van with a "thumbs down" signal. If you do get into a SAG van, you may not be transported directly to camp. The SAG vans usually wait until they are full to go to camp.

*All minors age 15 and under must be accompanied by a parent/guardian on all SAG or official Cycle Oregon vehicle transports, except in the case of an emergency.*

### SAFETY PATROL

Volunteer bike and motorcycle patrol officers ride the Cycle Oregon course each day. They are a great source of information and assistance, and enhance the overall safety of the ride by interacting with riders who may pose a hazard by unlawful or unsafe riding.

### OREGON STATE POLICE

OSP motorcycle patrol officers accompany Cycle Oregon each day. They provide a moving network of safety patrol and communications between the tour and the communities through which we ride. These officers have full authority to enforce the motor vehicle code of Oregon — which, of course, includes bikes.

### BIKE MECHANICS

The [Bike Gallery](#) will provide mechanics on the course, at ODS Rest Stops and at lunch. They will make basic repairs in order to get you back to camp. All mechanical services are provided compliments of The Bike Gallery and Cycle Oregon. Cyclists will incur any charges associated with parts or extensive repairs.







## ROUTE INSIGHTS

As you prepare for the 2010 Weekend Ride, we thought it might be helpful — and kind of fun — to learn more about the routes we offer. Going beyond what's on a map, here's some insight into how and why the routes were chosen, the challenges involved in coming up with four or more routes each day, and what you can expect out on the road.

To get this inside information, we went to the man with a plan — Ken Chichester, the primary route planner for Cycle Oregon. Here's what he shared about this year's routes.

*What are the main considerations you take into account when planning Weekend routes?*

The Weekend routes in many ways are more difficult to design than the Week routes, because we try to plan routes for the Kids' Bike Camp, families, and the typical Cycle Oregon Rider. The Kids' Camp routes must be approximately 10 miles, and the routes used by families with children need to be about 20 miles. Then we try to have at least one short and one longer route each day for the "typical" Cycle Oregon rider — and that term covers a broad range. So in addition to finding roads that offer a degree of safety with a combination of low traffic volumes and hopefully some type of shoulder, we need to find additional roads that provide the same level of inherent safety but are shorter in length, and encompass terrain that fits the level of riding skill and fitness level for the varied groups of riders that attend the Weekend event.



Ideally, it's always best if these varied routes have similar stops, especially lunch stops to effectively utilize our equipment and resources. However, we can't always accomplish this, so this year lunch will be on the route for some and at the overnight location at Western Oregon University for others.

Signing a Weekend Ride is also more difficult than signing the Week Ride. Because so many options are offered on the Weekend Ride, it takes quite a bit of thought and effort on the part of our Sign Crew to ensure the different options are easily identifiable to the riders. To assist participants in deciding how many miles they want to ride, the color-coded maps and cue sheets provided in the registration packets should be reviewed prior to heading out to ensure everyone knows which loops to take, or not take, dependent upon their mileage goal for the day. The maps take a great amount of work to create, and our map-maker, John Brooks, is to be commended for the clarity he is able to achieve given the number of options available.

**In addition, a separate cue sheet is available for Family Rides of approximately 20 miles on both days.**

*What were the challenges of finding new routes, given that we were also in Monmouth last year?*

I always try to find new roads so we don't repeat routes from previous rides. That was somewhat difficult this year, as in some areas around Monmouth there aren't many roads to choose from. However, for people who participated in last year's Weekend Ride, they will see a lot of new roads, with some short sections of roadways that were used last year.

On Day 1, we are able to provide a wide variety of choices for ride length, up to a century, mostly on roads Cycle Oregon has not used before. On Day 2, we have to use some roads that were used last year, to get to roads that have not been used before.

*Describe the Day 1 route choices — why are we going where we're going? What are the challenges for riders, and what should they look for along the way?*

Day 1 is all about choices: a 26-mile Family Ride, and loops of 41, 50, 73, 87 and 100 miles. Again, check the maps and cue sheets to make sure you don't get on a 73-mile loop when you only want to ride 40 miles.

All options use the same roads to the first ODS Rest Stop at Ankeny Vineyards, and then use county roadways through the Ankeny Wildlife refuge. Look for a variety of birds, especially raptors, including osprey and bald eagles. All options also cross the Willamette River on the Buena Vista Ferry; just prior to the ferry landing, look on the left side of the road on top of power poles for two osprey nests. There may still be chicks in the nests.

The Family Ride loop goes directly to the ferry after 13 miles. The 41-mile loop option goes to Jefferson for a rest stop before traveling to the ferry, and the 50-mile option also goes to Jefferson for a rest stop. All these loops have lunch waiting in Monmouth after a water stop in the community of Buena Vista.

The longer loops continue traveling roughly east from the point the shorter loops return to Monmouth. Depending upon how many miles people want to ride, they will see a number of covered bridges. People opting for the main loop of 73 miles will cross the Shimanek and Gilkey covered bridges. For those who want additional mileage, the Hanna Covered Bridge loop is an additional 14 miles and the Hoffman Covered Bridge loop is just shy of 14 additional miles.



The Willamette Valley is relatively flat, but the longer option loops travel away from grass, grain and berry fields to foothills covered with a variety of trees — and hills. Although none of the hills are long — a quarter-mile to a half-mile in length — some of these *little* hills are relatively steep, especially a hill on the Hanna Loop. But at the top of every climb is a rewarding downhill that, believe it or not, is typically longer than the uphill was.

### *How about Day 2?*

On Day 2, we try to ensure the loops are shorter, knowing most people will have to drive home after their ride. So the longest loop is 53 miles.

The Family Option (19 miles) is an out-and-back, traveling to Dallas to the ODS Rest Stop in a city park, and then returning to Monmouth by reversing the route, with lunch at the finish.

The Short Route (36 miles) travels west of Monmouth for nearly eight miles before joining the main loop. This route uses a road that was used last year for the first five miles, climbing a hill for a mile and a half, before turning at the bottom of a hill and joining the main route. At this point, everyone is on the same route to the finish.

The main route travels on roads used last year to the first ODS Rest Stop in Dallas. We then travel west of town, and riders have the option of traveling a hilly route for seven miles, or continuing on the flat and taking a shortcut (0.5 miles) to join everyone who decides to take the hilly, longer route.

**A word of caution:** On the seven-mile hilly loop, there are two sections of gravel. The first is very short, at the location of a slide, but the second is 1.5 miles of gravel, slightly downhill and flat. For those who are not comfortable riding in gravel, and/or do not want to climb hills (although they're not really too bad), you may want to continue riding straight at mile 11.4 rather than turning right on Pioneer Road. This area is highlighted on the map, and a cue sheet is provided in your registration packet.

Once the medium and long loops join again, the route skirts Dallas and travels south on Kings Valley Highway (Highway 223) for a few miles. This road will have the highest traffic volume of the entire weekend, so make sure you ride single-file when cars or other cyclists are passing.

We then turn toward the small community of Falls City for lunch. The road ends just west of town near the Black Rock mountain biking area ([www.brmba.org](http://www.brmba.org)). Falls City is planning a number of activities in conjunction with our visit, including an art fair and a barbecue contest.

After lunch, we had an option of re-tracing our route back to the main highway, or making a loop to arrive at the Kings Valley Highway. Not being enamored of using the same road twice, we chose the loop option. There's bad news/good news resulting

from this decision. BAD: The loop has a 1.3-mile gravel section; GOOD: Nearly every time I've been on it, it had very little gravel and was almost pavement-like in quality. Polk County (those folks who pave county roads with asphalt rather than chip seal) is working with us to make this flat gravel section as easy to negotiate as possible.

After a short ride on the state highway, the route returns to county roads to arrive at the Sarah Helmick State Park for the last ODS Rest Stop of the weekend, before returning to Monmouth.

## NEW THIS YEAR

### FAMILY FARMS AND FORESTS TOUR

This year our Weekend riders will have a unique opportunity to connect with the land they're riding through — its past, present and future, as seen through the eyes of the people who own, love and manage local farms and forests — thanks to a new collaborative effort with Oregon State University's Forestry and Natural Resources Extension.

The Family Farms and Forests Tour will feature local Master Woodland Manager volunteers at the overnight site, lunch and rest stops on Sunday, July 18. They'll be ready to answer any of your questions and share their stories of how forestry and small-farm communities help stimulate local economies, work with children, protect and rehabilitate critical fish and wildlife habitat, and provide renewable resources and social, ecological and recreational services to surrounding areas.

No one knows the land better than those who work with it on a daily basis. Take advantage of this access to an unbelievable base of knowledge and enthusiasm, and learn more about what nature has provided Oregon in such abundance.

Click on these links to find out more about [OSU Extension Service](http://www.OSUExtensionService.org) and the [Master Woodland Manager](http://www.MasterWoodlandManager.org).





## RULES OF THE RIDE

The number one priority of Cycle Oregon is your safety. Therefore, here are a few rules we insist you follow:

1. Only bicycles propelled exclusively by human power are allowed to participate in a Cycle Oregon sponsored event.
2. Helmets and two water bottles (or equivalent) are required on Cycle Oregon. The use of rearview mirrors is recommended as a safety measure.
3. Cycle Oregon uses a group of "Safety Patrol" volunteers on bike or motorcycle who provide an on-course presence and are a good source of information or assistance during the ride. They enhance the overall safety of the ride by interacting with the riders who may pose a hazard by unlawful or unsafe riding. Heed their advice.
4. By Oregon law, bicyclists are operators of vehicles and must comply with all traffic laws. Cycle Oregon reserves the right to expel any participant who demonstrates a reluctance to ride in a safe and lawful manner. Riders who violate safety laws in the Oregon motor vehicle code are also subject to citation by law enforcement officials.
5. The Cycle Oregon course is open for designated hours (check the course hours when you arrive at the event). Course support vehicles and other support services are available only during course hours. Any cyclist(s) still on the course after it closes will be offered a ride to camp; if you choose not to take it you are on your own to get into camp, and no course support services will be available for those who choose to stay out on the course after it closes.
6. The course will be clearly marked. If you leave the official course, you are not part of the ride and will not receive any services or support.
7. We try to direct as much vehicle traffic as possible off the route. Nevertheless, the tour travels on public highways. Therefore, ride no more than two abreast. Ride beside a pal only where it is safe to do so, and where you do not block traffic or force other riders to swing far out to pass.
8. Never draft behind a vehicle. Pacelines are prohibited in areas of high vehicle or cyclist traffic, and are limited in size to a maximum of seven riders. Be especially careful at railroad tracks, cattle guards and busy intersections. Course monitors and safety vehicles may be stationed in areas of special concern.
9. Pass only on the left. Call "ON YOUR LEFT" to alert a rider you intend to pass. The call "CAR BACK" passes the message forward when a vehicle is approaching from behind. Use arm signals to indicate turns. Point out potholes, broken glass and other hazards to those behind you. Signal your intention to stop, and pull off the roadway.
10. Use of iPods and similar musical devices while riding on Cycle Oregon is highly discouraged. Safe group riding in an event such as Cycle Oregon depends on communication between cyclists. iPods interfere with that process and make it difficult for people to hear instructions such as "CAR BACK" and "ON YOUR LEFT." iPods also make it difficult to hear approaching cars or trucks, negatively impacting the safety of cyclists and motorists.
11. Cycle Oregon enjoys a reputation for leaving our campsites, lunch spots, rest stops and course spotless. Please dispose of all trash, recyclables and compostables in the appropriate places.
12. Cyclists must keep the roadway clear when stopping at an event-designated stop or any other location. Please ensure that bicycles are parked off the road and that cyclists do not congregate on the roadways.
13. Cycle Oregon includes at least two roadside water stops each day, along with assorted drinks at meals and all ODS Rest Stops. Still, the responsibility for carrying sufficient water and remaining properly hydrated is yours. Make sure you drink extra fluids before, during and after the ride to reduce the risk of dehydration. While in the saddle, you should consume an average of one liter of fluid for each hour of riding. Drink before you become thirsty. By the time you feel thirsty, you are already slightly dehydrated. Muscle cramping can also be a sign of dehydration. If at any time you run low on water, signal a SAG van with a "thumbs down" and ask for a fill-up. Do not be tempted by roadside rivers and streams, as the water may contain bacteria or parasites.





## EMERGENCY INFORMATION

In extreme emergencies, family members can contact a rider by calling 503-880-3012 or 503-866-5168. Bear in mind that it may take up to eight hours to locate a rider and relay a message.

### YOU CAN HELP IN AN EMERGENCY

If you witness an accident on the course, please do the following:

- Do not move the injured rider, especially if you suspect a head or spinal injury.
- Notify a passing ambulance, SAG van or staff vehicle with the “thumbs down” signal.
- Take care of yourself. Do not step into the path of vehicle traffic.
- Keep the injured person calm.
- Once a Cycle Oregon official is on the scene and you have given a statement, please continue on the ride.

### EXTENSIVE COMMUNICATIONS

HAM radio operators provide emergency and logistical communication for Cycle Oregon. A HAM radio operator rides in almost every Cycle Oregon course vehicle so that event managers, medical services and all staff are in touch at all times.

### OREGON STATE POLICE

OSP motorcycle patrol officers accompany Cycle Oregon each day. These officers have full authority to enforce the motor vehicle code. They can also be contacted for any emergency issues on the course.

### AMBULANCE SERVICE

MetroWest provides three Advanced Life Support ambulances that give around-the-clock medical support on the course and in camp. If you require medical attention on the course, you should notify a SAG van, ambulance or staff vehicle with the “thumbs down” signal.

**Please note:** There is no charge for medical services rendered by MetroWest on the course or at the campsite. MetroWest will not transport you to a medical facility unless it is a critical situation. If you require transport using MetroWest, a local ambulance or helicopter, you will be financially responsible for any resulting charges. You are also financially responsible for any services provided by local medical facilities.



## CANCELLATION POLICY

**BEFORE FRIDAY, JULY 2, 2010** If you can't make the ride, submit a written cancellation by Friday, July 2, 2010, for a refund, less a processing fee of \$25 for rider registration and accompanying additional services (dorm room or Rider Guest registrations). The fee for cancelling an additional service only is \$25 for dorm room and Rider Guest registrations, as applicable.

**FROM JULY 3 TO JULY 16, 2010** Refunds less a \$50 fee for rider registrations and accompanying additional services (dorm room or Rider Guest registrations) will be issued to those who submit a written cancellation. The fee for cancelling a dorm room only is \$50, and there is no refund for a Rider Guest registration after July 2, 2010.

**AFTER JULY 16, 2010** No refunds for ride registrations or additional services after July 16, 2010.

**TRANSFERS AND OPENINGS** No transfers will be accepted. A “true” waiting list will be implemented when the registration for the Weekend Ride closes. If a spot opens up because of cancellations, individuals will be offered a chance to register in the order in which they signed up on the waiting list.

### SUBMITTING CANCELLATIONS BY MAIL

Cancellations  
Cycle Oregon  
2124 N. Flint Ave.  
Portland, OR 97227

**BY E-MAIL** [info@cycleoregon.com](mailto:info@cycleoregon.com)

## QUESTIONS?

Contact Ingrid at 503-287-0405, ext. 103  
or [Ingrid@cycleoregon.com](mailto:Ingrid@cycleoregon.com)