

**BAGGAGE NOTES**

Here's the scoop on bags for today: If you're taking a bus back to Portland, be sure to put your orange Tyvek band on your bag. This is especially important for Tent & Porter folks who just leave the bag in front of the tent, so we know which truck to load it on. Everyone not taking a bus, your bag will go to Long-Term Parking.

**OTHER DAY 7 THOUGHTS**

The fine folks at Rider Services have arranged the Lost & Found items into impressively sorted and labeled bins. If you've lost anything along the way, be sure to come by in Elgin and reclaim it.

Cycle Oregon Retail will be set up in Elgin, so you can pick up a gift or two for folks back home - or just for yourself, as a memento.

**ODS MAIN STAGE**

- 1 - 2:45 Jimmy Lloyd Rae And The Switchmasters
- 3:15 - 5 Mark Stratton's Lost Creek

**TODAY'S MENU**

**Breakfast**

- Filled Pancake Rolls
- Scrambled Eggs
- Grilled Bacon
- Hot Oatmeal with Brown Sugar and Raisins
- Bagels, Fresh and Canned Fruit, Cold Cereal, Yogurts, Granola

**Lunch**

- Grilled Chicken on Dave's Killer 21 Grains Bread or Black Bean Burger with Swiss Cheese
- California Pasta Salad
- Natural Potato Chips
- Swiss Crème Cookies
- Fruit

This is the page where we have a little extra fun. If you have a message for someone, just jot your thoughts onto a scrap of paper and deposit it in the special drawer on the counter at the Rider Services trailer.

**SPECIAL OCCASIONS...**

1457: Thanks for a great nineteen years. - 1611

To the fastest Rocket from Alaska: Happy sixth anniversary! Love, Becky. (PS: Wait until I get my Madone! Then maybe I'll keep up with you on CO.)

Happy birthday, Jeanie. - Your amazing friends from The Hood.

Jeff D.: Thanks for being part of the Three Amigos. Have a happy birthday next week! - Love, Prudence

**AND OTHER THOUGHTS**

Congratulations to all the Big-C survivors for a successful Cycle Oregon! - Toxic Avenger

Ellen Nadem would like to dedicate today's ride to her mother, Ruth Bascom, the "bi-cycle mayor of Eugene," who was unafraid of the impossible.

Mark: Grab your guys; we're ready for some wrestling lessons. - Bre, Lindsey

There are eight family members together on Cycle Oregon - can anyone top this? - Dick, Tim, Tom, Kathleen, Karen, Mike, Bryan and Dan.

Oldest rider? Reno Deprey, born 2/21/1930 - 81 years old.

Ridgefield (CT) Ladies' Sipping, Cycling and Skiing Society conquers Cycle Oregon - what a blast! Thanks for the memories.

Ralph - the best husband ever - you've stayed with me even "when hills do us part." - Swivel-neck sweeties.

To my beloved captain, Steven Duane: You are the love of my life. - Diana Jo

Sandra, your smile each morning has brightened the day!

**SPONSORS**



**DAY 7: PENDLETON TO ELGIN**

**TODAY'S RIDE**

To start off: This is a long day; start early and don't tarry. The route enters the Umatilla Indian Reservation just as we leave Pendleton. Some of the road follows the Umatilla River, and we cross the river after the second stop of the day, passing by a tribal fish hatchery at the bottom of the first hill of the day. Lunch is in the community of Weston. The area around Weston and Athena was once called the "pea capital of the world" because of the amount of peas harvested and processed in the area. After lunch, the route leaves ranch and farm land and begins an ascent into the Blue Mountains. We travel through a forest comprised of fir, pine and tamarack, and pass by a few

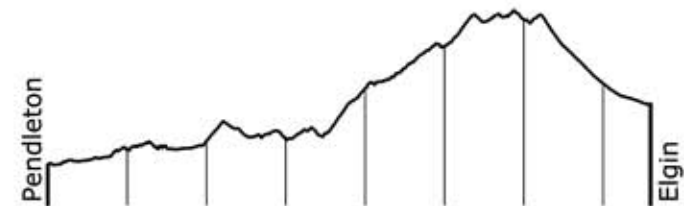


Hey, weren't we just here a week ago? Seems longer somehow.

businesses catering to the summer and winter visitors to the area. We also pass by Langdon Lake, surrounded by private homes and cabins. Shortly after passing the Spout Springs Ski Area, the week ends with a much-needed 20 miles of downhill.

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

**ELEVATION CHART**



Day 7 - Pendleton to Elgin



This is the page where you'll find important information, good stories along the way, and anything else we think you should know.

**KUDOS TO VOLUNTEERS**

When I talk to CO first-timers, they invariably comment on how well-organized the event is. And while the full-time crew deserves appreciation for their planning, nothing would happen without two small armies of volunteers: the all-week Cycle O crew, and the dozens of folks in each host town who pitch in while we visit. So thank a CO volunteer, and come back to visit our host towns again!

**NOTES FROM THE ROAD**

People and stories along the way: **Dean Duncan** and his son **Brian** were waiting in line for a pie at **Pizzicato** a couple months ago when Brian entered a contest for a free trip on CO. They won, and so called a veteran rider for advice. After hearing "SAG wagon," they decided to go for it, and managed to get in about 300 miles of training. Dean didn't own a bike; he borrowed an old Trek from a friend, Brian is on an ancient ten-speed Cannondale. But so far, so good: No SAG wagon, just a bit of medicinal beer to soothe the aches and pains; Brian even rode the Idaho option to complete a personal CO trifecta: his first 50-, 75- and 100-mile ride.

**MORE CLASSIFIEDS**

We couldn't fit everything on the back page, and we had some room here, so...

Mike: My showers have been lonely without you... Funny surprise. Thanks for the CO story! - Megan

To "Dalberto Contadorski" and "Nance Armstrong" (our king and queen of the mountains): Thanks for waiting and pulling me up! - Love, your shooting star

I'd like to thank volunteer Lorraine, who gave me a ticket so I could see my first round-up (NOT a rodeo!).

To my three sons who all joined me on CO 2010: This has been a fabulous week! Thanks, Dad

Cycle Oregon haiku:  
Quite gentle per map  
From Waitsburg to Pendleton  
These rollers unkind.

Oregon's green, Washington's brown / We cycled between, up hills and down / 'Til the rodeo queen welcomed us to town.  
- Cy Kell



*This little guy had some serious crowd-pleasing skills and charm.*



*The Round-Up celebrates Native American culture as well.*



*Rodeo queens, gleaming horses and the Round-Up arena.*



*The CCC crew, taking a break from making bikes look great.*



*Head chef Cindy Buchanan deserves some props for her food.*



*The pageantry of the Westward Ho! Parade.*



*You can just be yourself on Cycle Oregon.*



*"I want to learn to rope and ride."*

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