

NOTES FROM THE ROAD

Each day of the ride, you'll find a few stories here about people we've met along the way, or something interesting about a host town, or whatever miscellaneous thoughts cross our mind. For today, we're going to tell you about some things that are new.

PASSPORT, PLEASE

It was a perfect brainstorm: Since we're crossing borders both real and mythical, why not mark the occasion the way you do when you travel between countries? Thus was born the concept of the Cycle Oregon Passport.

You probably already got one at Packet Pick-up, but in case you don't, pick yours up at Rider Services ASAP. Your first task is to "stamp out" all the years you've done Cycle Oregon (don't worry, new riders; there's stamping room for years ahead). Then, don't forget to find the Community Booth as you roll into each new town, where local volunteers will be armed with customized stamps to enter in your book.

Your last stamp will be at the finish line Saturday - and a new CO tradition is born.

GOOD PRODUCT, GOOD PRICE, GOOD CAUSE

Gleukos, one of Cycle Oregon's sponsors, is offering a great way to combine taking care of yourself and others. If you're sitting around the beer garden after your ride, buy a Gleukos recovery drink (maybe alternate with the beers). Besides getting a hefty discount off the Gleukos retail price, you'll be helping others - because 35 cents of every dollar will go directly to the Cycle Oregon Fund.

GREAT BREAD, KILLER STORY

We welcome Dave's Killer Bread as a CO sponsor. This is some tasty bread - but the story behind it may be even better. Find out how the namesake rose above a felonious past and reunited a family around a baking tradition, at www.daveskillerbread.com.

PHOTO GALLERY: 2009 CYCLE OREGON WEEKEND



CO Weekend: Shorter ride, same great level of live entertainment.



This guy is starting out life with the right attitude. Plus he's cute.



The next generation of Cycle Oregon riders are already preparing, at the Bicycle Transportation Alliance Kids' Camp at the Weekend Ride.



Are YOU going to have this much fun? Why, yes, you are.



They got married, then they rode. Talk about mixing your passions.



A reminder that nothing gets done without a great volunteer crew.



Biking and hanging out with the fam... priceless.



Jonathan looks like he knows what he's doing... what's he doing?

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The Oregonian



COMMUNITY EVENTS

Yreka

Shuttles from the fairgrounds to downtown Yreka will run from 12:45 p.m. – 6 p.m. Get your map at the Chamber booth in camp. This is a fundraiser for Madrone Hospice; \$5/person.

Ringe Pool open from 1-6 p.m. to swim and shower – this is a fundraiser for the Yreka HS swim team; \$3/person.

Photographs with the Yreka Miner – M & M Photography (this will be a shuttle stop).

Yreka Mailbox will be set up in the Chamber office, w/USPS flat-rate shipping available.

ODS MAIN STAGE

- 4-6 Good Medicine (3-piece, R&R)
- 6-6:45 SOUND CHECK
- 7:30-8 CO Announcements
- 8-9:30 Gimme Shelter (R&R with a Hammond B-3)

TODAY'S MENU

Breakfast

- Cheese and vegetable strata
- Italian chicken sausage
- Potato pancakes
- Hot oatmeal
- Bagels
- Fruit (whole and canned)
- Cold cereal
- Yogurts and granola

Lunch

- Sliced chicken with pepper jack cheese on Dave's Killer Bread with lettuce and tomato OR
- Black bean burger with Swiss cheese on Dave's Killer Bread with arugula and honey Mustard
- California pasta salad
- Chips
- Oreo cookies
- Apples and grapes

Dinner

- Italian meatballs OR Vegetable meatballs
- Marinara sauce
- Penne pasta
- Whole green beans
- Garlic bread
- Salad bar
- Apple pie

BIKE SKILLS CLINIC

Brett Flemming has moved his bike skills clinics! From 6:30-7:20 p.m. each night, gather near the Bike Gallery tent, likely behind Brett's Beige minivan and under his green patio umbrella.

Tonight: Crash avoidance

This is the page where we have a little extra fun. If you have a message for someone, or an entry to one of our "contests," just jot your thoughts onto a scrap of paper and deposit it in the special drawer on the counter at the Rider Services trailer. But... we get a large volume of requests, so our apologies that we can only include a few each day.

This Year's Contest!

Did you know that the words "Yreka Bakery" make a perfect palindrome? What? You have better things to think about? Whatever. This year we'll put your brain to work coming up with your best new palindromes. Cycling-related ones are best, but we'll take what we can get. These have to be original, though. Submit yours, and we'll print the best ones at the end of the week.

CO: A Lyrical Experience

Don't worry - we'll still be continuing our tradition of "re-purposing" song lyrics to fit the mood of Cycle Oregon. If you have the gift for taking a random song running through your brain and changing the lyrics to fit riding themes, jot down your revised lyrics (and the original source) and submit your song. We'll print the best as space allows.

To get you inspired, here's a little number we came up with

on a winter training ride.

"Against the Wind"

(to the tune of Bob Seger's song of the same name)

*The miles roll slowly past
And I find myself alone
Dropped by strangers I
thought were my friends
Find myself falling further back
and know that they are gone.*

*And I guess I lost my will
There was such a nasty breeze
I was pedaling hard and going
nowhere
Kinda worried about finishing - and
wrecking my knees.*

*Moving 8 miles an hour for miles at
a time
With the wind in my face both ways
I began to find myself thinking
Maybe I shouldn't be out here
today.*

*Against the wind
Gotta quit riding against the wind
'Cause I'm older now and still riding
against the wind.*

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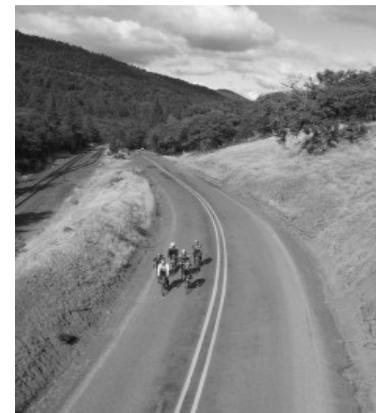
TODAY'S RIDE

Some years we start off with a really easy ride on Day 1 - the kind where you sort of mosey along through a valley.

This is not one of those years.

But you're in for a beautiful ride that really sets the table for the week ahead, because we'll be crossing a real border even as we've already crossed the imaginary one into Jefferson.

Starting out rolling through orchard country on back roads between Medford and Ashland, we'll then cross I-5 and climb the Old Siskiyou Highway (it's about 9 miles of up). After we summit, we'll join I-5 near the California border and cruise on down into the Golden State.



We're just going to go ahead and start climbing on Day 1 this year.

After a few rollers, lunch is at the 50-mile mark, and then it's just 15 miles into camp.

So saddle up, stretch out your climbing legs, and dive into another week of adventure!

ELEVATION CHART

