

DAY 3: HAPPY CAMP TO LAKE SELMAC

COMMUNITY EVENTS

Lake Selmac
Illinois Valley Trade Show, including alternative-energy vehicle producers, art, artisan furniture, health-lifestyle products, local food booths, therapeutic massages, laundry service and area attractions.

Free shuttle service to/from Cave Junction

Tour of the Siskiyou Field Institute and Deer Creek Center, Selma. www.thesfi.org or call 541-597-8530.

ODS MAIN STAGE

Main Stage - Lake Selmac County Park
4-6 Oregon Little Big Band (Acoustic)
6-6:45 SOUNDCHECK
7:30-8 CO Announcements
8-9:30 State of Jefferson (High Energy Rock)

TODAY'S MENU

Breakfast
Cheese Omelet
Peppered Bacon
Shredded Hash Brown Potatoes
7-Grain Hot Cereal with Brown Sugar and Raisins
Bagels, Fruit, Cold Cereal, Yogurts and Granola

Lunch
Whole Teriyaki Wrap with Grilled Chicken or Tofu, Rice, Pineapple and Vegetables
Asian Coleslaw
Chips
Brownies
Apples and Grapes

Dinner
Roasted Turkey Breast or Tofurkey Loaf
Bread Stuffing with Cranberries
Bistro Carrots and Sweet Potatoes
Salad Bar
Pecan 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: Flat repair

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 sometimes get a large volume of requests, so our apologies if we can only include a few each day.

Wanted: Your Stories
When you're out there on the road, if you see a license plate that says "Cycle Oregonian Guy," that's me. I'm always looking for good stories along the way, so flag me down and give me the elevator pitch. I can't always get them all in the paper, but I'd enjoy hearing about your CO experience.
--Jim

A Great Project and Cause Bryan and Leslie Oakes of Sammamish, WA, are part of a cool program called the Major Taylor Project (named for a pioneering black bike racing champion way back in the day). The program, sponsored by the Cascade Bike Club of Seattle, provides disadvantaged high schoolers with bikes and mentoring. This year 15 kids did Seattle-to-Portland, wearing donated project jerseys. It's a great idea; check it out online.

What's Up with the Rings?
Lost: wedding ring. Some time between Day 2 start and Happy Camp. Contact Rider Services.
Another Obscure One
Let's have breakfast with the Caveman in Grants Pass. Two days, two breakfasts.
--Anonymous

Keen Disappointment
There's been another unplanned "Keen Shoe Swap" near the showers. Will the person who finds that his or her shoes aren't fitting quite the same anymore please check the message board near Rider Services for more info? ("We like our shoes, they're really Keen/ But they got switched while we got clean.")

Making a Deposit Down at the Karma Bank
To the gentleman who turned in the Nike armband found in the Blue Room at the ODS Rest Stop: Thank you! I am very grateful.
--MZ



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TODAY'S RIDE

Before we describe the route: **Safe Descending is Essential!** This day has challenging downhills, so be sure to read page 2's story on descending. And fill your water bottles at the bottom of the first climb!



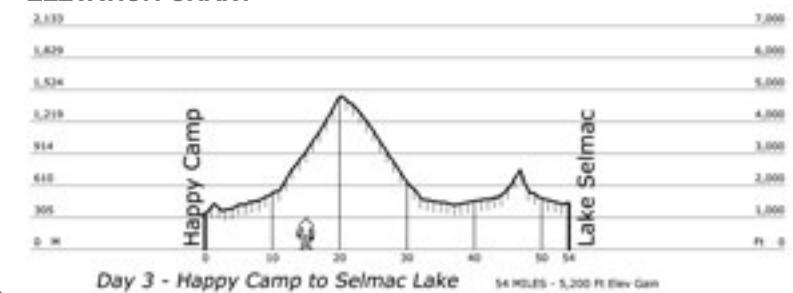
Yep, that's where we started today... before the climbing.

You know when you get on a really big roller-coaster, and there's that long, slow climb up at the beginning ("clack, clack, clack"), and then you get to the top, crest, and rocket down into ecstasy (or raw fear; whichever)?

We think you know where we're going with this - just look at the profile below. Your clack-clack-clack is just going to take a couple hours as we climb - non-steep for 10 miles, then pretty steep for 10 more. But then... wheeeee! all the way to lunch. There, fortify

yourself for a shorter but no less thrilling second section of the roller coaster. We get some nasty-steep climbing for a few miles, but then another big drop so steep it should have a loop-the-loop at the bottom. Then it's a downhill glide into camp at

ELEVATION CHART



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.

SAFE DESCENDING

Today we have two major descents of the hair-raising variety. So we talked to Brett Flemming, our resident bike guru, for some tips.

His first point: Everyone has the right to descend at his or her own (safe) speed. So slow and fast descenders alike have to respect each other. If you're more cautious, stay right. If you're a speed demon, be thoughtful, communicate and leave room when you pass (*always on the left*).

Next, he says it's OK to use either brake to slow yourself - and he recommends alternating, to give your hands a rest. Shake out the hand that just got done, and if your hands cramp, stop and rest them.

Entering a corner, do your braking *before* you get there. Position your inside pedal up and put some pressure on the outside pedal. Look ahead, and glide through the turn.

TANDEM: TESTING RELATIONSHIPS

Yesterday's road question: tandem, or not? **Terry and Dorothy** of Portland said riding their own bikes is one of the secrets to their marriage lasting. But **Dennis and Marilyn** from Bozeman, MT, said that people want to fit a lot in their lives, so why not spend biking time together? (Plus Marilyn said of stoking, "Lack of control? I say lack of responsibility!"). **Christina** from Tacoma (license plate: "Has anyone seen my husband?") likes being in control and doesn't want to "listen to (**Gary's**) chatter all day." **Bill and Lynn** from Chicago said a tandem builds communication skills, despite the occasional "stoker revolt." And **Frank and Rosemary** from Spokane noted that downhills are more fun on a tandem, you can talk more, and the stoker can always close her eyes if she gets scared.

PHOTO GALLERY: DAY 2



You can just never have too many shots of cute kids on bikes.



Yep, that about sums up what we're doing here.



Day 2 was definitely not short on scenery, as this shot proves.



See if you can figure out why this picture is funny.



Another CCC volunteer who looks at it as a labor of love.



When you love cleaning bikes, you really love cycling.



Good scenery, good cycling and good companions...



What, like you're not getting enough to eat on this ride?

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The Oregonian

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TOYOTA



TOYOTA

BIKE GALLERY
PORTLAND, OREGON
-EST. 1994-

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BROTHERS

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