

DAY 6: GRANTS PASS LOOP OPTION

COMMUNITY EVENTS

Grants Pass

Free shuttles into town (and to hotels). East Park Road, in front of the park. Fri. 7:30 a.m. - 11 p.m.; Sat. 6 - 9 a.m.

Cycle Oregon Wine Stroll, 3-6 p.m. Friday. www.gptca.com.

Downtown Sidewalk Sale, all day Friday.

Bear Hotel tour, Friday, 10 a.m. - 5 p.m. benefit Wildlife Images)

Cathedral Hills hike, Friday. A 3-to 5-miles tentative start time is 10 a.m. (541) 471-9239

ODS MAIN STAGE

Main Stage - Riverside City Park

2-2:45 John Fry & Antonio Melendez (Native Amer. Music/Stories)

3-3:45 Siskiyou Summit (Bluegrass)

4-5:30 The B Wishes Band (Original Rock & Roll)

6-6:45 SOUNDCHECK

7:30-8 CO Announcements

8-9:30 Robbie Laws Quartet (Rockin' R&B/Blues)



TODAY'S MENU

Breakfast

Biscuits and Sausage Gravy
Chicken Apple Sausage
Scrambled Eggs
Roasted Red Potato Hash
Browns
7-Grain Hot Cereal with Brown Sugar and Raisins
Bagels, Fruit, Cold Cereal, Yogurts and Granola

Lunch

Roast Beef on Dave's Killer Bread with Provolone OR Hummus Spread on Dave's Killer Bread with Spinach and Sprouts
Italian Pasta Salad
Chips
Shortbread Cookies
Apples and Grapes

Dinner

Grilled NW Salmon with Dill Butter Sauce OR Teriyaki-Glazed Tofu with Vegetables
Pearl Couscous and Grains
Venetian-Blend Vegetables
Salad Bar
Dinner Roll
Chocolate Truffle Cake

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: Open topic: Q&A

Just to give you an idea of the volume of submissions we get as the week progresses, for this issue we had 26 to choose from. Please forgive us if we don't get yours in.

Happy Rosh Hashana!

Please take time to remember that Jews all over the world celebrate and welcome the new year, and renew their vows to peace, tranquility and caring about others. --Gad Alon

Personal Wishes

Happy 40th birthday to the spunky girl rider on the red tandem Bike Friday... you know who you are... Anne Sammis, you rock!

Tom wishes to continue "riding to the end" with the love of his life, Kim. When Alaska gets cold and wet we come to Cycle Oregon to extend the season. Ride on, baby!

Happy anniversary, Carrie! 28 years, home with kids, dogs and dead fridge. Thanks for letting me ride! --Love, Paul

Dear LIFE cereal: Where do you get off? Nutritious and great-tasting? Who do you think you are? --K and E

Christy:

I hope you're having a great birthday week. --XOXO, LL

Dear Mr. Rude:

Thanks for making my 50th birthday and week on CO so special! --Love, Mrs. Rude

You're looking good -- happy birthday, Honey! --Love, P.

Hi, Angie--

A year ago you met me in Halfway - our third date. It's been a terrific year, and now we're back for a week of CO. It's been great riding with you and sharing the tent. I love you and your style. --Mike

Jerry:

A year ago I checked you out on hardbodies.com, and our tryst on CO was only the beginning. Now we have little Mattie. You get my wheels spinning! --Love, J

'Bents: Come Together

Recumbent riders: group photo shoot Friday 6 pm at Rider Services. Bring your cameras!

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TODAY'S RIDE

Today is Decision Day. Do you ride? Do you hang out in town? Do you take a dip in the river? Do you do all that and more? It's good to have options.



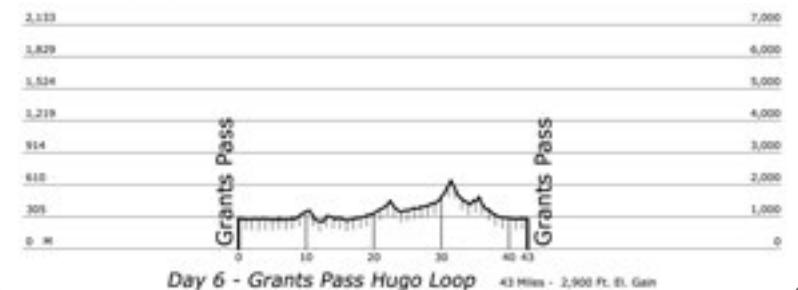
Your camp buddies would enjoy a fish fry for dinner tonight.

Grants Pass has gotten on the Cycle Oregon bandwagon in a big way -- they have plenty of activities available, from jet boat rides to a wine stroll to tours of a top-notch wildlife rehab facility. We encourage you to take advantage of your opportunities and show GP some CO love.

across the freeway for some lunch and then alongside Jumpoff Joe Creek. After passing through Winona, get ready for a couple short, steep climbs, accompanied by, of course, two rewarding descents. Then it's back to town to kick back and enjoy the rest of the day.

If you ride, it's a short but exciting route. In the course of 43 miles, you'll make a big clockwise loop out of Grants Pass, following a bit of road from Day 4 before turning off to Hugo. After Hugo, it's

ELEVATION CHART



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, some attaboys and more people stories.

ACCOLADES AND ANECDOTES

Best. Rest Stop. Ever. Those were the exact words of just about every rider I talked to yesterday morning at Jackson's Estate, better known as Heaven on Earth. I mean, are there three sweeter words in any language than "free cinnamon rolls"? **Christine Jackson**, the owner of the complex, donated the entire event. Cycle Oregon didn't pay them a thing; Christine and her crew did it simply because, as Christine put it, "We wanted to give you a special day, to thank Cycle Oregon for all you do for small towns." I'm thinking that through her generosity--and great treats--she gained some loyal fans for the future, too.

A quick story that illustrates what's best about all the **CO volunteers**, and **Rider Services** in this case. One of our riders mistakenly thought he could

get through the week without a pillow. Big mistake. After a couple nights of lousy sleep, he came to Rider Services with a request. One of the volunteers drove to a bigger town and got him a camping pillow. All in a day's work.

Sign of the Week: Those rascals on the **Sign Team** outdid themselves with "Runaway Tandem Ramp."

AND A BICYCLE CONNECTS THEM

Scott from Portland is riding the route on a mid-80s bike that belonged to his dad, who rode it on CO II. He always wanted Scott to join him, but life and geography intervened. Scott's dad passed away a few years ago. When Scott got a chance to ride this year, he got the bike out, cleaned it up and rode out of Medford.



Some of Glendale's most talented ladies entertain the crowd.



If you had known this was coming, you could have skipped breakfast.



And you thought you had a tough ride Wednesday? Simon Graves may have had it a little rougher than you.



Judy and Jillian Gregg -- mom rides, daughter volunteers.



Everywhere we go, we bring joy to people's lives.



Everyone cleaning bikes for the CCC is volunteering their time.



Ken knows a good SAG person always has a positive attitude.



This man was blessed with one fine set of pipes.

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