

2018 RIDE GUIDE VOL III

There are a million little details that make every Cycle Oregon event unique. This volume will take you through the final details of planning – entertainment, community info, meals and more. If you're new to Cycle Oregon, it's a great investment of your time to go over these details. Even if you're a veteran, peruse the guide as a reminder of the things you'll need to make your journey a great one. If you missed the first two Ride Guides, take a look:

[RIDE GUIDE I](#) [RIDE GUIDE II](#)

IMPORTANT UPDATES

- Only registered Rider Guests can bring vehicles on the event. Do not plan on driving along the route or entering camp (regardless of the vehicle make and size). Rider Guest spaces are sold out for the event.
- The deadline to receive a refund for registration has passed.

CONNECTIVITY

You will be travelling through rural Oregon. Cell towers are sparse on the route and WiFi is non-existent in camp.

This is not to say that you'll be cut off from the rest of the world, just that you should have lower expectations. You may not be able to post that sweet video of your ride to Wallowa Lake to Facebook right away.

Pro tip 1: If you're trying to meet up with a group of people in camp, send texts. They tend to get through more reliably than phone calls. Or go analog and leave a note on the Rider Services message board.

Pro tip 2: If your Garmin, iPhone, Kindle, etc. is an absolute necessity, consider [signing up for the charging service](#) with the Community Cycling Center. There are very few places to plug in around camp.

Pro tip 3: Bring a book! It is still possible to entertain yourself without the internet.



WHAT TO PACK

The gear bag you bring to store your belongings should be waterproof and made of sturdy material so that it holds up through the week. You can only bring one bag including your tent and all other items, and it must weigh 65 pounds or less. [Click here](#) for a printable list of what to bring and [click here](#) for some expert tips on packing.

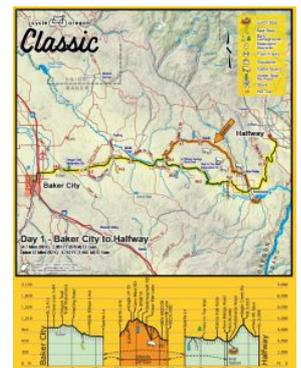
TRANSPORTATION LOGISTICS

If you don't have all your transportation logistics set – bike shipping, parking pass, bus tickets from the Portland airport, etc. – we recommend you have a good look at the Transportation Reminders section of [Ride Guide Vol II](#). As a reminder, below are the deadlines for purchasing bus tickets or parking passes.

- Purchase a parking pass by August 24. They will be mailed the following week.
- Purchase a bus pass by August 17. They will be emailed the following week.
- You can purchase either by [clicking here](#) and logging in to your events.com account. (Need help adding to your order, [click here](#).)

Ship Your Bike – Don't wait, make arrangements now! Ship your bike with [BikeFlights.com](#) to and from our event. [Click here](#) to get started. Be sure to click the Baker High School Park link on their page to set the delivery address. Your bike will be shipped to a nearby FedEx location and delivered in advance of the event.

[Bike Gallery](#) can assemble your bike after you arrive for \$60. If you need your bike disassembled and boxed at ride's end, the fee is \$85. Sign up for both for \$125. You can [pre-pay for both services here](#) until August 30th.



ARRIVING AND DEPARTING

Check-In and Packet Pick-Up - After you arrive in Baker City and have settled in, you'll need to check in and pick up your rider packet. Each rider will sign the ride waiver when picking up their packet. The rider packet contains a wristband, bike number, baggage tag, and course maps. (You will not be able to pick up a packet for someone else)

Bring a photo ID to show the volunteers in order to receive your packet.

Once we affix your wristband, it should not be removed unless you choose to leave the ride. Until you have checked in and are wearing a wristband, you will not be identified as a participant and will not have access to meals, course support, etc. If you leave the ride, it is important that you check out with Rider Services to let them know you are leaving.

Packet Pickup Hours

- Friday // Sep 7 // 6 to 9 p.m.
- Saturday // Sep 8 // 11 a.m. to 9 p.m.
- Sunday // Sep 9 // 6 to 8 a.m.

Arriving Late

If you arrive on Sunday, you must have your bag in the baggage truck by 8:30 a.m., as the trucks leave by 8:45 a.m. You can pick up your rider packet that morning at Rider Services.



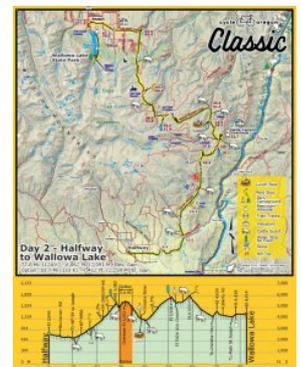
MEALS & MENU

Cycle Oregon will provide three meals per day during the event (except on Days 0 and 7). Both dinner and breakfast are served at the overnight site, and lunch is served only on the course.

Menu - This is the basic outline for 2018. We reserve the right to make changes as certain items may not be seasonally available.

Meal Times:

- Breakfast: 5:30 - 8:30 a.m.
- Lunch: 9:30 a.m. - 2:00 p.m. (route only)
- Dinner: 5 - 8 p.m.



ENTERTAINMENT

Main Stage and Headliner Schedule

Join us each evening at the main stage for some amazing music. There will also be guest speakers each night, important announcements, and information about the next day's ride. Take a look at Rider Services each day for a full schedule. One note, there will not be a bike rodeo this year.

- 7 - 7:30 p.m.- Short set from headliner band
- 7:30 p.m. - Nightly announcements
- 8:00 p.m. - Headliner band

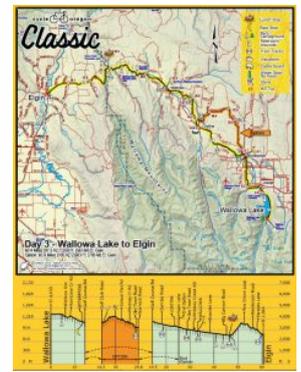
Saturday - Baker City: Black Dolly - Made up of talented musicians from the Pacific NW, Black Dolly is full of soulful jams and smooth grooves. The BD band is a culmination of several years of development and recording. Started by Chris Newbury and his wife Wendy, the band was really formed by a desire for Chris to give Wendy a recording session for their anniversary. Chris utilized the help of his long time friends and musical collaborators Eddie Ramirez (Israel Houghton, Johnny Ramirez), Frazer Wambeke (Frazer Wambeke Group), Luke Basile (Rainmaker Studios), and Ryan Matzinger (Ike Turner) to record the Dianne Reeves cover of Fleetwood Mac's hit "Dreams". The project was enough of a success that Chris decided to formally pursue an official group.

Sunday - Halfway: Wasteland Kings - Together since 2008, the Americana sound of The Wasteland Kings has packed bars, clubs and festivals all over the Pacific Northwest. With the gritty blues vocals of Kris Mallory and Holly Sorensen, WLK bring an edge to every single song they do.

Monday - Wallowa Lake: Brady Goss - Born in Corvallis OR, but raised in Wallowa OR, Brady's roots go deep in the region through which we are riding. Identified at an early age as a rare and phenomenal piano talent, his chops as an entertainer grew hand in glove with piano playing. We're so pleased to have Brady with us so close to his home.



Tuesday – Elgin: Brewers Grade – Brewers Grade Band continues to blaze their own trail, bringing their unique brand of Northwest Country music to the next level. Band member Joe Smart’s recent Grammy win recognizing his work on the O’Connor Band’s “Coming Home” Album of the Year has led to some exciting opportunities to collaborate with music’s biggest names including Paul Simon and Zac Brown Band! This has helped build even more momentum for the group leading to the main stage at many of the west coast’s top festivals and events, genre-bending studio sessions and co-writes, an independent film soundtrack credit and more opportunities to create and collaborate in the Northwest, Nashville and beyond! They continue to push the envelope and advance their role as one of the region’s most sought after independent artists all while staying true to their Northwest Country roots.



Wednesday – Pendleton: Coyote Kings with Tiphony Dames – The Coyoyte Kings with Tiphony Dames is a longtime favorite through out the NE blues/blues rock scene. Though the band’s lineup has evolved over the years, the constant through it all is amazing musicianship, great performances and great songs.

Thursday – Pendleton: JD Kindle and the Eastern OR Playboys – Per the band’s bio – “While traveling in search of a new population to save, James Dean Kindle stumbled upon a band of paupers playing for rats in the alley behind the Rainbow in Pendleton, Oregon. Their clothes in tatters and their bellies lean, The Eastern Oregon Playboys couldn’t refuse Kindle’s offer: “Play as my band and I will grant you three wishes...” Eschewing common convention of bios listing other musicians who have influenced their sound, JD Kindle and the Eastern Oregon Playboys go another route and simply cite Pendleton Whiskey as a main influence. We can’t wait!

Friday – La Grande: Karaoke from Hell is a Portland-based live karaoke band – they play, you sing! What’s better after a day in the saddle? KFH are long-time friends of Cycle Oregon, and we’re pleased to have them back with us again in 2018!



Saturday – Baker City (Lunch): Peter Barton – P. Barton’s performances take you through a musical landscape that includes alternative, folk, americanna, bluegrass and pure spontaneity – kind of like the landscapes through which we’ve just ridden. While each performance is different, the energy and spirit always comes through. Building on a foundation of finger-style and flat-picked guitar, Barton mixes vocals, percussion, harmonica, banjo, and slide to create a variety of sounds from his one man show. Creating each sound entirely through live performance makes each song and each show unique.

COMMUNITY INFORMATION

Please visit the community booths during the event to get more details about the services and activities. It is usually located next to Rider Services.

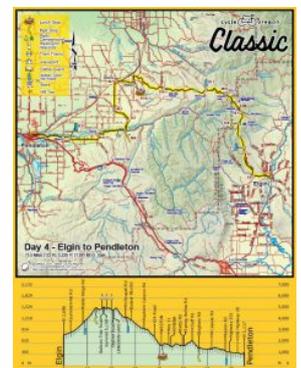
Click on the location for a description.

Baker City

Services: Shuttle to and from overnight site into Historic Baker City.

Activities:

- Friday, September 7 – Live music & craft beer at **Barley Browns Brew Pub** (Music by **Amy Bleu & Rachel Chuganey**).
- Friday, September 7 – Monthly art walk in downtown historic Baker City. Celebrate the arts on the First Friday of every month in historic downtown Baker City. With numerous participating galleries and local shops showcasing local and regional artists and their work. For more information including a list of participating galleries and featured artists contact the **Crossroads Carnegie Art Center** or call 541-523-5369.



Halfway

Services: Towel Rental at the showers in camp.

Activities: Youth Rodeo and demonstrations at the Halfway Fairgrounds.

Wallowa Lake State Park

Wallowa County Chamber of Commerce

Services: Towel Rental at the showers in camp and shuttles into Joseph and back to camp.



Activities: Wallowa Lake Tramway Rides – With the opening of the gondola in 1970, Wallowa County added one of it’s most popular attractions. The 3700’ vertical ascent to the summit of Mt. Howard is a memorable experience. The exciting trip to the top of the mountain allows one to enjoy the 4000’ view as the gondola rises above Wallowa Lake Village and the blue waters of Wallowa Lake.

Elgin

Services: Towel Rental at the showers in camp and shuttle to and from the overnight sites to locations in town.

Activities:

- Agape Christian Fellowship located at 2060 N 10th Ave, is hosting a fund-raiser “A Better Building with a Bowl”, featuring a hearty bowl of local homemade soup, cornbread, dessert and a beverage for \$8.00. All proceeds will go toward renovation of the church building.
- Brunswick Restaurant and Lounge-downtown Elgin- will be having TACO TUESDAY, all tacos \$1.50 each!! Come enjoy a yummy taco and your favorite beverage.
- Billy Bob’s Butcher Shop is located behind Czars on your way to the High School, and he’s offering a special on jerky, beef sticks and cheese plates for your snacking needs.
- Cricket Flat Coffee Co, on the corner of 8th and Division (downtown) offers hand-crafted caramel, dark chocolate and white chocolate sauces. These rich and creamy sauces are made on premises, and in honor of Cycle Oregon, they are offering 10% off all caramel (regular or spiced) drinks, including milkshakes!
- Be on the look-out for the Ice Cream truck from the Mays Place!! Stacy will be making the rounds through town and at the Cycle Oregon site at the high school.
- Haystack Produce & Retail- located on Albany St where you will be riding in from Wallowa County- will have their stand open with fresh produce.
- All for You Salon and More in downtown Elgin is a great place to shop for those special gifts that you won’t find anywhere else, plus our Chamber Visitors Center is located inside, with lots of information about Eastern Oregon.
- Elgin Opera House, located in downtown Elgin, is a beautifully renovated building which houses some of the most fantastic plays you could ever want to see. Stop by for a tour of the facility and check out the progress on the stage props for the upcoming play: MARY POPPINS
- Simplicity at Blue Mountain Mermaid located downtown Elgin will be offering 25% off regular priced services. Please call 541-786-6405 to make an appointment.
- Another “must-see” is our Train Depot that is located at 300 Depot St. Owned and operated by the Friends of the Joseph Branch, Wallowa Union Railroad (WURR) has scenic train rides through this gorgeous valley along the Grande Ronde River. Check out the Gift Shop while there. Be sure to pick up a schedule and plan your next visit to include a train ride. The Train Depot will be open from 10 a.m. – 3 p.m.
- WIFI: Our local library located at 1699 Division St. (Hwy 204) will be available for FREE WI-FI throughout your stay in Elgin. The Wi-fi password will be posted on both doors for your convenience. There’s also places to sit outside on the porch while checking that email!



Pendleton

Pendleton Chamber of Commerce

Services: Shuttles from the overnight site to various locations in town

Activities:

Pendleton Round-Up & Happy Canyon Indian Pageant

Registered riders can get tickets to the Pendleton Round-Up. Use code ‘LETERBIKE’ at checkout for a discount.

Arena: 1205 SW Court Ave

Office: 1114 SW Court Ave

(541) 276-2553 • (800) 45RODEO

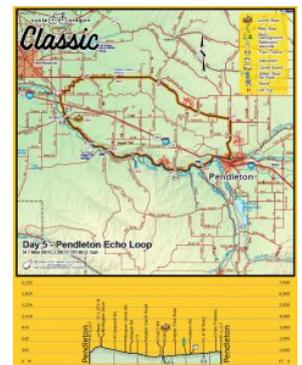
The Round-Up is a week-long celebration of western life begun in 1910. Events include the Professional Bull Riding Classic, a headliner concert, the Happy Canyon Indian Pageant, two parades, Native American beauty pageants, The Main St. Show, and many other events surrounding the four days of rodeo action. The Chamber can assist with general information, and info about ticket resale, RV parking and lodging.

Round-Up Related Events

Wednesday, September 12th

- 6 a.m. – 10 a.m. – VFW Cowboy Breakfast, Stillman Park
- 8 a.m. – 5:30 p.m. – Artisan Village, Roy Raley Park
- 8:30 a.m. – Timed Events Go-Rounds, R-Up arena
- 12 p.m. – 12 a.m. – MSC Vendors Open, Main St.
- 1:15 p.m. – Pendleton Round-Up- Family & Seniors’ Day, Round-Up arena
- 2 p.m. – 12 a.m. – Main St. Cowboys Show, Main St.
- 12 p.m. – 11 p.m. – Davis Shows NW Carnival
- 5 p.m. – BBQ- R-Up arena
- 7:45 p.m. – Happy Canyon Pageant
- 8 p.m. – Goldie’s Bar at the Canyon, Pendleton Convention Center

Thursday, September 13th



- 6-10 a.m. - VFW Cowboy Breakfast, Stillman Park
- 8 a.m. - 5:30 p.m. - Artisan Village, Roy Raley Park
- 8:30 a.m. - Timed Events Go-Rounds, R-Up arena
- 10 a.m. - Junior American Indian Beauty Pageant, Roy Raley Park
- 10:30 a.m. - Children's Rodeo, R-Up arena
- 12 p.m. - 12 a.m. - MSC Vendors Open, Main St.
- 1:15 p.m. - Pendleton Round-Up - Kid's Day & Tough Enough to Wear Pink
- 2 p.m. - 12 a.m. - Main St. Cowboys Show, Main St.
- 12 p.m. - Davis Shows NW Carnival, Main & Frazer
- 7:45 p.m. - Happy Canyon Pageant
- 8 p.m. - Goldie's Bar at the Canyon, Pendleton Convention Center

Friday, September 14th

- 6 a.m. - 10 a.m. - VFW Cowboy Breakfast, Stillman Park
- 8 a.m. - 5:30 p.m. - Artisan Village, Roy Raley Park
- 9 a.m. - American Indian Beauty Pageant, Main St.

Wildhorse Resort & Casino

I-84, Exit 216—46510 Wildhorse Blvd.

(541)278-CASH (2274) or 800-654-WILD (9453)

Owned and operated by the Umatilla Confederated Tribes, you'll enjoy a 24-hour casino with more than 650 slot machines plus poker, blackjack, craps, roulette, keno, bingo, live entertainment and special events. Get a quick bite in the Hot Rock Café or choose the food and entertainment in one of the on-site venues: Plateau, Traditions Buffet, Hot Rock Café, Sports Bar, and Wild Roast Coffee & Deli. Relax in the 100-room hotel or RV park, both with pools, then play a couple rounds on the championship golf course or visit the tribal museum. All are located on the Resort property just 5 minutes east on I-84. How do you play?



Pendleton Woolen Mills

1307 SE Court Pl • (541) 276-6911

Visit the birthplace of the renowned Pendleton Woolen products. Visitors are welcome to tour the facility on weekdays and browse through the sales room 7 days a week. You'll find Pendleton's distinctive array of clothing, blankets, fabric, and much more.

Hamley & Co

30 SE Court Ave • (541) 278-1100

Visit the recently renovated historic building in downtown Pendleton that includes nearly 10,000 sq. ft. of retail space of the highest quality displaying the finest examples of custom saddles, horse tack, western wear, art, silver, custom belts, American Indian crafts, gifts, and of course, their world famous Hamley saddles and kits.

Pendleton Underground Tours & Gift Shop

37 SW Emigrant Ave

(541)276-0730 • (800) 226-6398

Go below Pendleton for a trip back to the town's wild past through tunnels where Chinese laborers lived, and businesses thrived! Tours also visit one of the brothels upstairs for which Pendleton was once famous. Guided tours available year 'round. The Underground Comes to Life for a one-day special event each May. Reservations Needed.

Children's Museum of Eastern Oregon

400 S Main St // (541) 276-1066. Is it time to get out of the car and do something just for the kids? This is the place where you all will feel right at home. They can play in the 12 interactive, hands-on exhibits and never realize how much they're learning. You can relax in the safe and friendly atmosphere.

Round-Up & Happy Canyon Hall of Fame

1114 SW Court Ave // (541) 276-2553 // (800) 45RODEO

Feel the excitement of over 100 years of rodeo and pageant tradition. See the people, livestock and personalities that have built Pendleton's signature week-long event into one of the world's largest and most anticipated western events.

Heritage Station Museum

108 SW Frazer Ave // (541) 276-0012

Heritage Station, the Umatilla County Historical Society Museum, showcases the region's fascinating heritage. Start your memorable visit with a trip through the train depot's galleries, brimming with exhibits that highlight the area's unique mix of tradition and ingenuity. Ride the rails in the Caboose. Attend class in the one-room Byrd School. Explore the wide variety of interesting topics included in the programs and workshops. Continue your journey with selections from the enticing array of merchandise available in the Station Store. Call for current exhibit and program information. Open Tuesday-Saturday, 10 a.m. - 4 p.m. March through December.

Pendleton Air Museum

21 SW Emigrant Ave // (541) 278-0141 // Monday, Wednesday-Saturday 10 a.m. to 5 p.m.

Pendleton Air Museum preserving our military history of Pendleton Army Air Field, Pendleton, and Pendleton residents.

Tamástlikt Cultural Institute & Museum Store

I-84, Exit 216 - 47106 Wildhorse Blvd // (541) 966-9748

Monday-Saturday 10:00 a.m. to 5:00 p.m. This state-of-the-art interpretive center features awe-inspiring permanent and temporary exhibits.

The exhibits present the story of westward expansion from the perspective of the Cayuse, Umatilla, and Walla Walla Tribes. Multimedia sound and video accompany artifact and photo displays. The Living Culture Village offers live demonstrations, interactive experiences, and hands-on education. Enjoy casual dining in the Kinship Café and a unique selection of native-made crafts and art as well as exclusive blankets and Pendleton Wool apparel, books, toys, and other gift items in the Museum Store.

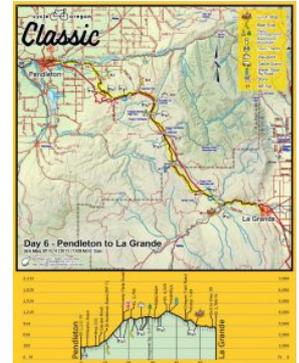
Pendleton Bronze Trail – Take a mobile tour of stories of our legendary cowboys and cowgirls, arms of the law, tribal leaders, artists, educators, and more. Hear the stories of Pendleton's public art with audio narration – as close as your smartphone

La Grande

Services: Shuttles from the overnight site to locations in town

Activities:

- **Arts Center East:** 1006 Penn Ave, La Grande, OR 97850 // 541-624-2800 // Hours During Event: 10:00 a.m. – 4:00 p.m.
- **Eastern Oregon University:** 1 University Blvd, La Grande, OR 97850 // (800) 452-8639 // Special Event: EOU Volleyball vs. Evergreen State, 7:00 p.m.
- **Gangloff Park:** Intersection US Hwy 30/Otten Dr, La Grande, OR 97850
- **George S. Birnie Park & Oregon Trail Display:** 1302 C Ave, La Grande, OR 97850
- **Ladd Marsh Wildlife Area:** 59116 Pierce Road, La Grande, OR 97850
- **Maridell Center:** 1124 Washington Ave La Grande, OR 97850 // (541) 963-2023
- **Mt. Emily Recreation Area:** 63559 Owsley Canyon Road La Grande, OR 97850
- **Riverside Park:** 3501 Spruce Street, La Grande OR 97850
- **Union Carnegie Library:** 185 N. Main Street, Union, OR 97883 // (541) 562-5811 // Hours During Event: 9:00 a.m. – 3:30 p.m.
- **Union County Museum:** 333 South Main Street, Union, Oregon // (541) 562-6003 // Hours During Event: 10:00 a.m. – 4:00 p.m.



ROUTE DESCRIPTIONS

Detailed route maps and cues will be included in rider packets. (If you would like a sneak peek, the route map images in this ride guide are enlargeable!)

Download Route Files

Route files are available on RideWithGPS. Some bicycle GPS units require very short file names. Below is a 'key' to the abbreviations used in these names. Please note that you may find small variances on mileages and elevations from Cycle Oregon information posted on routes. Our mileage is computed using a GPS and may vary from your GPS due to variances between devices. [Click here](#) for general info and help from RideWithGPS on how to download these files to your bike device. For help with Garmin devices [click here](#).



(CO = Cycle Oregon // CL 18 = Classic 2018 // D1 = Day 1 etc // GR = Gravel Option)

- **Day 1 Baker City to Halfway** (Day 1 with **Gravel Option**)
- **Day 2 Halfway to Wallowa Lake State Park** (Includes option to Hells Canyon Overlook out and back, if you do not wish to go to the Overlook, simply stay straight at sign pointing to the Overlook Option. If you skip the Overlook, your mileage will be 5.8 miles shorter than on this file.)
- **Day 3 Wallowa Lake SP to Elgin** (Day 3 with **Gravel Option**)
- **Day 4 – Elgin to Pendleton**
- **Day 5 – Layover Day – Pendleton Loop**
- **Day 6 – Pendleton to La Grande**
- **Day 7 – La Grande to Baker City**

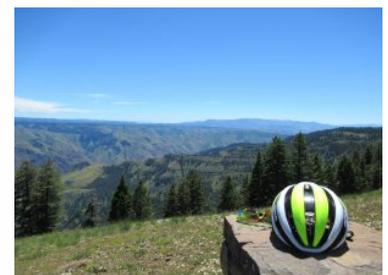
Route Talk

Read about each day of the route! View [Day 1](#), [Day 2](#), [Day 3](#), [Day 4](#), [Day 5](#), [Day 6](#), and [Day 7](#), on our blog, or download [all seven days here](#).

RULES OF THE ROAD

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 rear-view mirrors is recommended as a safety measure.
3. Cycle Oregon uses a group of Safety Patrol volunteers on 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 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. Course support vehicles and other support services are available only during course hours. Any cyclist(s) still on the course after the designated closing time 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.

SAG support is to be used for mechanical and/or medical reasons only . Excessive use of SAG support (3 or more times) for any other reason may exclude participants from registering for future Cycle Oregon events.

7. 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.

8. 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.

9. Never draft behind a vehicle. Pace lines 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.

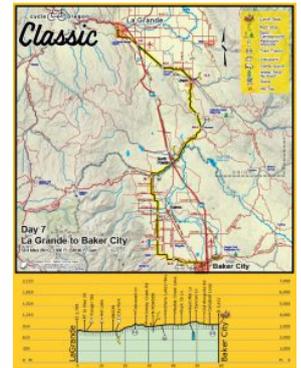
10. Call "ON YOUR LEFT" to alert a rider you intend to pass. The call "CAR BACK" passes the message forward when a vehicle is approaching from behind. Use arm signals to indicate turns. Point out potholes, broken glass and other hazards to those behind you. Signal your intention to stop, and pull off the roadway.

11. Use of headphones while riding on Cycle Oregon is highly discouraged. Safe group riding in an event such as Cycle Oregon depends on communication between cyclists. Headphones interfere with that process and make it difficult for people to hear instructions such as "CAR BACK" and "ON YOUR LEFT." Headphones also make it difficult to hear approaching cars or trucks, negatively impacting the safety of cyclists and motorists.

12. 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.

13. 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.

14. Cycle Oregon includes at least one roadside water stop each day, along with assorted drinks at meals and all 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 the Oregon State Police at 541-776-6111. Please ask them to send an urgent message to Cycle Oregon officials. Bear in mind that it may take up to 12 hours to locate a rider and relay a message.

Extensive Communications - HAM radio operators provide emergency and logistical communication for Cycle Oregon. HAM radio operators ride in most Cycle Oregon vehicles so that event managers, medical services, and all staff are in touch at all times.

Motorcycle Police - Clackamas County Sheriff's Deputies accompany Cycle Oregon each day. These officers have full authority to enforce the motor vehicle code. They can be contacted for any emergency issues on the course.

Ambulance Service - MetroWest provides four Advance 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.

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.

You can help in an emergency. If you witness an accident on the course, please do the following:

1. Do not hesitate to call 911 on route. Often this will be the fastest way to get help.
2. Do not move the injured rider, especially if you suspect a head or spinal injury.
3. Notify a passing ambulance, SAG wagon or staff vehicle with the "thumbs down" signal.
4. Take care of yourself. Do not step into the path of vehicle traffic.
5. Keep the injured person calm.
6. Once a Cycle Oregon official is on the scene and you have given a statement, please continue on the ride.



Medical Emergency in camp: Go to the medical tent, as a medic will be on call at all times.

Evacuation: PA announcements throughout the campsite will alert the riders to prepare for evacuation. Please go immediately to the Main Stage for instructions.

Severe Weather: Harsh weather may warrant the use of contingency facilities for shelter, if available. Details will be announced from the Main Stage.



Registration for all four 2018 events is now open! »



BLOG NEWSLETTER
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