

2019 GRAVEL RIDE GUIDE

We're excited that you're joining us for a two-day gravel-fest down roads less traveled. We're setting up camp in Dufur City Park and giving riders a variety of heart-pumping, pedal-churning routes to choose from daily.

Gravel riders will have the whole Cycle Oregon experience – tents, showers, route support, Main Stage, beer garden – only this time, we're going to be a lot more up close and personal with nature. Get all the details for packing, getting to the ride, checking in, and meals- it's all here in the GRAVEL Ride Guide.

It's a great investment of your time to go over these details. Even if you're a veteran to Cycle Oregon, peruse the guide as a reminder of the things you'll need to make your journey a great one.

(Download as PDF)

PREPARATION AND ARRIVING

Dufur City Park opens to GRAVEL riders at 3 p.m. on Friday, May 17 and the event closes Sunday, May 19 at 5 p.m. Friday is a check-in day, riding takes place on Saturday and Sunday.

We strongly suggest you Google directions to the area. The overnight site will be at Dufur City Park and parking will be located just east of the park.

Driving and Parking

From the West/North via I-84 (Portland area):

- Follow I-84 East
- Take exit 87 in The Dalles and follow US-197 S towards Dufur/Bend
- In about 12 miles you will pass the first exit into Dufur
- Just past milepost 13, turn right on to First Street/Boyd Loop Road
- At the stop sign turn left on to Main Street
- Continue west, you will see signs for parking on your right

From the South via US-97 (Bend Area):

- Follow US-97 North
- After milepost 68, take US-197 N
- You will pass the first exit in to Dufur
- After milepost 14, turn left on to First Street/Boyd Loop Road
- At the stop sign turn left on to Main Street
- Continue west, you will see signs for parking on your right

You will need a parking pass to leave your car in the nearby Cycle Oregon lot (click here to get one by May 7). Passes will be sent in early May. Please leave your parking pass on the dashboard. If you do not receive your parking pass or did not order one prior to the deadline, we will have them for sale in Dufur. (Need help adding to your order, [click here.](#))

For camping, all personal vehicles will be guided to the long term parking area located near the overnight site. Volunteers will be available to help you unload your baggage and take it to your camping location. You will not be able to drive your vehicle in to the camping area to unload.

Packet Pickup

Once you park your vehicle in long term parking, head over to check-in, located at the Rider Services trailer. You will sign a waiver and receive a wristband, course maps, and rider gift. You must show your photo ID to pick up your packet and you cannot sign in for someone else.

Packet Pickup will be available during these times:

- Friday, May 17, from 3:00 – 9:00 p.m.
- Saturday, May 18, from 6:00 – 9:00 a.m.

What bike should I ride and what should I carry?

At any gravel event you'll see a mix of 'cross bikes, adventure bikes, mountain bikes, and a handful of hearty souls on road bikes. A gravel specific or Cyclocross bike is likely to be the most fun on these routes, but a bike you are comfortable on for these kind of miles, so long as it can run fat enough tires should work just fine.

Make sure that you have at least 32 mm tires, ideally a bit fatter, and with a bit of tread to help in the sections of deeper, looser aggregate. If you are running knobbies, something with a smoother middle, and knobs on 'shoulders' for a lower rolling resistance will likely suit better for the pavement portions of the course....don't forget to bring a repair kit with extra tubes just in case.

A frame or other bag for your bike or small backpack to carry some extra food, water, and clothing layers is a great addition for this event. While we have fully stocked stops and SAG support on the routes, riders should also be prepared for a measure of self-reliance as stops are placed a bit farther apart than you may have experienced if you have participated in other Cycle Oregon events.



ACCOMMODATIONS

Tent Camping

Camping is available Friday (after 3 p.m.) and Saturday nights at Dufur City Park. Park first then follow signs to the tent camping area. You might want to bring something (ribbon, flag or blinking light) to identify your tent among all the others. Cycle Oregon does not provide tents.

RVs, Campers, Trailers, and Car Camping

Parking is available Friday (after 3 p.m.). Parking space is limited and you will be parked close to other vehicles. There will be space to get in and out of your vehicle, but no place to set up tents near the parking area. If you plan to stay in a tent, you will need to set up in the camping area.

Camp fires, camping stoves, open flames, and smoking is prohibited during the event.

Nearby Accommodations

If you are looking to arrive early or stay later, the [Balch Hotel](#) is located adjacent to Dufur City Park. Additional accommodations can be found near [The Dalles](#) about 15 miles north of Dufur.

MEALS

Cycle Oregon will provide dinner on site Friday and Saturday, and breakfast and lunch on Saturday and Sunday.

- Breakfast: 6:00 – 8:30 a.m
- Lunch in camp: 11:00 a.m. – 4:00 p.m.
- Dinner: 5:00 – 8:00 p.m.

MENU

Friday Dinner	Herb roasted chicken, sweet potato mash, charred broccoli and roasted radishes, antipasti salad bar, local bakery dessert
Saturday Breakfast	Bob's Red Mill oatmeal bar, scrambled eggs with a variety of self-service toppings, *vegetable scramble, bacon, home-fry potatoes, fruit salad, coffee, tea, orange juice
Saturday Lunch	Baguette sandwich bar: Roasted turkey breast, salami, Tillamook cheese, assorted vegetables and sauces, roasted carrot and sweet potato salad, chips, fresh baked cookies
Saturday Dinner	Smoked beef brisket, lemon caper salmon, *vegan smoked tofu with molasses butter, Yukon Gold mashed potatoes, green beans and carrots, mixed proteins and veggie salad bar, fresh baked yum
Sunday Breakfast	Local baked goodies, oatmeal bar, prosciutto and caramelized onion quiche, vegetable and manchego quiche, *vegetable scramble, bacon, home-fry potatoes, fruit salad, coffee, tea, orange juice
Sunday Lunch	Pasta bar, penne pasta tossed in olive oil, grilled chicken, seasonal vegetables, fresh marinara sauce, garlic pesto Alfredo, Tillamook Parmesan cheese, mixed proteins and veggie salad bar, pound cake with berry compote and whipped cream
No Dinner on Sunday	

* Must be registered as a vegetarian to receive the vegetarian main course option.

CAMP SERVICES

Our camp is filled with every thing you need for the weekend, from hot showers, to delicious meals, to great entertainment. Check out the [site map here](#).

Showers

Hot showers will be provided at the overnight site on Saturday and Sunday. The showers come with dressing rooms and sinks. Sinks will be available on Friday night. Please remember to bring a towel or two, as we do not provide towels or toiletries.

- Saturday 6:00 a.m. – 10:00 p.m.
- Sunday 6:00 a.m. – 5:00 p.m.

Beer & Wine Garden and Whiskey Wagon

The Beer & Wine Garden will be complementary for the weekend. Drinks from the Whiskey Wagon are not complementary.

- Friday: 3:00 – 10:00 p.m.
- Saturday: 11:00 a.m – 10:00 p.m.
- Sunday: 11:00 a.m. – 5:00 p.m.

Entertainment & Announcements

Every evening at 7:00 p.m., the Cycle Oregon community gathers around the Main Stage. It's a great opportunity to get the latest weather forecast, hear tips about the next day's route, learn about the places we're visiting and catch up on some local folklore. Best of all, it's always



followed by terrific entertainment.

Friday

- 4:45 – 5:55 p.m. – **Tevis Hodge Jr**
- 6:30 – 7:00 p.m. – **Jager Bumz**
- 7:00 – 7:30 p.m. – **Announcements**
- 7:30 – 9:00 p.m. – **Jager Bumz**

Saturday

- 1:45 – 2:30 p.m. – **Jermaine**
- 3:00 – 4:20 p.m. – **Tracy Klas**
- 4:50 – 5:50 p.m. – **Ben Bonham Trio**
- 6:30 – 7:00 p.m. – **Greaterkind**
- 7:00 – 7:30 p.m. – **Announcements**
- 7:30 – 9:00 p.m. – **Greaterkind**

Sunday

- 11:30 a.m. – 2:00 p.m. – **McDougall**
- 2:30 – 4:45 p.m. – **Al and Nolan**

Yoga

On Saturday at 4:00 p.m. join us for a yoga session to stretch out the muscles that got tight during a long day in the saddle. Mats are provided.

Bike Gallery

Bike Gallery's team of technicians will provide mechanical support on the course and in camp. Labor is discounted and cyclists will pay for all parts. Labor charges apply if your bicycle does not meet pre-ride requirements.

Rider Services

Look for the Rider Services trailer near the entrance into camp. Here you can ask questions, meet friends or locate missing items at lost and found.

- Friday: 3:00 – 9:00 p.m.
- Saturday: 6:00 a.m – 9:00 p.m.
- Sunday: 6:00 a.m. – 5:00 p.m.

Cycle Oregon Gift Shop

The Cycle Oregon Gift Shop is where you can buy extra meal tickets (limited amount available) or shop for some great Cycle Oregon merchandise. We'll have this year's ride jersey and a selection of Cycle Oregon merchandise. There's tons of fun stuff: lights, coffee mugs, windbreakers, water bottles, and more.

- Friday: 3:00 – 8:00 p.m.
- Saturday: 11:00 a.m – 8:00 p.m.
- Sunday: 11:00 a.m. – 4:30 p.m.

Medical Services

Medical services will be available on the course and at the overnight site. There is no charge for medical services on the course or at the site. If you require transport to or from a local medical facility, you will be financially responsible for transport and medical services there.

ON THE COURSE

Course Hours

- Saturday: 7:00 a.m. – 4:00 p.m.
- Sunday: 7:00 a.m. – 3:30 p.m.
- Riders must be on course between 7:00 a.m. and 9:00 a.m.

Course support services are available only during the course hours. If you leave before the course opens or are still riding after the course closes, there will be no support services available. *All Cycle Oregon riders still on the course after the closure time will be offered a ride to camp. If you choose not to take the ride you will be on your own to get back to camp.*

Maps

You will receive maps and cues in your packet and the courses are very well marked. If you would like to view the maps in advance, you can do so by following the links: [Day 1 Map](#), [Day 2 Map](#). Additionally, if you would like to download the files to your GPS for navigation on course, the



routes are available [HERE](#).

Rest Stops

Two Rest Stops will be available along the routes each day (depending on the route) to provide water, restrooms, beverages and snacks. Rest Stop signs alert riders when one is ahead. You can also see the location of each Rest Stop on the maps in the rider packet you receive at check in. Rest Stops are open from 8:00 a.m. to 3:00 p.m. In addition to the Rest Stops, some routes include Water Stops to provide water and restrooms (indicated by a water bottle on the route map).

Check Points

While GRAVEL is not a competitive event, we will sometimes track riders' positions on the course through occasional checkpoints. You may need to pause for a few moments for a volunteer to note your rider number at these locations to help us look after everyone's safety.

Lunch

Lunch is served in camp on Saturday and Sunday from 11 a.m. to 4 p.m. Rest Stops will be stocked with plenty of snacks to keep you going until you arrive back in camp for lunch.

SAG Vehicles

If at any time you need assistance, *please signal a SAG vehicle with a "thumbs down" signal*. If you do get into a SAG vehicle, you may not be transported directly to camp. SAG vehicles usually wait until they are full to go back to camp.

SAGs are available to transport cyclists due to mechanical problems or injuries. They also have plenty of extra water, sunscreen, and encouraging words (if needed).

Ambulance Service

MetroWest provides Advance Life Support ambulances that give around-the-clock medical support on the course and in camp. If you require medical attention on course, you should notify a SAG vehicle, ambulance, or staff vehicle with the "thumbs down" signal.

Safety Patrol

Motorcycle Safety Patrol volunteers drive the course each day. They are a great source of information and assistance, and they enhance the overall safety of the ride by interacting with riders and locals.

EVENT TIMELINE

Friday – May 17

3:00 p.m.

Packet Pickup open – Rider Services

CO Gift Shop open

Beer Garden open

5:00 p.m.

Dinner open

Sinks open (showers available beginning Saturday)

6:30 p.m.

Entertainment begins – Main Stage

7:00 p.m.

Announcements – Main Stage

8:00 p.m.

Dinner closes

Gift shop closes

9:00 p.m.

Packet Pickup closes – Rider Services

Entertainment ends – Main Stage



10:00 p.m.

Beer Garden closes

Sinks close

Saturday – May 18

6:00 a.m.

Packet Pickup open – Rider Services

Showers open

Breakfast open

7:00 a.m.

Course Open

8:00 a.m.

Rest Stops Open

9:00 a.m.

Breakfast closes

All riders must be on course

11:00 a.m.

Lunch open – in camp

Beer Garden open

CO Gift Shop open

2:00 p.m.

Entertainment begins – Main Stage

3:00 p.m.

Rest Stops close – on route

4:00 p.m.

Route closes

Lunch closes

5:00 p.m.

Dinner open

7:00 p.m.

Announcements

8:00 p.m.

Dinner closes

CO Gift Shop closes

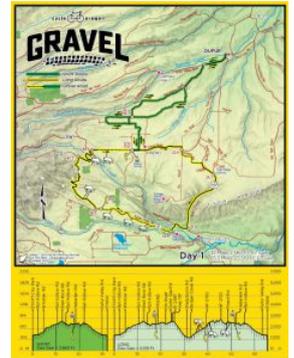
9:00 p.m.

Entertainment ends – Main Stage

10:00 p.m.

Beer Garden close

Showers close



Sunday – May 19

6:00 a.m.

Rider Services open

Showers open

Breakfast open

7:00 a.m.

Course open

8:00 a.m.

Rest Stops Open

9:00 a.m.

Breakfast closes

All riders must be on course

11:00 a.m.

Lunch open - in camp

CO Gift Shop open

11:30 a.m.

Entertainment begins - Main stage

3:30 p.m.

Course closes

Rest Stops close - on route

4:00 p.m.

Lunch closes

Entertainment ends - Main Stage

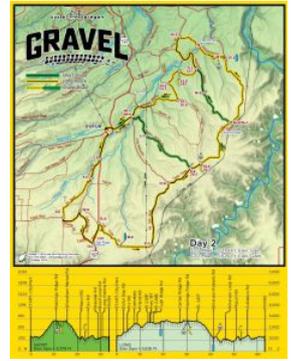
4:30 p.m.

CO Gift Shop closes

5:00 p.m.

Site closed

Showers close



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.

If you are on the road and in serious need of medical assistance, do not hesitate to call 911. In the case of a minor emergency, flag down any Cycle Oregon volunteer and they will dispatch a SAG van or ambulance.

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

- Do not move the injured rider, especially if you suspect a head or spinal injury.
- Notify a passing ambulance, SAG van or staff vehicle with the “thumbs down” signal. If there is no one around to help, call 911.
- Take care of yourself. Do not step into the path of vehicle traffic.
- Keep the injured person calm.
- Once a Cycle Oregon official is on the scene and you have given a statement, please continue on the ride.

On-Course

If you or someone near you is having an emergency, do not hesitate to dial 911. Often one of our medical team will pick up the call on their radio.

Extensive Communications

You have lots of help on the road in case of an emergency. HAM radio operators provide emergency and logistical communication. HAM radio operators ride in SAG vehicles so that event managers, medical services and staff are in touch at all times. If no one is around to assist in the event of an emergency, call 911.

Please note: There is no charge for medical services rendered by MetroWest on the course or at the overnight site. 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.

In-Camp

Medical

Go to the medical tent, as a medic will be on call at all times. If no one is in the tent, knock on the van door.

Evacuation

Announcements throughout the campsite will alert the riders to prepare for evacuation. Please go immediately to the Main Stage for instructions.

Severe Weather

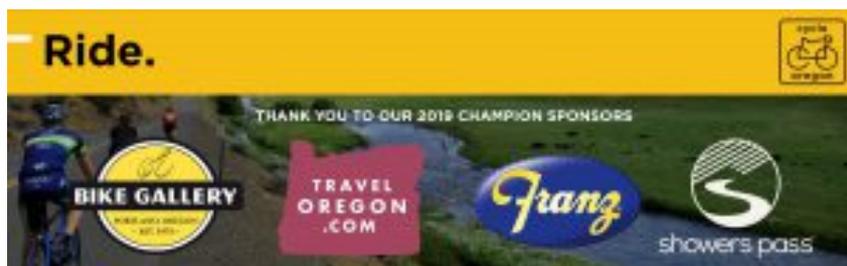
Harsh weather may warrant the use of contingency facilities for shelter, if available. Details will be announced from the Main Stage. In the event of lightning, seek low ground and get away from metal.

RULES OF THE RIDE

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 events. 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 event courses are 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 road. 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 events is highly discouraged. Safe group riding in an event such 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 and recyclables 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 events include 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.



Registration is now open for all 2019 events. »



BLOG
CONTACT
VOLUNTEER

NEWSLETTER

SUBSCRIBE

© Cycle Oregon, Inc. | [Terms](#) [Privacy](#) [Cancellation & Refund Policy](#)