

2019 JOYRIDE GUIDE

We want you to have the best experience possible, so take a few minutes to peruse the *Joyride* Guide. You'll get a timeline of the event, route and rest stop information, and the lunch menu.

NOTES

- Riders can start their routes between 8 – 10 a.m.
- You may choose whichever route you like, no advance sign up necessary.
- Lunch will be served to registered riders only. For friends and family joining you at the finish line, there are great lunch options in Independence.
- Please no non-registered riders “tagging along” on the route.

DIRECTIONS

Your experience will begin and end at:

Riverview Park in Independence, OR

To get to the event from Portland:

- From I-5 heading south, take exit 260A for OR-99E towards Salem Parkway
- In about 4.5 miles, turn right on to Marion St NE
- Continue on to OR-22 W/Marion St Bridge
- In about 5.3 miles, turn left on to OR-51 S
- Continue for about 6 miles in to Independence
- Turn left on Grand Street (sign for Dog Park)
- You will see signs and be directed to parking near the [Independence Dog Park](#)



ROUTES & REST STOPS

There are three unique routes available of 17.8, 39.9 and 63.6 miles. Each route will be well marked and fully supported. You do not need to commit to a route ahead of time. Maps and cue sheets will be provided.

Our routes will pedal by [Redgate](#) and [Emerson Wineries](#) and their wine will also be served at our finish line festival. Our rest stops will include [Rogue Chatoe Tasting Room](#) and an [Organic Valley Farm](#) that will feature products straight from the farm.

Rest Stops will feature an abundance of fresh and local products and will include delicious treats such as local berries, nuts, jams, granola, and a variety of other snacks to help fuel you along the way. There will also be water at each stop. All stops will have restrooms.

Rest Stop Locations:

Short Route

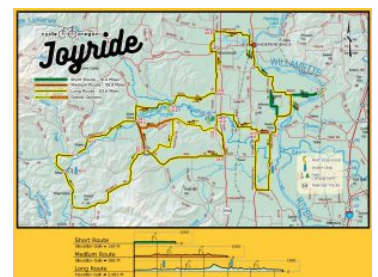
- Mile 7.4 – Rest Stop

Medium Route

- Mile 14.0 – Rest Stop
- Mile 27.9 – Rest Stop

Long Route

- Mile 11.4 – Water Stop
- Mile 22.0 – Rest Stop
- Mile 40.5 – Water Stop
- Mile 51.6 – Rest Stop



Navigation:

- The route will be well marked and rider maps will be included in your packet.
- If you would like to download [RideWithGPS](#) files before the event, all route options are posted [HERE](#).

BIKE GALLERY SUPPORT

Our friends at [Bike Gallery](#) will be on board for mechanical support. They will provide basic fixes to get you back on the road should something go wrong. Please make sure your bike is in good working order before the event. They will not be able to provide tune ups to bikes that are not in good riding shape.

Mechanics will be stationed at rest stops and in camp. If you break down on route, give a “thumbs down” to any Cycle Oregon vehicle passing by. They will be able to get you to a nearby mechanic.



ON-SITE ACTIVITIES

Massage – These are “sports-event style” sessions (short, clothed, recovery massage). \$50.00 per 1/2 hour – signups available at massage tent.

Acupuncture – Betsy Platt of [AcuOm](#) will be available to provide specialized acupuncture and Eastern medicine. Signups available at acupuncture tent.

Physical Therapy – Megan Moseley, PT, LMT, of [Bodywise Physical Therapy](#) and her team, will be available after the ride for free injury consultations including a brief evaluation and hands-on treatment as needed.

Raffles – Drawings at 2 p.m., no need to be present to win. You will find a slip of paper in your packet with your rider number. Simply place that number in the entry box of your choice.

You can view a map of the site [HERE](#).



TIMELINE

7 a.m.

- Joyride Opens
- Parking open
- Check-in open
- [Bike Gallery](#) open

7:45 a.m.

- Group Stretch with Megan Moseley of [Bodywise PT](#)

8 a.m.

- Routes open
- Rest stops 1 & 3 open

9 a.m.

- Rest stop 2 opens

10 a.m.

- All riders must be on the route

11 a.m. – 3 p.m.

- Live music from [Karyn Ann](#) and [The Colin Trio](#)

11 a.m. – 4 p.m.

- Finish Line Feast at Riverview Park
- Massage, Acupuncture, and Physical Therapy open

1:30 p.m.

- Rest stops 1 & 3 close

2 p.m.

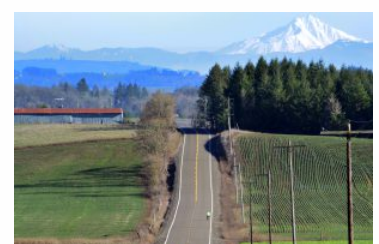
- Raffle drawing
- Rest stop 2 closes

3 p.m.

- All routes close

4 p.m.

- Lunch and event close

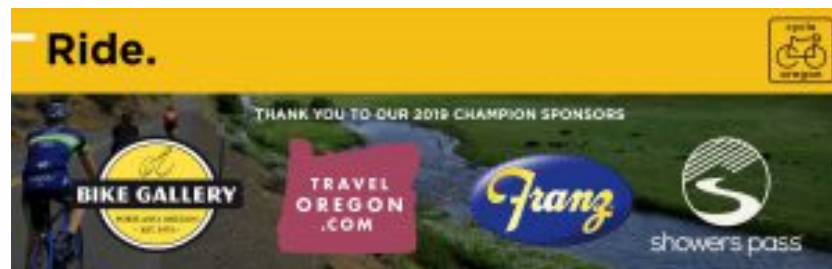


FINISH LINE FEAST

The finish line festival will include local beer from [Parallel 45](#) and [Rogue](#) delicious candy samples from the [Melting Pot Candy](#). There will be two great farmers markets within blocks of the finish line.

Lunch Menu

- Draper Valley pasture raised chicken marinated and grilled on-site
- Thin sliced NW Natural beef brisket
- Local tamales and salsa from Vianney's Tamales
- Whole grain roll with butter balls
- Roasted acorn squash wedges
- NW Classic Foods fresh pesto pasta salad with vegetables
- Salad Bar featuring a variety of local and organic fresh salad toppings
- Lauretta Jean's Biscuit Bar with local strawberries from Diaz Farms, blueberries, Alpenrose whipped cream, Oregon jams and Martha's honey



Registration is now open for all 2019 events. »



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