

2019 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:

Previous Ride Guides: [VOL I](#) // [VOL 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 this year's event.
- The deadline to receive a refund for registration has passed.

CONNECTIVITY

You will be traveling 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 Crater 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

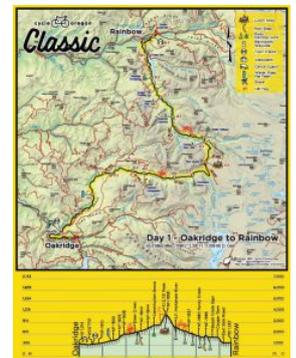
The gear bag you bring to store your belongings should be waterproof and made of sturdy material so that it holds up through the week. You can only bring one bag including your tent and all other items, and it must weigh 65 pounds or less. [Click here](#) for a printable list of what to bring and [click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

TRANSPORTATION LOGISTICS

If you don't have all your transportation logistics set - bike shipping, parking pass, etc. - we recommend you have a good look at the Transportation Reminders section of [Ride Guide Vol II](#). Bus tickets from Portland to Oakridge and back are sold out. The deadline to purchase a parking pass in advance has past, however you will be able to purchase one on site in Oakridge. Parking Passes are \$30 and cash is preferred.

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 Oakridge High School 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 Oakridge 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 6 // 7 to 9 p.m.
- Saturday // Sep 7 // 11 a.m. to 9 p.m.
- Sunday // Sep 8 // 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.

DIRECTIONS TO OAKRIDGE

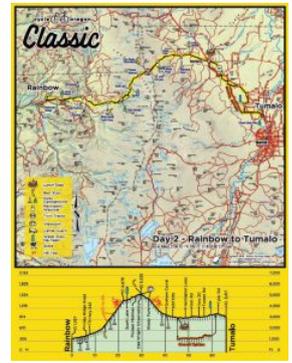
Long term Parking is located about 1.5 miles from the overnight site. Please follow these directions when you arrive into Oakridge. Porters will move your bags to the overnight site (located at Oakridge High School), and you will be able to ride your bike.

From the Portland/Eugene Area:

- From I-5 South, take Exit 188 to OR-58 toward Oakridge/Klamath Falls
- Follow OR-58 W for about 41 miles, through Oakridge, then turn left onto Industrial Path Way.
- Follow signs to parking on your right.

From Bend Area:

- From US-97 South, turn right onto Crescent Rd/Crescent Cutoff (in Crescent)
- In about 14 miles, turn right onto OR-58 West
- Follow OR-58 E for about 40 miles, then turn right onto Industrial Path Way.
- Follow signs to parking on your right.



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 - [Click here to view the basic outline for 2019.](#) 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 - Oakridge: Etouffee - Oakridge's own, Kelly Thibodeaux is a professional fiddler from Louisiana with forty years of playing experience. He has performed throughout the US and Canada from Louisiana bayou honky-tonks to big city concert halls plus an appearance at the 2002 National Fiddle Festival in Hawthorne, Australia. Originally from the south, Kelly was born in New Orleans and raised on the Mississippi Gulf Coast. He's spent over 30 years in the Pacific Northwest and now calls Oakridge Oregon home.

Sunday - Rainbow: The Essentials - The Essentials are a 9 piece soul band, performing around the Pacific Northwest and beyond. First joining Cycle Oregon onstage for WEEKENDER 2018, we liked them so much we wanted to share them with the *Classic* audience.



Monday – Tumalo: [Bicycling selections from Cascadia Adventure Film Festival](#)

Divided – This is the story of two mountain bike racers who happen to be women who raced from Banff, Canada to the Mexican border on the Tour Divide, a 2745 mile self-supported mountain bike race. The film is entirely self shot using only a Go Pro and an iPhone while these racers rode an average of 120 miles off-road per day and slept for 4 hours a night by the side of the trail. It's a very raw and real portrayal of the places we go emotionally under extreme duress and was made with the intention of inspiring other people to consider what they might be capable of achieving.

Ice & Palms – Bikepacking across the alps and skiing some iconic mountains along the way – no motor allowed! Jochen Mesle and Max Kroneck are not your everyday freeski athletes, and they have realized their longtime dream. Their biggest and most extraordinary ski tour so far. In just five weeks the two friends have traveled from their homeland of Germany across the Western Alps to the Mediterranean by bicycles and have skied the most beautiful mountains on the way. They have not only been searching for pristine untouched slopes that challenged them as Big Mountain skiers, they also had to cover the whole distance without a motor – their skis strapped on their bikes or the bikes strapped on the backpacks. The two had traveled the world for many mountainous adventures, but over the last few years, the idea for “ICE & PALMS” had grew in their minds: a ski adventure that started right on their own doorsteps.

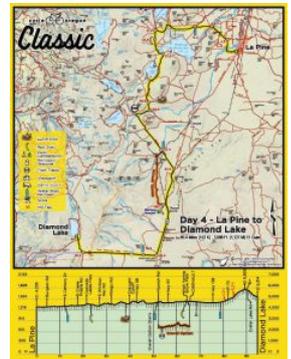
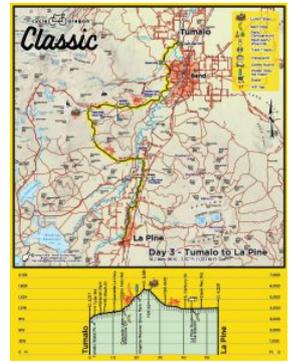
Tuesday – La Pine: [Toast and Jam](#) – Toast and Jam is a “rootsy” Bend, OR based band featuring Ben Delery and Jeff Miller belting out dynamic vocal harmonies. Don't be surprised if you also catch us with a piano, harmonica, ukulele, djembe, a banjo, or our full band featuring Josh Bryant on electric guitar, Jordan Perkins on the bass, and Jared Utterback on the drums!

Wednesday – Diamond Lake: [The Brothers Reed](#) – Despite their brotherhood, Aaron and Phil Reed didn't start playing music together until five years ago after Phil left their hometown of St. Charles, Missouri to join Aaron in the unsullied mountains of the American Northwest. The brothers family blend of folk encapsulates the grit and humor of Midwest life with the swagger and serenity of the west coast. Their style evokes finger picking folk singers of the 60's and 70's with a contemporary and boundless edge. Cultivated from years of performing in bands ranging from heavy metal to reggae and rock, to punk, country, and funk, their musical dichotomy is at the root of their diverse yet seamless folk-brand.

Thursday – Diamond Lake: [The Robbie Dacosta Band](#) – Robbie DaCosta and his band play everything from Smokey Robinson to The Zombies. When Robbie isn't playing music, he's listening to music. When he's not listening to music, he's learning music. And when he's not learning music, he's eating and sleeping. Dacosta began learning to play when he was 16 years old. “I began playing each song so that if I didn't have a record player and I wanted to hear it, I could just play it,” Dacosta said. “I would just learn it so I could always have it with me.” He began singing and playing with his father, and by 17 he was opening for Jerry Lee Lewis at Hot August Nights in Reno, Nev.

Friday – Dorena Lake: [Derek Michael Marc](#) – Having spent most of life exercising and refining his talents as a vocalist/drummer/guitarist/songwriter, after moving to Central Oregon from Hometown Snoqualmie, WA in the Summer of 2005, Derek became a full-time Musician; Performing 1,000's of shows through-out the Northwest Territory. As well as an International Tour of Eastern-Canada (Montreal, Quebec City, New Brunswick), Mexico & Honduras.

Saturday – Oakridge (Lunch): [Kai Botak](#) – Kai Botak is a singer songwriter born to Philadelphia, Pa and living coast to coast between her roots of Philly and the Cascade Mountains of Oregon. She is a self taught musician and artist who refined her craft while trekking town to town across the country. Kai has traveled, performed, and written her way through the America's blending her experience with the landscapes and her Gypsy lifestyle.



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.

OAKRIDGE

[Oakridge Chamber of Commerce](#)

SERVICES

- Concession stand at the football field (camp site). Water, soda, Gatorade, and snacks available. Benefits the local PTSO
- Selfie postcards with postage will be available for purchase in the Community Booth.

ACTIVITIES

- Circle Bar Golf Club (48447 Westoak Rd.) (541-782-3541) Call for a tee time.
- FRANZ Grill Cheese Samples from 11 a.m. – 3 p.m. near Packet Pick Up

RAINBOW

[McKenzie River Chamber of Commerce](#)



Tokatree Golf Club

ACTIVITIES

- Golf at Tokatree Golf Club- call ahead for tee times (541) 822-3220
- White Water Rafting- contact High County Expeditions: (541) 822-8288

TUMALO STATE PARK

Tumalo State Park

LA PINE

La Pine Chamber

Local Radio Station



ACTIVITIES

- Dunk Tank: Come check out the Dunk Tank located near the Beer Garden and check out the fun!

DIAMOND LAKE

Broken Arrow Campground in Umpqua National Forest (location of overnight site)

South Shore Picnic Area in Umpqua National Forest (location of overnight site)

[Click here](#) for local tourism information such as places of interest and lodging visit

LAYOVER DAY ACTIVITIES - ALL ACTIVITIES TAKE PLACE ON THURSDAY, 9/12

Volunteer with the Umpqua National Forest and High Cascades Forest Volunteers

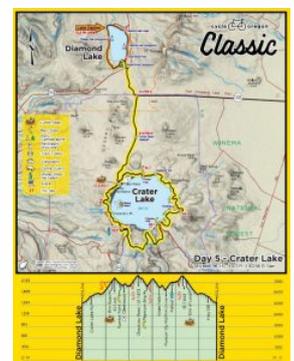
- The Diamond Lake Trail, aka the John Dellenback Trail, is an 11 mile, multi-use, paved trail that circles Diamond Lake. Many sections of this trail are overgrown and in need of cleanup. Volunteers will meet at the Rider Services Trailer near the dining tents at 2pm on September 12th. Volunteers will be shuttled to the project site and provided tools and protective gear. Long sleeved shirts, full length pants, closed toed shoes are required. Please bring water and remember your sunscreen. The cleanup will take place from 2:30 to 4:30 then volunteers will be shuttled back to camp. This opportunity is open to the first 30 people to register.
- To register please email: Andrea at albayliss74@gmail.com

Skyak Tour

- Zipline + Kayak. Enjoy a guided calm water paddling adventure at Malone Springs plus experience our 3 -hour zipline canopy tour at Crater Lake Zipline - 9 zips, 2 rappels and 2 skybridges. We team up with ROE - Real Oregon Experience for your paddling fun. Includes paddle gear and lunch! Plus for our cycling friends we offer pick up at Diamond Lake and will return you at the end of your adventures!
- Pick-up and drop-off at entrance to South Shore Picnic Area
- 8 a.m. to 5 p.m. ON 9/12
- \$230 per person
- To reserve please call 541.892.9477 and use group code **CycleOregon19**.
- Requirements: Age 10 plus and must weigh between 70 - 250 pounds.
- Wear: Closed toe shoes, long pants/shorts t-shirt and sweatshirt.
- Provided: Guided tours, all zipline and kayaking gear, transportation and lunch.
- Minimum of 8 people in order to do the tour. Maximum of 14 people for the day.

Guided Crater Lake Rim Tour

- Want to see Crater Lake, but not sure you can do it on your bike after the long ride from La Pine to Diamond Lake? Not to worry! Leave the driving to us and enjoy a two hour, Ranger guided and narrated tour around the Rim of Crater Lake. Crater Lake is a must see for all ages, and what better way than to enjoy the majestic beauty of one of the "Seven Wonders of The World" than from a Ranger guided tour. The Rangers will talk about the history and formation, answer questions and there will also be 5 to 7 stops during your ride to allow for picture taking or to just take in the unmatched beauty that Crater Lake has to offer.
- Pick up at 10 am ON 9/12 Drop off approximately 3 pm.
- \$42 per person
- Reservation must be made by September 1st by midnight online at ly/2Y6p2Dz or DiscoverKlamath.com.
- Contact Crater Lake Trolley for questions about the tour 541-882-1896.
- We will pick you up and drop you off at the entrance to the South Shore Picnic Area at Diamond Lake. The bus holds 47 people and includes a restroom. The tour will last approximately 3.5 hours.



DORENA LAKE

Cottage Grove Chamber of Commerce

Schwarz Park (location of the overnight site)

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 for your GPS device, [click here to get started](#). If you are planning to use your phone instead of a GPS device, [click here](#) (requires free sign up).



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](#).

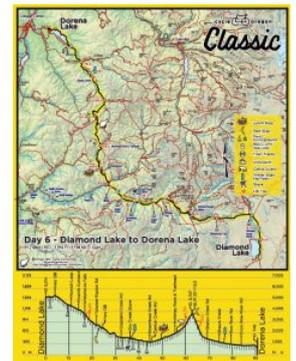
Route Talk

Read about each day of the route on our [blog here](#) 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:

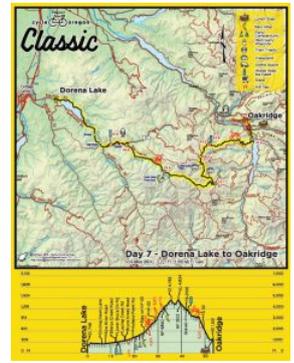
- 1. Only bicycles propelled by human power are allowed** to participate in a Cycle Oregon sponsored event.
- 2. Helmets and two water bottles (or equivalent) are required** on Cycle Oregon. The use of rear-view mirrors is recommended as a safety measure.
- 3. Cycle Oregon uses a group of Safety Patrol 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.**
- 6. 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 three 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 is now open for all 2019 events. »



BLOG
CONTACT
VOLUNTEER

NEWSLETTER
[Email input field: name@example.com]

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