

NOTES FROM THE ROAD

It's time: results of the annual Cycle Oregon lyrics contest! We had more submissions than we could print, but here are a few of our favorites:

BEST IN SHOW

By Judy Heber, rider 865
Sung to the tune of "Folsom Prison Blues" (maybe since about five bands played it on CO this week?)

I see those cyclists comin'
They're ridin' down the road.
And all of them are smilin'
And some of them are old.
I don't know how they do it;
How do they bike so far?
I don't go 80 miles ridin' in a car.

The guys are buff and hand-
some; The women buff and
cute.
They all look great in spandex
As they travel down the route.
I don't know how they do it;
How do they bike so far?
I don't go 80 miles ridin' in a car.

And then my doc said, "Buddy,
If you want to live long
You must start exercising
And get your body strong.
So I bought a bike and signed
up for Cycle Oregon
And tho' I can't believe it,

I'm really having fun.

And I sure do feel terrific
I even lost some weight
When they put me six fet under
Man, will I look great.

HONORABLE MENTIONS

Oh, Tannenbutt!

(Sung to the tune of "Oh, Christmas Tree") *by Cy Kell*

Oh, Desitin! Oh, Desitin!
Inside my shorts I smear you.
Oh, Desitin! Oh, Desitin!
To my backside I steer you.
I put you on before the ride,
And you protect my tender
hide.
Oh, Desitin! Oh, Desitin!
But you're so cold I fear you.

On Your Left...

(Sung to the tune of "Three Blind Mice") *by Rick #2230*
On your left... on your left.
Not on your right... not on your
right.
I'm trying to pass you, can't you
see? Would you move to the
right for me?
On your left... on your left...

PHOTO GALLERY: DAYS FIVE AND SIX



These guys have mad skillz. Do NOT try this on stage at home...



When you own the stores, you'd better be good...



Don't look now, but the next generation of Cycle Oregon riders is coming up behind you, fast.



A fresh-air concert setting you won't soon forget.



Green queen Kendall shows off her re-usable coffee mug.



There's nothing like primitive camping in the great outdoors.



Some hung out in beer gardens, some worked on trails.



Ladies and gentlemen: T-Bone!

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PALEO LANDS DAILY

“GEO-DESCRIPTION”

Follow the Willowa River through Columbia River basalts. As you climb out of the canyon, look for tree molds: round, hollow holes left when lava enveloped the oak, pine and metasequoia trees of a forest about 15.5 million years ago. Then, a final glimpse of the Grande Ronde graben, and back to Elgin!

TODAY’S MENU

Breakfast

- Kielbasa with au gratin potatoes
- Scrambled eggs
- Assorted muffins
- Egg & cheese breakfast wrap

Lunch

- Braised pork or grilled chicken sandwich
- Veggie burger
- Black bean and corn salad

MUST-KNOW FINISH INFO

Today in Elgin

Here’s some information you’ll need to know for the final day. First of all, pay attention with your baggage today - for example, if you’re taking a bus home, you’ll need a pink tag on your bag; go to Rider Services if you need one. Second, there will be no gear drop; things wouldn’t get to Elgin in time for everyone. Next, lunch is on the course; there will be homemade treats (and gifts!) at the finish, but not a meal. Finally, don’t stop at Long-Term Parking on your way into town; there’s plenty going on in town. Bags and two showers will be at Long-Term Parking.

A SPECIAL STORY

In 1999, on a CO XII morning just outside Haines, a rider named Doug rolled up to a rider named Molly and said as a greeting, “There are parts of my body that didn’t want to get out of bed this morning.” Clever pick-up line? Maybe not, but it started something. They were married in 2003, and they’re back for this year’s ride, which is similar to that ‘99 route. So this Monday they stopped their tandem at the very spot at which they met nine years ago, for pictures, kisses and tears.

Thanks so much for all your submissions this week - we apologize that we weren’t able to get all of them printed.

Today’s Bike Joke

Courtesy of riders: Why would Dick Cheney have a hard time passing people on a group ride? ‘Cause he couldn’t bring himself to say “On your left.”

Hand-powered

Top 5 reasons to consider a handcycle: 1. Chicks dig it; 2. A complete upper-body workout; 3. You can still ride CO on a bum knee; 4. You can go under cows; 5. Chicks dig it. --Bum-Knee Chrissy

The Power of Encouragement

To Judi from Idaho: Thank you! Your encouragement carried me up the second peak on Day 5. I even made it to the top of the third peak. As you said, “Nobody can take that away from me.” --Jill

Father-Son Love

Grant: I’m the luckiest dad in the world getting to share CO with you, and forgetting to bring your jerseys except for your Cal Poly Wheelmen one, which ended up making you lots of new friends. --Dad

Joined Forever?

Ken: They can’t keep us apart - I’ll meet you at “the grill.” Oh, and can I have my sock back? --Bart

Today’s Occasions

To the red-headed gal who flies in the sky, from the grey-haired wheels-on-the-ground guy: Happy 18th anniversary to Deb from Bill.

Happy birthday, Stacy! What a great way to spend your birthday, riding your bike with your Lemondrop Divas. You’re an inspiration to us all.

Lou Elliott: Happy b-day from John and Pat and all your CO friends.

Thanks, Martin, for encouraging me to be here on our 43rd anniversary! --Susan F.

Kevin E.: To my domestique, thanks for believing I could do this, and for 21 years of a great marriage. --Love, Linda

Happy 22nd b-day, Hunter Haugen, from your family - we love you!

Happy b-day, Todd. Thanks for being an awesome coach and guide for my first CO. --Craig

Candlelighters: Thanks so much for an AWESOME first CO, and for an even more awesome birthday. You all rock! --Laura

Betsy: Thank you for suggesting CO XXI this year. Even though we haven’t been able to ride with the Alaskans, it sure has been fun sleeping with them. --Kelly

TODAY’S RIDE

How do you cap off a week as naturally scenic as this one? How about let’s once more skirt one of the most picturesque lakes in America, then roll through fertile valleys, then follow a wild and beautiful river downhill for about 30 miles, including nine miles of river gorge that might rival anything you’ve seen this week.

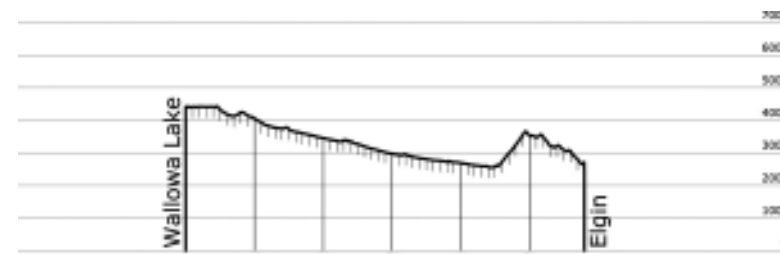


Had enough scenery? Could you stand some more today?

You’ll start off with nearly five miles of flat today, dip down and then back up, and the glide downhill nearly uninterrupted to lunch and beyond. After the second ODS rest stop in Minam, after the gorge and near the confluence of the Willowa and Minam Rivers, you’ll get one last major climb to remind yourself

how much stronger you are after a week in the saddle. It’s nearly five miles but less than 1,000 feet of gain. After that it’s a downhill roller-coaster - which means it’s not all downhill - back into Elgin, where this epic journey began what seems like a month ago. Well done!

ELEVATION CHART



Day 7 - 58.3 ML (93 K) - 1,714 FL (373 M) Elev. Gain

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