

RIDE GUIDE VOL I

There are a million little details that make every Cycle Oregon event unique. But let's look at the big picture first. Packing, getting to the ride, where to stay in Portland, booking a massage – it's all here in the first edition of the Ride Guide. If you're new to the Classic, 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.



IMPORTANT UPDATES AND REMINDERS

- Parking, check-in and campsites will be available beginning at 11 a.m. on Saturday, September 8. *We will not be able to accommodate riders before this time.* There are a number of options for lodging in Baker City if you plan on arriving before Saturday.
- Groups can be located next to each other in Tent + Porter. We will send a group request form in August to everyone registered for Tent + Porter.
- For assistance in adding products such as a parking or bus pass, Tent + Porter, or a jersey, please visit our [events.com help page](#)

OVERVIEW

Day	Date	Start	End	Miles	El. Gain
0	Saturday, September 8		Baker City	Check-in Day	
1*	Sunday, September 9	Baker City	Halfway	54.5	2,881'
2*	Monday, September 10	Halfway	Wallowa Lake	78	6,682'
3*	Tuesday September 11	Wallowa Lake	Elgin	60.6	1,859'
4	Wednesday, September 12	Elgin	Pendleton	74.3	5,220'
5*	Thursday, September 13	Pendleton	Pendleton	54.7	2,300'
6	Friday, September 14	Pendleton	La Grande	56.5	4,720'
7	Saturday, September 15	La Grande	Baker City	58.4	1,800'

*Denotes days with options

PREPARING FOR THE RIDE

Get Your Body Ready – Just the basics here, but people often forget the basics!

Get Your Bike Ready – Get fitted, tune up, and think about your tire selection. You can also rent a bike from Bike Gallery.

Pack for the Ride – You only get one bag, so make it count! We've made it easy with a printable packing list.



GETTING THERE AND BACK

Flying into Portland

The Sheraton Portland Airport Hotel is the official hotel of Cycle Oregon, offering a special rate on September 6th, 7th, 15th and 16th for our riders (and free week-long parking for guests). For reservations call 800-325-3535 and be sure to mention that you are with Cycle Oregon.

Taking the Bus

You must purchase bus tickets by August 15th. All buses depart Portland at 9 a.m. on September 8th.

Return buses will depart Baker City at 2 p.m. and 4 p.m. Tickets will be emailed the first week of September. (Need help adding to your order, click here.)

Buses will depart from and return to the Sheraton Portland Airport Hotel. If you're staying elsewhere, check with your lodging provider to see if they will shuttle you to the Sheraton.

Staging for buses will take place on Saturday, September 8th at the Sheraton Portland Airport Hotel at 8 a.m. Bikes will be wrapped in



blankets and loaded directly into the baggage trucks. Be sure to bring your bike case with you. If your bike is still in a case, it can be loaded on the truck in its case. We will have storage at the start location.

Driving

Cycle Oregon offers week-long parking for riders near camp. Parking passes are available [here](#) for \$30 until August 15th (You can also get one in camp at the Gift Shop). Security is provided from dusk to dawn. Driving directions will be on the parking pass that will be mailed to you in late August. (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 City link on their page to set the delivery address. Your bike will be shipped to a nearby FedEx location and delivered to camp 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 PACKET PICKUP

After you arrive and settle in, you'll need to check in and pick up your rider packet. Each rider will sign the [ride waiver](#) when picking up their rider packet. The rider packet contains a wristband, bike number, baggage tag and course maps. Please bring a photo ID 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 in with Rider Services to let them know you are leaving.



Check-In Hours

- Saturday, September 8, from 11 a.m. to 9 p.m. Dinner will be the first meal served in camp.
- Sunday, September 9, from 6 to 8 a.m.

Arriving Late

If you arrive on Sunday, you must have your bag in the baggage truck by 8:15 am, as the trucks leave by 8:30 am. You can pick up your rider packet that morning at Rider Services.

FOOD, DRINK & ENTERTAINMENT

Meals

Cycle Oregon provides three hearty meals each day during the event. Both dinner and breakfast are served at the overnight site, and lunch is served on the course. We know that riding all those miles requires a lot of calories, and we don't leave you short on that count.

We offer options for vegetarians, but you must sign up in advance. You will be given a vegetarian bracelet to wear throughout the event. If you have other dietary concerns, please [let us know](#) in advance. Our daily menus will be available in the next Ride Guide.

- Breakfast: 5:30 - 8:30 a.m.
- Lunch: 9:30 a.m. - 2 p.m.
- Dinner: 5 - 8 p.m.

Nightly Announcements

Every evening at 7:30 p.m., the Cycle Oregon community gathers around the Main Stage. The evening meeting is part communion and part comedy. 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.

Beer & Wine Garden and Whiskey Wagon

Each night's campsite will feature a beer garden with craft-brewed ales. There will also be a selection of great wines along with daily cocktail specials. The Beer Garden is open daily from noon - 10 p.m.

Vendors

Other food available for satisfying those after-ride cravings includes the revered [Nossa Familia](#) coffee, smoothies, and [Al Forno Ferruzza](#) pizza.

Entertainment

Cycle Oregon showcases some of Oregon's incredibly talented performers. Performances are scheduled each day on the Main Stage beginning at 4 p.m. At 7 p.m. and following the 7:30 p.m. nightly announcements, we feature our headliner act - these are some top-notch



performances you won't want to miss.

Clinics & Lectures

On Saturday, September 8th, we will lead a Cycle Oregon 101 from the main stage. Please join us whether you're a newbie or a veteran. Megan Moseley, Cycle Oregon's resident PT will lead a clinic on injury prevention as well. Typically there are several lectures on Geology and History throughout the week to add context to the route. The [Bike Gallery](#) will teach a bicycle skills clinic. Check the schedule at [Rider Services](#) for more details.

CAMP SERVICES

Showers

Hot showers will be provided at each overnight site. The showers come with dressing rooms, sinks and even a laundry area to hand-wash clothes. Please remember to bring a towel or two, as we do not provide towels or toiletries.

Rider Services

Rider Services is the Cycle Oregon customer service department. You will find the Rider Services trailer in a visible location near the entrance to each overnight campsite. This is the place to ask questions, get help solving a problem, meet friends, leave a note on the message board or locate missing items at lost and found.



Cycle Oregon Gift Shop

The Cycle Oregon Gift Shop is where you'll shop for Cycle Oregon merchandise including cycling gear, t-shirts, sweatshirts, hats, jewelry, extra meal tickets, and much more. They'll also have a few "Oops! I forgot to pack my...." items like toiletries and chamois cream. Look for the Cycle Oregon Gift Shop near Rider Services.

Medical Services

A medical tent will be set up at the overnight site. There is no charge for medical services on the course or at the overnight site. We will not transport you to a medical facility unless it is a critical situation. If you require transport to or from a local medical facility, you will be financially responsible.

Bike Detail and Electronics Charging

The mission at the [Community Cycling Center](#) is to broaden access to bicycling and its benefits. For the past fifteen years, they've helped you roll smoothly by offering bike detailing and electronics charging on The Classic. In 2016, your purchase of these services helped them raise an astounding \$25,000 for their bike safety programs for youth. Thank you!

They will continue to offer top-notch bike detailing performed by skilled volunteers and electronics charging via solar and wind power! Services sell out quickly during the ride, so don't miss the chance to pre-schedule your bike detail or weekly charge. Avoid the lines and [sign up today!](#)

Services include:

- **Charging Pass (\$70):** Good for one week, this charging pass allows you to charge multiple devices, one at a time. Extra one-time charges are available on-site for \$5/each.
- **Full Bicycle Detail (\$95):** Skilled volunteers clean all bike components to help your bike look and act like new. No mechanical adjustments are offered with this service.
- **VIP Combo (\$150):** A full bicycle detail and week-long charging pass.
- **VIP Combo Plus (\$200):** A full bicycle detail, a week-long charging pass and sponsorship of a child at the annual Holiday Bike Drive.
- **Holiday Bike Drive sponsorship (\$50):** Your donation gets a child a refurbished bicycle, new helmet and safety training!

[Click here](#) to book now. Questions? Contact Jim.Milne@communitycyclingcenter.org or call 503-288-8864.

CPAP Service

This service is sold out. We will designate a camping area adjacent to the medical tent with electrical hookups for those who use equipment such as a CPAP (continuous positive airway pressure) or sleep machine. The medical crew will carry your CPAP equipment from site to site; the cost for this service is \$50 for the week. This does not include the use of a tent – you must provide your own or register for Tent & Porter. You will still be responsible for delivering your gear bag to the baggage truck. This service is limited to the first 30 people who sign up.

Massage

Our therapists use a variety of Swedish, deep-tissue and sports massage styles to keep you riding happy all week. Massage can be tailored to your pressure preferences and to the areas where you need it most.

Massage prices are \$50 for a half hour and \$90 for a full hour. We accept VISA, MasterCard, check or cash. Massage appointments begin filling in May and June. You can make appointments directly or sign up at the massage tent. Visit the [Cycle Oregon Massage Team's Web site](#) to view a list of the massage therapists to make an appointment.

A little hint, when you're choosing where to pitch your tent for the night, you may want to set up away from the massage tent, as our music is loud and lively and they're open until 10 p.m.

Yoga

Each day at 3:30 p.m. and 4:30 p.m you will have the opportunity to stretch out the muscles that get tight during cycling. These yoga classes will help you stay close to your breath this week. Not only will this help you feel better, but stretching can also help prevent injury. And you'll meet other great people who like to do nice things for their bodies too. Mats are provided and times are subject to change. Check the schedule at Rider Services for updates.

Physical Therapist

Megan Moseley, PT, LMT, of [Bodywise Physical Therapy](#), will be available everyday after the ride for free injury consultations including a brief evaluation, hands-on treatment as needed including myofascial release, graston, mobilization, and kinesio-taping. Megan will educate you about the origin of your symptoms, instruct you in stretches, exercises, and self-care techniques to get you back on the road! Additionally, Megan will help coordinate a plan of care with massage therapists, acupuncturists and bike-fitting experts.

Megan will teach a stretching and injury prevention class from 4-5 p.m. on Saturday, your first night in camp. This is an interactive and educational class geared toward teaching you core exercises and stretches to balance your body, prevent injuries, and relieve pain you may have due to the repetitive stresses and chronic positioning related to cycling long distances.

Acupuncturist

Betsy Platt, L.Ac, MAcOM, of [AcuOm](#) will be available by appointment to provide specialized acupuncture and Eastern medicine to alleviate muscle, bone and joint pains; increase stamina and boost energy; relieve arthritis; stop headaches; address respiratory problems; ease gastrointestinal disorders; and more. Signups are available at the Acupuncture tent in camp.

Bike Repair

The [Bike Gallery](#) supplies a team of bicycle technicians who provide mechanical support on the route and at each overnight location. Technical support is available for emergency repairs of well-maintained equipment. Any repairs performed along the route will be basic in nature and designed to get you to camp for the evening. Labor is charged at a discount for Cycle Oregon participants. **It is your responsibility to make sure your bicycle arrives ready to ride and in good condition.**

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.

Bike Rentals

Bike Gallery offers a bicycle rental program on Cycle Oregon events. Bicycle pick-up and return is on-site at the Cycle Oregon starting and ending location. Sizes are limited so call early for reservations. For more information, see the Bike Gallery's [website](#) or call 503-281-9800.

Baggage

Over 60,000 people have made the week trip with one 65-pound bag; you can too! Here are three simple rules for bags:

1. **One bag per person.** *Everything goes in that bag - tent, clothes, etc.*
2. **65 pound limit.** *We hand move over 2,000 bags, twice a day. Please abide.*
3. **Do not strap/lash bags together.** *This may injure baggage volunteers.*

Baggage Pickup

Participants must pick up and deliver their own gear from the baggage trucks at each overnight camping area. Truck trailers are numbered and fitted with stairs. Remember to note the trailer in which you load your gear so you can locate it easily at the next site.

Porters

Local volunteers are usually available to carry bags from the trucks to the campsite and, again in the morning, from the campsite to the trucks. We encourage you to tip the porters (\$2 per bag is suggested), as this benefits local community groups.

Baggage Truck Departure

Baggage must be dropped by 8:30 a.m. each morning and picked up by 8 p.m. each night. Riders are responsible for getting their bags to and from the baggage trucks by the designated times.

Make Your Bag Easy to Identify

Please mark your gear bag with additional personal identification tags (including a phone number). A distinctive tag, such as fluorescent tape or a colorful ribbon (don't use pink, we use that for bus bags), will also help you locate your bag among the 2,199 others.

COURSE SUPPORT

Cycle Oregon prides itself on providing a fully supported ride. Our goal is to help you finish each day's ride. To that end, our course is complete with the following services and amenities.

Course Hours: 6:30 a.m. - 6:30 p.m (4 p.m. on Saturday)

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 6:30 p.m. (4 p.m. on Saturday) 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.



Additionally, Cycle Oregon retains the right to move riders ahead who are unreasonably far behind during appointed course hours.

Food and Drink

Lunch: 9:30 a.m. to 2 p.m.

Lunch is provided on the course each day, usually near the halfway point. Lunch sites will be complete with food, beverages, restrooms, water, bike mechanics and gear drop. Usually lunch will consist of a sandwich or hearty pasta salad, with chips and a cookie to round out the meal. Take your time and enjoy the setting. Lunch is a great time to chat about the morning's ride and review the route ahead.

Rest Stops & Water Stops: 7 a.m. – 4 p.m.

Usually, two rest stops will be available along the route each day to provide water, beverages and nutritious and delicious snacks. Rest Stop signs alert riders when one is just a mile ahead (or look for the banana on the route map). You can also see the location of each Rest Stop on the maps that will be inside the rider packet. In addition to the Rest Stops, one or two Water Stops per day will provide water and restrooms (indicated by a water bottle on the route map).

Gear Drop

Each day at the first rest stop and at lunch, you can drop off a limited amount of clothing to be taken to the evening's campsite. This service is for small items such as jackets, tights, leggings, gloves, etc. No half-eaten sandwiches, half-stuffed panniers or other oddities will be transported. Gear drop can be picked up near Rider Services, generally between 4 and 5 p.m.

SAG Vans

There will be multiple SAG vans on the course each day. They are available to transport cyclists as needed due to mechanical problems or medical injuries. They also have extra water, snacks, and sunscreen if needed. If at any time you need assistance, please signal a SAG van with a "thumbs down" signal. If you do get into a SAG van, you may not be transported directly to camp. SAG vans typically wait until they are full to go to camp.

There will be a SAG van available each morning to transport cyclists from site to site if cyclists are not feeling well or are injured. Go to the Medical tent and get a medical release for riding the medical SAG. Bring that form to Rider Services before 8 a.m. to sign up for this shuttle option.

Bike Mechanics

The [Bike Gallery](#) will provide mechanics on the course, at rest stops and at lunch. Technical support is available for emergency repairs of well-maintained equipment. Any repairs performed along the route will be basic in nature and designed to get you to camp for the evening. Labor is charged at a discount for Cycle Oregon participants.

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.

Motorcycle Police

Motorcycle Police accompany Cycle Oregon each day. They provide a moving network of safety patrol and communications between the tour and the communities through which we ride. These officers have full authority to enforce the motor vehicle code of Oregon - which, of course, includes drivers and bikes.

Safety Patrol

Motorcycle safety patrol volunteers drive the Cycle Oregon course each day. They are a great source of information and assistance and enhance the overall safety of the ride by interacting with riders who may pose a hazard by unlawful or unsafe riding.

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. 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 from 6:30 a.m. – 6:30 p.m. Course support vehicles and other support services are available only during course hours. Any cyclist(s) still on the course after 6:30 p.m. 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 on the course after 6:30 p.m.
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 anytime 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.

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

Cycle Oregon has lots of help on the road in case of an emergency. 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 staff are in touch at all times. If no one is around to assist in the event of an emergency, call 911.

Motorcycle Police

Officers accompany Cycle Oregon each day. These officers have full authority to enforce the motor vehicle code. They can be contacted by Cycle Oregon staff for any emergency issues on the course.

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 the course, you should notify a SAG van, ambulance or staff vehicle with the "thumbs down" signal.

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.

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.

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 trailer door.

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. In the event of lightning, seek low ground and get away from metal.

CANCELLING A REGISTRATION

Submitting Cancellations: Please submit cancellation requests to info@cycleoregon.com. Please note we do not make exceptions in our cancellation policy (including family, medical or employment situations). Refunds will be processed through the credit card you used to register when possible. Please allow up to 30 days for processing.



Before July 20, 2018

- A \$100 administrative fee will be assessed to your refund for each rider registration (including accompanying products - Tent & Porter, Bus Tickets, Parking).
- A \$30 administrative fee will be assessed to your refund for cancelling only these services: Tent & Porter, Bus Tickets or Rider Guest Registration.
- There is no refund for cancelling only Parking.

From July 20 to August 8, 2018

- A \$275 administrative fee will be assessed to your refund for each rider registration (including accompanying products - Tent & Porter, Bus Tickets, Parking).
- A \$50 administrative fee will be assessed to your refund for cancelling only these services: Tent & Porter, Rider Guest Registration.
- A \$75 administrative fee will be assessed to your refund for cancelling only Bus Tickets. There is no refund for cancelling only Parking.

After August 8, 2018

There are no refunds for cancellations after August 8, 2018. Sorry, no exceptions. We cannot offer transfers or credits for future events.

Cycle Oregon may cancel or reroute an event due to the occurrence of any force majeure event or credible threat thereof, including but not limited to any Act of God, fire, earthquake, acts of civil or military authority, casualty, flood, war, terrorist attack, epidemic, insurrection, civil unrest, strikes or other labor activities or any other similar cause beyond the reasonable control of Cycle Oregon Inc., including environmental conditions that might threaten the health and safety of Event participants, volunteers or staff. I understand and agree that my registration fees and other costs will not be refunded by Cycle Oregon, Inc. if all or any portion of a Cycle Oregon Event is cancelled or rerouted due to a force majeure event. I will release and hold Cycle Oregon Inc. harmless for any costs or damages incurred as result of cancellation or rerouting of a Cycle Oregon Event due to a force majeure event.



Registration for all four 2018 events is now open! »